

Walks are on the first and third Saturday of each month, starting at 10.30am

5 October - Strawberry Line and back Meet at Hannah More Cottage, Lower North Street, Cheddar (A shorter walk and coffee meet up is available at 11am from the same meeting point)

> 19 October - Churchill Meet at Market Café, Ladymead Lane, Churchill

2 November – Historic Cheddar Meet at Hannah More Cottage, Lower North Street, Cheddar (A shorter walk and coffee meet up is available at 11am from the same meeting point)

> 16 November – Strawberry Line Meet in car park at Yatton station (parking costs £2)

7 December – Cheddar Gorge
Meet at Hannah More Cottage, Lower North Street, Cheddar.
This walk has one steep climb and is difficult underfoot for a short distance
(A shorter walk and coffee meet up is available at 11am from the same meeting point)

Aimed at individuals who want to start and stay active

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: Adrian: 01934 743 527 / adrianmale99@gmail.com

Physical Activity Team:

01275 882 730 / <u>GetActive@n-somerset.gov.uk</u> www.betterhealthns.co.uk/get-active/walking/







