

# West Howe EcoWalks

## Fancy a walk in the countryside?



Join Richard and Rachel from ZooFish Arts for a series of free EcoWalks in the green spaces around West Howe over the summer of 2017 as part of West Howe's Wellbeing programme.

Part leisurely stroll, part relaxation, part

exploration of the local natural environment, part making and photographing artwork with the natural materials we find on the way. A chance to enjoy being outside and just breathe...



Book your place or find out more -

Richard 07767 767625 or  
Rachel 07855 684908 or  
[info@zoofisharts.co.uk](mailto:info@zoofisharts.co.uk)

Walks take place at following dates and times:

16/5/17	1pm	Turbary Common
21/6/17	10am	Turbary Common
12/7/17	10am	Kinson Common
1/8/17	10am	Kinson Common
17/8/17	1pm	Turbary Common
22/8/17	10am	Turbary Common
16/9/17	10am	Turbary Common
27/9/17	1pm	Kinson Common

*We will go ahead unless rain is torrential - so dress for the weather!  
You could bring a bottle of water, a bin bag to sit on, some fruit...*



**Find us on Facebook - Ecowalks West Howe**