



# Equals IW

## Friendship Group Family & Friends



**Sponsored Walk & Picnic**

**Sunday 4<sup>th</sup> July 3pm to 8pm**

**Newchurch Nature Reserve - Martins Wood**

**Equals IW returns from lockdown with an outdoor activity for all to join in. Families, friends, children, young people, adults and dogs all welcome.**

**Raising money to help run activities for Equals IW with a Sponsored Walk, followed by a Picnic – bring and share food for all to enjoy.**

**Bring your own garden chairs, paper plates, cups and cutlery.**



### **Newchurch Moors Nature Reserve (Martins Wood)**

This 5 mile circular walk at a gentle stroll takes on average 2 hours and enables you to burn on average 522 Kcal.

Starting from and returning to School Lane Car Park, Newchurch, you take a gentle walk through Martins Wood before walking on to explore Newchurch Moors Nature Reserve situated in the beautiful Eastern Yar Valley. You follow the River Yar along the dismantled railway line to Alverstone Village and then leave the river to enjoy the rich tapestry of habitats, from floodplain meadow to grazed pasture, marshland, fen, river and woodland of the Eastern Yar Valley.

We will walk at a pace that all can manage, you will improve your fitness and you will enjoy the sociable company of others. Please bring hand sanitizer, a mask, and your own refreshments with you such as drink and light snack to eat on route. It will be your own responsibility to maintain physical distancing when walking. Please bring suitable clothing and footwear for the weather conditions and terrain. Wear gloves or use hand sanitiser if you need to touch gates or other path furniture.



**Parking Free**

**Newchurch High Street, Turn In To School Lane**

**Where Possible Travel In Your Group Bubble As Car Park Is Not Overly Large.**

