

FREE WALKS

JANUARY TO JULY 2011

WHY DO IT?

Because this is a great way to:

- get to know your colleagues better
- meet new people
- discover Hammersmith's hidden treasures
- become familiar with your immediate working area

ALSO WALKING

- is good for your mind and body
- reduces feelings of stress, depression and anxiety
- gives you more energy

RSVP

Our walks are provided free for BID business employees. Feel free to invite your work colleagues! Please call **020 8741 8157** or e-mail invites@hammersmithlondon.co.uk to reserve your place.

ROUTES

We have a variety of routes! The scheduled walks for the first half of 2011 can be found inside this leaflet. Visit our website www.hammersmithlondon.co.uk for all the details.

STARTING POINT

Reception, 1 Lyric Square, London, W6 0NB

TIME

1:00 - 1:45 pm.

The walks must leave on time. Please be punctual !

DATES

Friday, January 28, 2011

Friday, February 25, 2011

Friday, March 25, 2011

Thursday, April 28, 2011

Friday, May 27, 2011

Friday, June 24, 2011

Friday, July 29, 2011

Escape from your office and get some fresh air every last Friday of the month. Come and join our **FREE GUIDED WALKS of Hammersmith!**



The walks are led by Blue Badge tourist guides.

They are tailored to last for 45 minutes so you can return to work within the hour.

HIGHLIGHTS

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