

Walk for Wellbeing Cardiff

Sunday, 19 October 2025

Walk starts at 10:00am, registration at 09:30.



- Please dispose of litter carefully
- Advise the organisers of medical conditions
- Walk at the pace you feel comfortable with
- If you need assistance call:
Neil Madigan: 07896 249 770
- **In the event of an emergency, call 999**

*walk for
wellbeing.*

in support of

**Hospitality
Action**

powered by

mum.
talent taken care of

hosted by


**CARDIFF
HOTELIERS
ASSOCIATION**

Let's walk the walk and make a positive difference together