

Walking for Health Group

Walking for Health is a nationwide initiative supported by The Ramblers and administered by local authorities. There are several walks in and around Bicester, Launton being one of those.

The group started with a first walk on 11th September last year and has continued with a walk every Tuesday afternoon. The only exception was Christmas Day. Our initial walk attracted 19 people and we have had between 6 and nineteen participants each week with the exception of one week where the weather was terrible and we had two brave souls, plus my walk leader colleague, Denise McKillop.

Walks will continue on Tuesdays starting at 2pm from The Bull and returning there for tea or coffee with optional biscuits at a special price. Thank you to Brandon and Karen for the hosting. There is no need to give a forewarning of attendance or apologies if not coming. Just turn up if you want to join us.

Dave Gilbert
Walk Leader
Walking for Health