

THE MINISTRY OF HEALTH AND WELLNESS

Barbados Moves!

HIKE

Sunday July 21, 2024

Meeting Point: The Lodge School, St. John

Meeting Time: 6 AM

Route: The Lodge School -> Codrington High School ->
Cliff Cottage -> Welch Village -> Codrington College ->
Society -> The Lodge School

Approx : 2 and 1/2 hours duration

Intensity : Moderate

Bring: water | comfortable shoes | hats | long pants
healthy snacks | sunglasses | sanitizer small back pack.



Codrington College.

Walk with biscuits and bread to feed the fish.



For more information, visit our social media pages

  [barbadosmoves](https://www.facebook.com/barbadosmoves)

