

# FINDING YOUR FEET WALKS at Fingringhoe Wick



**Essex**  
Wildlife Trust

**Time to get out and get active!**  
**Fun FREE walks for everyone**

## **First Friday of the month**

(beginning Friday 2 December 2022)

### **'Flat' walk 10.30 – 11.30**

accessible for buggies, mobility scooters, footwear suitable for trainers, gravel pathways.

### **'Bumpy' walk 13.00 – 14.30**

you may get muddy, slightly longer exploration of the reserve.

**Essex Wildlife Trust**  
**Fingringhoe Wick**  
**Nature Discovery Centre**



Please contact Shawn Leek for details  
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