

HALTWHISTLE HEALTH WALKS

COME AND JOIN US!

Haltwhistle Health Walks Programme for December 2009 to April 2010.

Walks take place every Tuesday, meeting time 11.30am, prompt. The planned location of walks is shown below although the meeting point for all walks is outside Sainsburys.

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 |
|---------------|--------------------|------------------|
| 1st December | Walltown Quarry | Yes |
| 8th December | Haltwhistle | No |
| 15th December | Haltwhistle | No |
| 22nd December | Haltwhistle | No |
| 29th December | NO WALK | |
| 5th January | Featherstone | Yes |
| 12th January | Haltwhistle | No |
| 19th January | Milton Woods | Yes |
| 26th January | Haltwhistle | No |
| 2nd February | Haltwhistle | No |
| 9th February | Bardon Mill | Yes |
| 16th February | Haltwhistle | No |
| 23rd February | Featherstone | Yes |
| 2nd March | Haltwhistle | No |
| 9th March | Talkin Tarn | Yes |
| 16th March | Haltwhistle | No |
| 23rd March | Haltwhistle | No |
| 30th March | Coanwood - Lambley | Yes |
| 6th April | Haltwhistle | No |
| 13th April | Allenbanks | Yes |
| 20th April | Haltwhistle | No |

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



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



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