



ALBA Walk in the Country side

**Join us for a 6-7 mile walk
in the countryside around Amaravati**

on **Saturday 1 June**, starting at **10.15am**
from the monastery car park.

We will walk to Frithsden Beeches and Ashridge and find a quiet place for a picnic and then try not to lose too many people on the way back to Amaravati.

If rain is forecast bring an umbrella to stop your sandwiches getting soggy.

We should be back at the monastery by 4pm.

Contact: 07977591333