

MINDFUL WALKS

We are a friendly and informal walking group.

It can be challenging to open up to others. But studies have shown that walking side by side can help an individual express their feelings more freely. Walking alongside someone allows for the individual to discuss difficult topics without the intensity of worrying about eye contact or social cues, things we tend to do when sitting opposite somebody. If you want to open up or connect to someone in your life but aren't sure how – invite them for a walk and a talk.

We meet every 4 weeks on a Sunday. Mainly easy walks which last around 1-2 hours.

We are also dog friendly. We aim to go for light refreshments at the end of the walk.

Enquiries or more information on any of our walks please contact Paula via email at mindfulwalks22@aol.com.

Please see below for information on our up and coming walks.

Belper Beach Walk - Sunday 4th February

Meet at The Triangle, Bridge street, Belper at 11am.

We will walk over the bridge next to the River Gardens then down the path to Belper Beach. We will continue following the path across the fields and stiles until we get to Pontoon Bridge, we will cross the bridge and walk up Goods road.

We will continue along the main A6 till we get to Morrisons Island. We will end the walk at The Book Café on Chapel Street for optional refreshments.

The walk is mostly flat with a few stiles along the way.

Approximately 2 hour walk.

