

## **AMBLERS WALKING GROUP**

Amblers is the brain-child of Jan Tomlinson who, rightly, recognised there are many of us who appreciate the outdoors, are wanting to get fitter and need a gentle start to do so as well as some who have to stop, temporarily or permanently, more energetic walking for any number of reasons but who still want to experience the joy of a walk and get together with friends.

Over 20 people turned up for our inaugural walk in Levens Park late in March which was followed by refreshment in Levens Café. Since then we have continued to meet on the 4th Monday of the month for a walk of about 3 miles on flattish ground. From that day we have enjoyed ourselves at Conishead Priory, along Ulverston Canal to name but two events. We try to ensure there is a suitable place for a refreshment stop which can be either a purchase or self- service (carried) depending upon where we are.

Thanks go to Jan for not only coming up with the idea but of getting Amblers up and running. We are evolving slowly and would welcome more members as well as suggestions of routes as 'flattish' is not easy to find in this area! As the name suggests the group participates in an amble, not a route march.

If you are interested in joining please contact Carol Summers 07736 771154 or email: felis-silvestris05@hotmail.com