



Free walks
to support
your well-
being

FREE GUIDED WALKS AT RSPB PAGHAM HARBOUR

Take some time for yourself to slow down, listen and learn about what you might see or hear at this stunning site.

Join Kate Drake, South Downs National Park Authority Health and Well Being Officer, and a RSPB volunteer, for a gentle walk at Pagham Harbour on:

- 20th April
- 11th May
- 1st June
- 6th July
- 3rd August
- 7th September
- 5th October
- 2nd November
- 7th December
- 4th January

Please meet in
reception at 10:50am
- the walk will last
approximately 1.5
hours.



Transport

Catch the no. 51 bus from Chichester bus station, or if you need to hire a minibus apply for a health and wellbeing travel grant here - Health and Wellbeing Travel Grants.

DownstotheSea@southdowns.gov.uk

