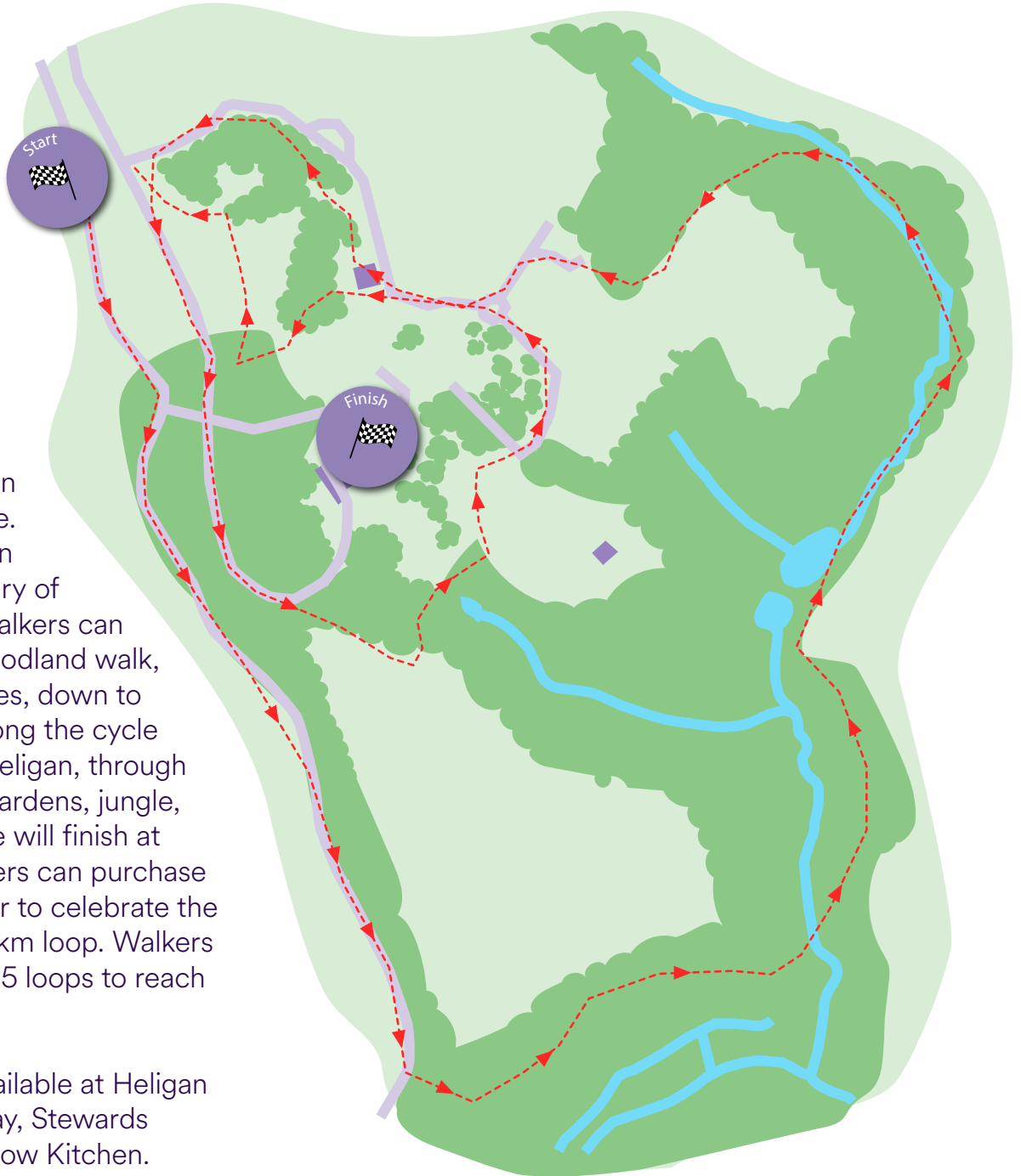


Walk for Wellbeing Cornwall

Sunday, 19 October 2025

- Please dispose of litter carefully
- Advise the organisers of medical conditions
- Walk at the pace you feel comfortable with
- If you need assistance call:
Heligan Duty Manager: 07939 913216
Heligan Reception: 01726 845100
- **In the event of an emergency, call 999**

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



Registration at 9.30am at Heligan Gardens entrance. This route takes in the outer boundary of our estate, but walkers can combine with woodland walk, past the sculptures, down to the lost valley, along the cycle path, back into Heligan, through the ornamental gardens, jungle, paddocks and we will finish at BBQ where walkers can purchase a burger and beer to celebrate the end. This is a 4.4km loop. Walkers will need to do 4.5 loops to reach the 20km.

Refreshments available at Heligan Kitchen, Takeaway, Stewards House and Meadow Kitchen.

*walk for
wellbeing.*

in support of

**Hospitality
Action**

powered by

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talent taken care of

hosted by



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