

Bellingham Health Walks

January to May 2010

Come and join us!

Walks take place every Wednesday, meeting time 10.30am.

The planned location of walks is shown below although the meeting point for all walks is outside The Rose and Crown.



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.

Car drivers would appreciate a donation of 50p towards fuel costs

The walks are easy, free of charge and last approximately one hour

Date	Location of Walk	Transport
6th January	Sundaysight	Yes
13th January	Redebridge	Yes
20th January	The Reenes	No
27th January	Lee Hall	Yes
3rd February	Pundershaw	Yes
10th February	Boat Road	No
17th February	Sidwood	Yes
24th February	Charlton	Yes
3rd March	Hareshaw Linn	No
10th March	Woodburn	Yes
17th March	Dunderley Fell	Yes
24th March	The Reenes	No
31st March	Away day	Yes
7th April	Chirdonburn	Yes
14th April	Sundaysight	Yes
21st April	Hareshaw Pennine Way	Yes
28th April	Hareshaw Linn	No
5th May	Boat Road	No
12th May	Countess Park	Yes
19th May	Greenhaugh - Dovecote	Yes
26th May	Lanehead	Yes

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

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