

The North Somerset Strollers



Walking the way to health



WESTON-SUPER-MARE

All walks are on Mondays at 2pm unless otherwise stated

- 7 June – Night Jar Public House, Mead Vale **1+**
- 14 June – Clarence Park Café **1+**
- 21 June – Plantation Fisheries, Middle Lane, Kingston Seymour **1**
- 28 June – Opposite Matalan **1+**
- 5 July – Westhay Moor Nature Reserve **1+**
- 12 July – Weston Rugby Club, rear of station **1**
- 19 July – Uphill Way Car Park, Uphill **2**
- 26 July – Sand Point National Trust Car Park **2**
- 2 August – Ashcombe Park Café, Upper Bristol Road **1+**
- 9 August – Rear of Woodborough Arms, Winscombe **2**
- 16 August – Coach House Inn, Locking **2**
- 23 August – Worlebury Hill Road **2**
- 30 August – BANK HOLIDAY – NO WALK

Walk ratings **1: Easy, mainly flat road, footpath, town or beach route**
2: Some gentle slopes and some uneven terrain
3: Steeper slopes with variable conditions

We are keen to encourage those individuals who are not currently exercising or are unable to do anything too physically challenging. Walks will be between 30 and 60 minutes.

PLEASE WEAR SUITABLE CLOTHING & FOOTWEAR
We regret that no dogs are allowed

To discuss the walks programme in more detail call Sport & Active Lifestyles on 01275 810 995

Health Walks

