



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

7 April	Clarence Park Café (BS23 4AW)	Pavements, sand, flat
14 April	Woodspring Priory, leaders will direct you to the car park (BS22 9YU)	Grass tracks, muddy, hills
21 April	Bank Holiday – No Walk	
28 April	St Georges - meet at Willow Close (BS22 7XF)	Paths, grass, flat

5 May	Bank Holiday – No Walk	
12 May	Strawberry Line - meet at Railway Inn, Sandford (BS25 5RA)	Tracks, hills
19 May	Prince Consort Gardens - meet at the top (BS23 2EP)	Pavements, hills
26 May	Bank Holiday – No Walk	

2 June	Apex Park, Burnham - meet at car park (TA8 1NQ)	Paths, lanes, gravel tracks, flat
9 June	Uphill Way – meet at car park (BS23 4XP)	Tracks, muddy, hills
16 June	East Brent - meet on Hill Lane (TA9 4DD)	Paths, grass, hills, muddy
23 June	Worlebury Woods - meet at Cliff Road entrance (BS22 9SG)	Woodland tracks, hills, muddy
30 June	Brent Knoll - meet at Red Cow Pub (TA9 4BE)	Pavement, tracks, fields, steps

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/

