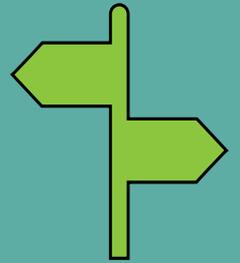




Weston-super-Mare Health Walks



All walks are on Mondays at 2pm

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

13 April	Railway Inn, Sandford (BS25 5RA)	Tracks, hills
20 April	Prince Consort Gardens, meet the top (BS23 2EP)	Pavements, hills
27 April	Coach House Pub, Locking (BS24 8DG)	Pavements, tracks, fields, flat
11 May	Ashcombe Park - meet at the top, by café (BS22 8DP)	Pavements, lanes, hills
18 May	Cheddar Reservoir (BS26 2HG)	Tracks, paths, flat
1 June	Hutton - meet at junction of Moor Lane and Holm Road, by bus stop (BS24 9RE)	Paths, tracks, fields, hilly
8 June	Uphill Way Car Park (BS23 4XP)	Tracks, hills, muddy
15 June	Hutton Moor Leisure Centre (BS22 8LY)	Paths, flat
22 June	East Brent – meet at Hill Lane (TA9 4DD)	Paths, grass, hills, muddy
29 June	Observatory Pub – meet in car park (BS22 2HG)	Paths, fields, flat

Due to Bank Holidays, there will be no walks on Mondays: 6 April, 4 and 25 May

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/

