



Clevedon Health Walks



Date	Day	Time	Duration	Starting from
Oct 4 th	Tuesday	10.30	1 hour	Bandstand
4 ^h (shorter)	Tuesday	11.00	½ hour	Bandstand
7 th	Friday	10.30	1 hour	Sunnyside Surgery
11 th	Tuesday	10.30	1 hour	Boots, the Triangle
18 th	Tuesday	10.30	1 hour	Salthouse pub
25 th	Tuesday	10.30	1 hour	Sunnyside Surgery
28 th	Friday	10.30	1 hour	Boots, the Triangle
November 1 st	Tuesday	10.30	1 hour	Salthouse pub
1 st (shorter)	Tuesday	11.00	½ hour	Salthouse pub
4 th	Friday	10.30	1 hour	Boots, the Triangle
8 th	Tuesday	10.30	1 hour	Bandstand
15 th	Tuesday	10.30	1 hour	Sunnyside Surgery
18 th	Friday	10.30	1 hour	Boots, the Triangle
22 nd	Tuesday	10.30	1 hour	Salthouse pub
25 th	Friday	10.30	1 hour	Sunnyside Surgery
29 th	Tuesday	10.30	1 hour	Boots, the Triangle
December 2 nd	Friday	10.30	1 hour	Salthouse pub
6 th	Tuesday	10.30	1 hour	Bandstand
6 th (shorter)	Tuesday	11.00	½ hour	Bandstand
9 th	Friday	10.30	1 hour	Boots, the Triangle
13 th	Tuesday	10.30	1 hour	Bandstand
16 th	Friday	10.30	1 hour	Sunnyside Surgery
20 th	Tuesday	10.30	1 hour	Salthouse pub

**Please check time and starting point each week.
Aimed at individuals who want to start and stay active.
Assistance dogs only.
Please wear suitable clothing and footwear.**

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

GetActive@n-somerset.gov.uk

www.betterhealthns.co.uk/information/healthwalks/

