

# Amber Valley Ambles

**Check out our low-level walking groups in Riddings.**

**Meeting at Riddings Community Centre for a 12.30pm start.**

**Next walks - Friday 1<sup>st</sup> and Friday 15<sup>th</sup> August  
Friday 5<sup>th</sup> and Friday 19<sup>th</sup> September**

**Walk as little or as much as you like...It's your choice!**

**Suitable for people with disabilities, limited mobility and  
long term health conditions.**



**For further information please contact  
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