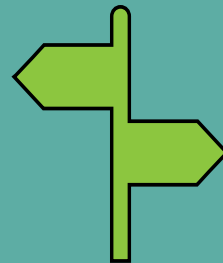




Weston-super-Mare Health Walks



All walks are on Mondays at 2pm

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

7 July	Ashcombe Park – meet at top by café (BS22 8BP)	Pavements, lanes, hills
14 July	Bleadon Village Hall (BS24 0PG)	Paths, tracks, fields, hills
21 July	McDonalds, Worle (BS22 6BL)	Pathways, lanes, flat
28 July	Woodspring Priory (BS22 9YU)	Grass track, hills, muddy?

4 August	Ebdon Arms Pub, North Worle (BS22 9WE)	Pavements, grass hills, mainly flat
11 August	Kewstoke Village Hall (BS22 9XJ)	Paths, track, sand, flat
18 August	Lympsham Cricket Club (BS24 0EW)	Pavements, lanes, flat
25 August	Bank Holiday – No Walk	

1 September	Clarence Park Café (BS23 4AW)	Pavement, sand, golf course
8 September	St Andrews Church, Clevedon (BS21 7UE)	Paths, tracks, hills
15 September	Observatory Pub, North Worle (BS22 7TA)	Paths, fields, flat
22 September	Cheddar Reservoir (BS26 2HG)	Track, path, flat, muddy?
29 September	Hutton Moor Leisure Centre (BS22 8LY)	Paths, flat

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/

