



Weston-super-Mare Health Walks



All walks are on Mondays at 2pm

30 and 60 minute walks are available – starting at the same time and place

8 Jan	Hutton Moor Leisure Centre	Pavements, paths, flat
15 Jan	Congresbury Arms	Paths, lanes, flat (muddy?)
22 Jan	Clarence Park Cafe	Pavements, sand, flat
29 Jan	Lympsham Cricket Club	Pavements, lanes, flat
5 Feb	Ebdon Pub, Worle	Pathways, flat
12 Feb	Crab Apple Pub, Clevedon	Pathways, grass, flat
19 Feb	Uphill Way Car Park	Paths, fields, hilly
26 Feb	Apex Park, Burnham	Pavements, paths, flat
4 March	Moor Lane, Hutton	Paths, tracks, fields, hilly
11 March	Sandford, meet on Nye Road	
18 March	Coach House Pub, Locking	Pavement, fields, tracks, flat
25 March	Bleadon Village Hall	Tracks, paths, hills

Aimed at individuals who want to start and stay active.

30 minute and 60 minute walks are available

Assistance dogs only.

If you need support to walk, please bring someone with you

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/

