

# EXPERIENCE THE OUTDOORS



## Walk. Breathe. Connect.



Whether you're currently facing cancer, in recovery, or at increased risk, don't miss this opportunity to reclaim your health.

Join our Pilot Walk Programme—an empowering journey of discovery in nature, safely led by qualified mountain guides and specialist physiotherapist. Take an active role in your healing and prevention. Move forward with confidence and rediscover your health & wellbeing in the great outdoors.

# Find Your Stride

- ✓ Come & take part in a **FREE** 3-walk pilot series of gentle outdoor walks. (4-5km, over 2 hours).
- ✓ Reconnect with nature, clear your mind, and join a community of survivors and thrivers.

### The Overall 3-Walk Journey:

**Session 1 - Sat 11th April 2026 9.00 am**

Reconnect - Vartry, Roundwood, Wicklow

**Session 2 - Wed 15th April 2026 6.00 am**

Build Confidence - Sugar Loaf, Kilmacanogue, Wicklow

**Session 3 - Sat 25th April 2026 9.00 am**

Gain Independence - Devil's Glen, Ashford, Wicklow

**BOOK NOW**

- ✓ All you need are a good pair of walking runners, waterproof jacket and a water bottle!

SPACES LIMITED



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[www.strideireland.ie](http://www.strideireland.ie)