

A Walking Therapy Project in Norwich

DiscoveryQuest.org has designed an unique innovative & goal orientated walking programme

Comprising of:

- Walk 450 miles in 6 months
- Walk the West Highland Way - Walk Ben Nevis

Develop skills in:

- Navigation
- Outdoor first aid
- General knowledge for walking
- Nutritional advice
- Become part of team

For More information contact:

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Charity Number: 1067883

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Supporters

Venturesport



NORWICH
City Council



more+ainWise

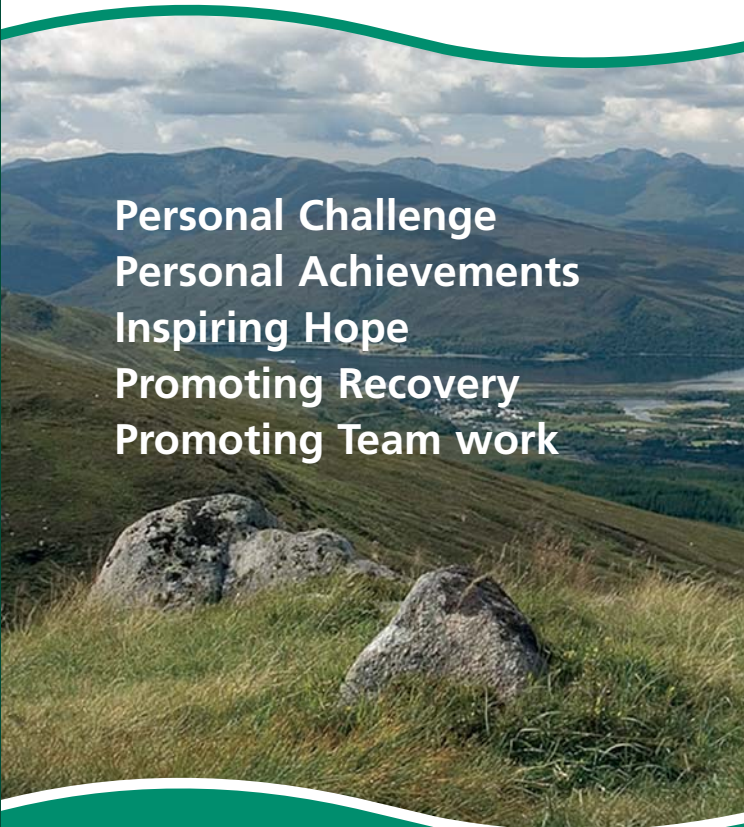
COUNTRY
WALKING



Discovery Quest



An innovative approach to promoting health and well being



Personal Challenge
Personal Achievements
Inspiring Hope
Promoting Recovery
Promoting Team work

Walking Therapy Project

Exploring Mental and Physical Boundaries

In Partnership with



Norfolk and Waveney **NHS**
Mental Health Partnership
NHS Trust