



# Clevedon Health Walks



| Date  | Day               | Starting from                     |
|-------|-------------------|-----------------------------------|
| 1 Oct | Tuesday           | Pier Copse                        |
| 4     | Friday            | Bandstand                         |
| 8     | Tues, <b>11am</b> | Crab Apple pub, <b>start 11am</b> |
| 11    | Friday            | Sunnyside Surgery                 |
| 15    | Tuesday           | Boots, the Triangle               |
| 18    | Friday            | Pier Copse                        |
| 22    | Tuesday           | Salthouse Car Park                |
| 25    | Friday            | Boots, the Triangle               |
| 29    | Tuesday           | Pier Copse                        |
| 1 Nov | Friday            | Bandstand                         |
| 5     | Tuesday           | Salthouse Car Park                |
| 8     | Friday            | Sunnyside Surgery                 |
| 12    | Tuesday           | Bandstand                         |
| 15    | Friday            | Pier Copse                        |
| 19    | Tuesday           | Sunnyside Surgery                 |
| 22    | Friday            | Salthouse Car Park                |
| 26    | Tuesday           | Boots, the Triangle               |
| 29    | Friday            | Pier Copse                        |
| 3 Dec | Tuesday           | Bandstand                         |
| 6     | Friday            | Sunnyside Surgery                 |
| 10    | Tuesday           | Salthouse Car Park                |
| 13    | Friday            | Boots, the Triangle               |
| 17    | Tuesday           | Pier Copse                        |
| 20    | Friday            | Bandstand                         |
| 27    | Friday            | Salthouse Car Park                |
| 31    | Tuesday           | Pier Copse                        |

Tuesday and Friday walks start at 10.30am for one hour

A walk of 30 minutes can be arranged, ring Lynne (see below)

## Thursday morning walks

A more strenuous walk, please wear sensible footwear  
Start 10.30am for one hour

3 Oct – All Saints Church  
7 Nov – All Saints Church  
5 Dec – All Saints Church

## Sunday Walks

Start 10am for one hour

6 Oct – Salthouse car park  
20 Oct – The Bandstand  
3 Nov – Sunnyside Surgery  
10 Nov – Boots, the Triangle  
22 Dec – Sunnyside Surgery  
29 Dec – Boots, the Triangle

**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 Lynne Purcell 01275 852 663 or Physical Activity Team: 01275 882 730**

[GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)

[www.facebook.com/clevedonwalkandtalk](https://www.facebook.com/clevedonwalkandtalk)

