



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

6 January	Ebdon Arms, North Worle (BS22 9WE)	Pavements, grass hills, mainly flat
13 January	Coach House Pub, Locking (BS24 8DG)	Pavement, tracks, field, flat
20 January	Hutton Moor Leisure Centre (BS22 8LY)	Paths, flat
27 January	Brent Knoll – meet at Red Cow Pub (TA9 4BE)	Pavement, tracks, fields, steps
3 February	Matalan, Locking Castle (BS24 7AY)	Pathways flat
10 February	Congresbury Arms (BS49 5JA)	Paths, lanes, flat, muddy
17 February	Ashcombe Park – meet at top by cafe (BS22 8BP)	Pavements and lanes, hills
24 February	Lymsham Cricket Club (BS24 0EW)	Pavements, lanes, flat
3 March	Uphill Way Car Park (BS23 4XP)	Muddy, tracks, hills
10 March	Hutton – meet at junction of Moor Lane and Holm Road, by bus stop) (BS24 9RE)	Paths, tracks, fields, hills
17 March	Clevedon – meet at St Andrews Church (BS21 7UE)	Paths, tracks, hills
24 March	Worlebury Golf Club (BS22 9SX)	Road, tracks, hills, muddy
31 March	Portishead – meet at Waitrose (BS20 7DE)	Paths, harbourside

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/

