



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

1 July	Ashcombe Park – meet at top gate (BS22 8BP)	Pavements, Hills
8 July	Cheddar Reservoir – meet at car park at the end of Axe Lane (BS26 2HG)	Tracks, paths, flat, muddy?
15 July	Worlebury Woods – meet on Cliff Road (BS22 9SG)	Woodland tracks
22 July	Moor Lane, Hutton – meet by the bus stop on corner of Holm Road (BS24 9RE)	Tracks, road, hills, grass
29 July	Clarence Park – meet at Café (BS23 4AW)	Pavements, sand, flat
5 August	East Brent – meet on Hill Lane (second left after St Mary's Church)	Paths, grass, hills, muddy
12 August	Congresbury Arms (BS49 5JA)	Paths, lanes, tracks, flat, muddy?
19 August	Uphill Way Car Park (BS23 4XP)	Off road, hills, muddy
2 September	Kingston Seymour – meet at Plantation Lakes car park, opposite Pear Orchard Cafe (BS21 6XW)	Roads, lanes, flat
9 September	Hutton Moor Leisure Centre (BS22 8LY)	Paths, flat
16 September	Kewstoke Village Hall (BS22 9XB)	Paths, tracks, flat
23 September	Bleadon Coronation Hall (BS24 0PG)	Tracks, fields, hills
30 September	Matalan, Locking Castle (BS24 7AY)	Pavements, 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/

