

# **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 2nd January & 16<sup>th</sup> January  
Friday 6<sup>th</sup> February & 20<sup>th</sup> February  
Friday 6<sup>th</sup> March & 20<sup>th</sup> March**

**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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