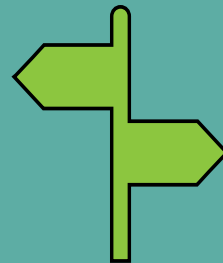




Weston-super-Mare Health Walks



All walks are on Mondays at 2pm

2 Oct	Clarence Park Cafe	Pavements, sand, flat
9 Oct	Observatory Pub, Worle	Path, grass, muddy, flat
16 Oct	East Brent, Hill Lane	Paths, fields, muddy, hilly
23 Oct	Winscombe Recreation Ground	Paths, fields, muddy
30 Oct	Old Manor Inn, Worle	Pathways, grass, hilly
6 Nov	Uphill Way Car Park	Off road, hilly, muddy
13 Nov	Ashcombe Park (top, by Café)	Pavements, track, hilly
20 Nov	Worlebury Golf Course	Road, track, muddy, hilly
27 Nov	Matalan, Locking Castle	Pavements, paths, flat
4 Dec	Congresbury Arms	Paths, lanes, flat
11 Dec	Christmas Lunch 12.30pm for 1pm	Limited places – please contact John to book
18 Dec	Prince Consort Gardens	Pavements, hilly
8 Jan 2024	Hutton Moor Leisure Centre	Paths, flat

Aimed at individuals who want to start and stay active.

Walks will be 50 – 60 minutes long

Assistance dogs only

Please wear suitable clothing and footwear

No need to book, just come along!

**Contact: John Western: 01934 511 808 or
Physical Activity Team: 01275 882 730**

GetActive@n-somerset.gov.uk

www.betterhealthns.co.uk/get-active/walking/

