

CLEVEDON WALK/TALK

HEALTH WALKS 2019

All walks start from the bandstand on Clevedon sea front.

30 Minute Walks – 11am start

Tuesday 1st October

Tuesday 5th November

Tuesday 3rd December

One Hour Walks – 10.30am start

Tuesday 1st & Friday 18th October

Tuesday 5th & Friday 15th November

Tuesday 3rd & Friday 20th December

Christmas lunch on Tuesday 3 December after walk –
details available from walk leader.

As a trial in January, February & March 2020, the Friday walk will start in
Queens Square outside Boots the chemist – feedback welcome!
Tuesday walks will still start at the bandstand.

We are keen to encourage those individuals who are not currently
exercising or are unable to do anything too physically challenging.

**PLEASE NOTE IN EXTREME WEATHER THE WALK WILL BE
CANCELLED, PLEASE WEAR SUITABLE CLOTHING & FOOTWEAR**
We regret that no dogs are allowed except guide dogs

For more information call Lynne Purcell on 01275 852 663 or
Sport & Active Lifestyles on 01275 882 730

