

Walk 7 – Leominster Bridge Street

Henry and Kirby's Walk: Start and Finish outside the Bridge Street Sport Centre (20+ minutes)

- 🍏 Make your way to the playing field behind the sports centre.
- 🍏 Follow the boundary of the sports field and walk around as many times as you feel able to.
- 🍏 The British Heart Foundation recommends that, for a healthy heart, we aim to walk at least 10,000 steps. Once around the perimeter of the sports field is approximately 1,500 steps.



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footprints countywide

