

# STOCKSFIELD HEALTH WALKS

## COME AND JOIN US!

### Stocksfield Health Walks Programme for December 2009 to April 2010

Walks take place every Monday, meeting time 10.00am. The planned location of walks is shown below although the meeting point for all walks is Stocksfield station car park.

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
7th December	Corbridge - Mill	Yes
14th December	Bywell	No
21st December	Broomley Village	Yes
28th December	The Fords	No
4th January	Eltringham	Yes
11th January	Stephenson's Cottage	Yes
18th January	Merryshields	No
25th January	Spetchells	Yes
1st February	Bywell	No
8th February	Corbridge - Kilns	Yes
15th February	Fords	No
22nd February	Newton	Yes
1st March	Merryshields	No
8th March	Keelman's Way	Yes
15th March	Bywell	No
22nd March	Prudhoe riverside	Yes
29th March	Fords	No
5th April	NO WALK	
12th April	Ovington	Yes
19th April	Broomley Woods	No
26th April	Spetchells	Yes

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

