



Claremont Bank Health Walks

Walk more and feel the difference ...

February 2012 Walks

Date	Time	Location
Tue 7 th Feb 2012	1030 am	Meet at the Surgery
A beautiful walk through the Quarry and along the River Severn to the Greyfriars Bridge. Returning via the Boat Houses and Becks Field. Approximately 1 ¼ hrs.		
Tue 21 st Feb 2012	1030 am	Frankwell Car Park (by the footbridge)
Darwin Walk – This is a circular walk mainly on grass which has a few steps but no stiles. Approximately 1 hr.		

(Routes may change due to inclement weather to avoid mud or high river levels)

Walking in a group is a great way to start walking and to stay motivated. You'll make friends and discover new places to walk in your neighbourhood as well as improving your health and fitness. All walks are risk assessed and lead by trained Volunteer Walk Leaders. Walks are free and all you will need is a comfortable pair of shoes. You will be asked to complete a short Health Questionnaire. No need to book – just turn up.

For more Information, please contact
Walking for Health Team 01743 255059 or email walkingforhealth@shropshire.gov.uk

