

# Wark Health Walks

January to June 2010

## Come and join us!

Walks take place every Tuesday, meeting time 10.00am.

The planned location of walks is shown below although the meeting point for all walks is the Village Green.



The walk leaders may have to change the planned route at the last minute.

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

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, free of charge and last approximately one hour

Date	Location of Walk	Transport
26th January	Latterford	Yes
2nd February	Thorneyhirst	No
9th February	Birtley - Wark	Yes
16th February	Haughton Castle	Yes
23rd February	Lee Hall	Yes
2nd March	Woodleyshield	No
9th March	Dunterley Fell	Yes
16th March	Lowsteads	Yes
23rd March	Warkshaugh	No
30th March	Blindburn	No
6th April	Ealingham Beacon	Yes
13th April	Chipchase Mill	Yes
20th April	Latterford	Yes
27th April	Woodley Shield	No
4th May	Simonburn	Yes
11th May	Hareshaw Linn AWAY DAY	Yes
18th May	Bridgeford Farm	Yes
25th May	Pundershaw	Yes
1st June	Thorneyhirst	No

**For further information please contact Caroline Freeman on 01434 613227**

### Excellent Sports and Leisure for All.

North Country Leisure is supported by Northumberland County Council and Copeland Borough Council

North Country Leisure is a registered charity No. 1075009.

We reserve the right to change the programme in exceptional circumstances.

[www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

HEALTHY Life

**NCCL**  
northcountryleisure