

CORBRIDGE HEALTH WALKS

COME AND JOIN US!

Corbridge Health Walks Programme for December 2009 to April 2010.

Walks take place every Wednesday, meeting time 10.00am. The planned location of walks is shown below although the meeting point for **ALL** walks is Coigns Corner.

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 one hour.

Date	Location of Walk	Shared Transport	Stiles
2nd December	Tyne Green	Yes	Yes
9th December	Stanners/Farnley	No	
16th December	Halton Castle	Yes	Yes
23rd December	Spoutwell/Deadridge	No	Yes
30th December	Mill/Kilns	No	
6th January	Warden	Yes	Yes
13th January	Haughs/Dilston	No	
20th January	Haydon Bridge	Yes	
27th January	Stanners/Farnley	No	
3rd February	St John Lee	Yes	Yes
10th February	Spoutwell/Deadridge	No	Yes
17th February	Thornbrough	Yes	Yes
24th February	Mill/Kilns	No	
3rd March	Slaley	Yes	
10th March	Haughs/Dilston	No	
17th March	Newton	Yes	Yes
24th March	Stanners/Farnley	No	
31st March	Stocksfield	Yes	
7th April	Spoutwell/Deadridge	No	Yes
14th April	Heavenfield	Yes	

If transport is unavailable for car walks,
a local walk will take place instead.

HEALTHY *Life*

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



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