



Walking the Way to Health



BRIDLINGTON



Come along and join in on our organised walks around Bridlington.



- Walks also available at Beverley, Howden, Drifffield, Goole, Haltemprice, Hornsea, Sewerby, Pocklington, South Cave, Withernsea & Holme on Spalding Moore
- Improve your fitness and health in a gentle yet effective way
- Meet people - make friends
- The walks suit all ages and abilities and last approximately 1 hour (some sites include 30 minute and 2 hour walks in addition to the 1 hour walks). Please call the site for further details.
- Almost everyone can do it and it's **FREE**



For more information please contact the number overleaf

A joint initiative between
**Sport and Play Development Service
and Countryside Access**



For details of independent walks visit our website:
www.eastriding.gov.uk/countrysideaccess
and click on Walking the Riding.



EAST RIDING
OF YORKSHIRE COUNCIL

Walking the Way to Health

DATES FOR YOUR DIARY 2009

1 Hour Walks (Mondays) at 10.00am starting at Leisure World at Bridlington	
January	12th & 26th
February	9th & 23rd
March	2nd & 16th
April	6th & 20th
May	18th
June	8th & 22nd
July	6th & 20th
August	10th
September	7th & 21st
October	5th & 19th
November	2nd & 16th
December	7th

For further information on the Bridlington Walks please contact Leisure World at Bridlington

Tel: (01262) 606715

