

Dementia-friendly walks

in Arnside & Silverdale
Area of Outstanding Natural Beauty



- easy guided walks for people living with dementia & their carers
- Tuesdays 10am - 11am
- optional visit to a café/pub afterwards
- discover the beautiful landscape, wildlife & culture of the area with our friendly group

- **27th August** - meet at The Albion, The Promenade, Arnside, LA5 0HA.
- **3rd September** - meet at the Silverdale Hotel, Shore Road, Silverdale, LA5 0TP.
- **10th September** - meet at the Wolf & Us café, Lindeth Road, Silverdale, LA5 0TX.
- **17th September** - meet at RSPB, Leighton Moss, Storrs Lane, Silverdale, LA5 0SW.
- **24th September** - meet at Holgates Holiday Park, Cove Road, Silverdale, LA5 0SH.
- **1st October** - meet at Monastery of Our Lady of Hying, Warton, LA5 9SE.



No need to book - just turn up!

For further information:

Visit www.arnsidesilverdaleaonb.org.uk/events or contact the project leader, Feleena Taylor, on 07474588585 or the AONB Partnership on 01524 761034.

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