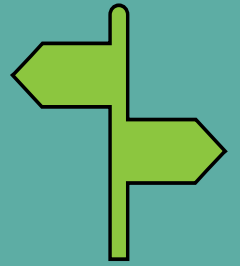




Weston-super-Mare Health Walks



All walks are on Mondays at 2pm

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

6 July	Winscombe Recreation Ground (BS25 1AZ)	Pathways, fields, muddy
13 July	Clarence Park Café (BS23 4AW)	Pavements, sand, golf course
20 July	Bleadon Village Hall (BS24 0PG)	Paths, tracks, fields, hills
27 July	Ebdon Pub, Worle (BS22 9WE)	Pathways, grass, hill, mainly flat

3 August	Railway Inn, Sandford (BS25 5RA)	Tracks, hills
10 August	Prince Consort Gardens, meet the top (BS23 2EP)	Pavements, hills
17 August	Congresbury Garden Centre (BS49 5AA)	Tracks, fields
24 August	Worlebury Golf Club (BS22 9SX)	Road, tracks, hills, muddy

7 Sept	Brent Knoll – meet at Red Cow pub (TA9 4BE)	Pavements, tracks, fields, steps
14 Sept	Landing Light Pub (BS24 8EE)	Pavement, track, grass, muddy, flat
21 Sept	St Andrews Church, Clevedon (BS21 7UE)	Paths, tracks, steep hills
28 Sept	Uphill Way Car Park (BS23 4XP)	Tracks, hills, grass, muddy

Due to the Bank Holiday, there will be no walk on Monday 31 August

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/

