

A lunchtime wellbeing walk for local businesses



Where: Meet at the picnic area opposite the car park at Carlton Marshes, Burnt Hill Lane, Carlton Colville, Lowestoft, NR33 8HU (free car parking and toilets)

When: Tuesday 26th March, Wednesday 26th June and

Thursday 26th September 2019

12:40pm - 13:10pm (30 minute walk)

Please wear appropriate shoes and clothing.
Free to local businesses.

A lunchtime walk around local nature reserve, Carlton Marshes with Wild Learning Officer, Katy Runacres and others from the local business community.



Why join us?

Improve your mental and physical wellbeing, enjoy time in nature, meet like-minded people and network with colleagues, opportunities, and team building.



Do something wild every day

Book at

suffolkwildlifetrust.org

