

# Abney Hall Wanderers

A weekly walk for anyone interested in walking and who would like to get out a bit more and meet new people in a safe and supportive environment. We are a friendly bunch and would like to welcome new weekly walkers! Please dress accordingly with the weather and be aware that there are sometimes some steps and uneven ground along the way. We usually stop at the café at the end of our walk for some refreshments, but feel free to bring your own if you want. Everyone walks at their own risk.

*For different abilities, we have two other walks:*

- *Mooch and Mingle* for individuals who may have limited mobility, or who want a short stroll with an option to sit and catch up with each other.
- *Woodbank Wanderers* is a longer distance walk for individuals happy to explore various areas of the Peak District/ Stockport. This walk ranges between 1- 4hrs depending on location and weather conditions.

**For further information,  
please contact:**

Walk For Health-Stockport:  
[walkforhealthstockport@outlook.com](mailto:walkforhealthstockport@outlook.com)  
07926931785

We meet at:  
**Abney Cafe** and start  
our walk at **1:30pm**  
every **Tuesday**

Greater Manchester  
**Walking**

Greater Manchester  
**WALKING VOICE**

