

Allendale Health Walks

January to June 2010

Come and join us!

Walks take place every Thursday, meeting time 10.00am.

The planned location of walks is shown below although the meeting point for all walks is outside the Co-op or under the church gate if wet.



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	Stile
14th January	Cleugh Head	Yes	No
21st January	Portgate	No	No
28th January	Housty	No	Yes
4th February	Holmes Lynn	Yes	No
11th February	Splitty Lane	Yes	No
18th February	Wooley	No	Yes
25th February	High Hope	Yes	No
4th March	Low Mill	No	No
11th March	Cleugh Head	Yes	No
18th March	Allendale riverside	No	No
25th March	Black Bank	Yes	No
1st April	Oakpool	Yes	Yes
8th April	Housty	No	Yes
15th April	Hunter Gap	Yes	Yes
22nd April	Sipton Side	Yes	Yes
29th April	Portgate	No	No
6th May	Peckriding	No	Yes
13th May	Upper chimneys	Yes	No
20th May	Allendale riverside	No	No
27th May	Hindley Hall	Yes	No
3rd June	Scotch Hall	Yes	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.

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HEALTHY Life

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