



# Following February

LRWG is aimed at walkers in their 20s 30s and 40s, but we welcome walkers of all ages.

New members and Ramblers' members from other groups are always welcome to join our walks.

Events for February are listed below - hope to see you there!

## Walks in February

Sun 4 Feb <b>Sileby</b> 11 miles	Sun 11 Feb <b>Foxton Locks</b> 10 miles Sun 25 Feb <b>Staunton Harold</b> 8.5 miles	Sun 18 Feb <b>Bulkington</b> 10 miles
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For more details on any of our planned walks and social events, please visit the LRWG website: [www.lrwg.org.uk](http://www.lrwg.org.uk)

## Social Events

<b>Next Pub Meet</b> 2nd February - The Globe, Silver Street, Leicester - 8.00pm onwards	<b>Pub Quiz</b> 19th February - Rutland and Derby, Millstone Lane, Leicester - 7.00pm
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**But I would walk 500 miles . .**

**5 miles = 8 kilometres = 26,400 feet = 8047 metres  
= 10,000 steps = 400 calories = 2 hours of your time  
= up to 7 years longer to live !!!  
(approximately . .)**

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### LRWG

Facebook: [www.facebook.com/LRWGRamblers/](https://www.facebook.com/LRWGRamblers/)  
Website: [www.lrwg.org.uk/](http://www.lrwg.org.uk/)  
Meetup: <https://www.meetup.com/LRWGRamblers/>

Want to keep up to date with LRWG activities? Sign up to our email group - just email [lrwg+subscribe@lrwg.groups.io](mailto:lrwg+subscribe@lrwg.groups.io)



Thinking of becoming a Ramblers Member? You can join online at [www.ramblers.org.uk](http://www.ramblers.org.uk)

Area: Leicestershire & Rutland  
Group: Leicestershire & Rutland Walking

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