Banwell Health Walk

Meet at Banwell Youth and Community Centre, BS29 6BD for 11am for a short 30-minute walk

No need to book – just turn up!

List of dates

5 October
2 November
7 December

Free hot drink afterwards!

Enjoy some fresh air, light exercise, and good company – we finish back at the Centre for refreshments

For individuals who wish to start and stay active
If you physically need support to walk, please bring someone with you. Please wear suitable clothing and footwear, especially during the winter months Assistance dogs only.

Want to know more?
Contact Amy, the Environment and Biodiversity Officer at Banwell Parish Council at nature@banwellparishcouncil.gov.uk, or the North Somerset Council Physical Activity Team: getactive@n-somerset.gov.uk / 01275 882 730.
www.betterhealthns.co.uk/get-active/walking/

Health Walks
Better Health North Somerset
North Somerset Council
Banwell Parish Council