**What we're about**

Walk, talk, breath, share, learn, feel good, feel healthy and feel free. Take some well-deserved time out to reinvigorate both body and soul and join us on some of our favourite well-being walks in the Peak District. [Women's Wellbeing Walks – Guided walks in the Peak District](https://path2peaks.com/)

Join Us - Annual membership runs from 1st January 2022 – 31st December 2022  
£30 a year – Existing Members  
£35 a year – New Members  
£8 per Trial Walk - Bring a friend or try out one of our walks before committing to membership.

Once the annual membership fee has been paid there is no cost to take part on the 12 annual scheduled walks.

How to Pay Well being walks for Women Membership Fees: Bank Transfer: Bev England -Starling Bank -Sort Code: 608371 Account Number: 79655502  
Or Pay on the day.  
Walk dates are subject to change at organisers discretion

We also run Women's Well-Being Retreats at an extra cost and will also advertise them on Meet up.

Regular walks and exercise free the mind and the spirit. Problems unwind and find solutions – endorphins release happiness, which makes you feel good. It’s easy to have great well-being, walks in a safe environment – meet new friends and gain confidence.