

Green Time Walk Your Way to Health

The Natural Way to Good Emotional Wellbeing and Mental Health

Green Time Walk by the Sea in Ryde

Sunday 24th March 2024

1pm to 5pm

Meeting Point: St Johns Railway Station Car Park – PO33 2BA

Parking: £1.20



MCEenhancement
Training in Mind Development - Making Progress Together



Multiply



Four mile round trip - 9,250 steps, 390 Kcal – Join Mark for the first walk of the 2024 season. You will have the opportunity on this walk to get up close to nature by feeding the wild bird life at Ryde Canoe Lake. You will take a gentle walk through Appley Park, view the magnificent Scots Pine trees, and explore the ancient woodland trail to find the Appley Park Picture Frame.

You will then walk along the seawall to appreciate the spectacular views of the Solent, Spinnaker Tower, Spitbank, Horse Sand and No Man's Forts, and Paulsgrove Hill Cliffs. You may even see a cruise ship sailing down through the Solent. Walking on into Puckpool Park where you will learn about the history of this fort and barracks, and the role it played during wartime. Everyone taking part on this walk can have a funded drink or ice-cream before walking back along the golden sands and shoreline of Appley Beach.

This walk is child buggy, wheelchair and mobility scooter friendly - mainly a flat walk with plenty of benches to take a rest on if need. Open to children accompanied by parents, young people and adults, with no upper age limit. Dogs are also very welcome but must be kept on a lead at all times.

Green Time – enhancing friendship, positive emotional wellbeing and mental health, self-confidence and self-esteem.

Green Time

- ✓ Physical Exercise
- ✓ Creative Activities
- ✓ Food & Health
- ✓ Emotional Wellbeing
- ✓ Mental Health

Equals IW



**0785 - 485 - 2518 Call or Text Mark
Today To Book A Place!**

For more info visit our website
www.equalsiw.org.uk