

# COVEN RAMBLERS

LOCAL WALKS FOR LOCAL PEOPLE

## AQUALATE MERE WALK

**Sunday 6th May 2019**

### **THIS WALK HAS BEEN CANCELLED**

Glen & Graham are reluctantly cancelling this walk  
Glen has serious problems with his left knee making stiles and ascents and descents very difficult and painful  
Graham has undergone an operation on an aneurysm in the prostate area and is undergoing radiation treatment in the same area. He has been discharged by the surgeon after a check up following the operation and the current treatment is classed as preventative

We are both still walking but only at Health Walk Level (Maximum 2 miles) as we are both South Staffs Walking for Health Scheme trained Walk Leaders and lead a local Health Walk Group in Coven. And we decide where we walk  
We look forward to seeing you all again Next Year

**There is a short stop about half distance, please bring your own refreshments  
Dogs are welcome but please keep them on a lead at all times.**

**Please keep to the footpaths and close gates behind you.  
Strong Walking Shoes or Boots are highly recommended**

The Walks Program can be viewed on our Web Site  
[www.coven-ramblers.co.uk](http://www.coven-ramblers.co.uk)

PDF flyers for coming walks are there for download  
*Walk Leaders: Glen Sibley & Graham Taylor*

We can be contacted by email at [walking@coven-ramblers.co.uk](mailto:walking@coven-ramblers.co.uk)