

PRUDHOE HEALTH WALKS

COME AND JOIN US!

Prudhoe Health Walks Programme for January to June 2010.

Walks take place every Thursday, meeting time 10.30am. The planned location of walks is shown below although the meeting point for all walks is Tyne Riverside Country Park, Low Prudhoe.

The Walk Leaders may have to change the planned route at the last minute.

As well as being a great way to exercise, the walks are an excellent way of meeting other people. If you are interested in joining a walk, all you have to do is turn up.

The walks are easy and last approximately 1 hour.

Date	Location of Walk	Shared Transport	Stile
7th January	Close House	Yes	
14th January	Hagg Bank	Yes	
21st January	Indian Village	No	
28th January	Clara Vale	Yes	
4th February	The Fords	Yes	
11th February	Spetchells	No	
18th February	Ovington	No	
25th February	The Rift	Yes	
4th March	Ovingham - Bearl	Yes	Yes
11th March	Merryshields	Yes	
18th March	Hospital Woods	Yes	
25th March	Stephenson's Cottage	Yes	
1st April	Whittledene - west	No	Yes
8th April	Close House	Yes	
15th April	Whittledene - east	No	
22nd April	Priest Close Woods	Yes	
29th April	Highfield	Yes	Yes
6th May	North Acomb	Yes	
13th May	Stephenson's Cottage	Yes	
20th May	Eltringham	No	
27th May	Clara Vale	Yes	
3rd June	Ovington	No	

If sufficient transport is not available for car walks, a local walk will take place instead.



Contact:
the Health Walks Co-ordinator:
01434 613227
 for further information

