

REGULAR TUESDAYS 10:30 AM
STARTER WALKS (15 – 30 MINS) PLUS
LONGER WALKS (UP TO 1 HOUR).
MEET AT MOWLEM, SWANAGE SEA
FRONT

&

REGULAR TUESDAYS 2.00 PM
WALKS (60 – 90 MINUTES) AT
VARIOUS LOCATIONS AS FOLLOWS:

JANUARY 2nd, 9th, 16th, 23rd & 30th
STUDLAND KNOLL BEACH NT PAY &
DISPLAY CAR PARK

BEACH/DUNE WALKS

FEBRUARY 6th, 13th, 20th & 27th
ARNE RSPB PAY & DISPLAY CAR PARK

RSPB NATURE TRAIL WALKS

MARCH 6th & 13th
CORFE CASTLE VIEW NT PAY AND
DISPLAY CAR PARK
VILLAGE, COUNTRYSIDE AND COMMON
WALKS

MARCH 20th & 27th
SUNNYSIDE FARM
(FREE) CAR PARK, RIDGE

HEATHLAND WALKS

APRIL 3rd, 10th, 17th & 24th
DURLSTON PAY AND DISPLAY CAR PARK

MIXED COUNTRY AND COASTAL WALKS

SWANAGE WALKING FOR HEALTH 2018 CALENDAR

MAY 1st, 8th, 15th, 22nd & 29th
CORFE WEST STREET PAY AND
DISPLAY CAR PARK

COMMON AND COUNTRY WALKING

JUNE 5th & 12th
SPYWAY NT CAR PARK, LANGTON
MATRAVERS (near Langton House)

JUNE 19th & 26th
ACTON NT CAR PARK

COAST/COUNTRY WALKS

JULY 3rd & 10th
WORTH MATRAVERS
RENSCOMBE CAR PARK
(through village approx 1 mile)

JULY 17th, 24th & 31st
VILLAGE CAR PARK (behind Square
& Compass)

COASTAL AND HEADLAND WALKS

**AUGUST IS A HOLIDAY
MONTH, SO
THERE WILL BE NO GUIDED
WALKS.**

SEPTEMBER 4th & 11th
KINGSTON WOODLAND CAR PARK

SEPTEMBER 18th & 25th
SHEEP PENS CAR PARK (through
woods)

HOUNS TOUT AND SWYRE HEAD
MIXED WOODLAND AND COASTAL
RIDGE WALKS
FREE BUT LIMITED SPACE PARKING

OCTOBER 2nd & 9th
STUDLAND BANKES ARMS NT CAR
PARK

OCTOBER 16th, 23rd & 30th
STUDLAND MIDDLE BEACH NT CAR
PARK

COASTAL, VILLAGE, BEACH OR
COMMON WALKS

NOVEMBER 6th, 13th, 20th & 27th
ARNE RSPB PAY AND DISPLAY CAR
PARK

RSPB NATURE TRAIL WALKS

DECEMBER 4th & 18th
THE MOWLEM SWANAGE SEA
FRONT

No walks on 11th & 25th

**Christmas lunch 11th – venue to be
decided**

TOWN AND COAST WALKS

WALKING IS THE PERFECT ACTIVITY FOR HEALTH

WALKING CAN

- *REDUCE YOUR RISK OF
HEART DISEASE*
- *LOWER YOUR BLOOD
PRESSURE*
- *HELP YOU SLEEP BETTER*
- *MAKE YOU FEEL GOOD*
- *HELP YOU RELAX*
- *HELP YOU LOSE WEIGHT*

**IT IS FUN, FREE, LOCAL AND
SOCIABLE**

**THE HEALTH BENEFITS OF
WALKING ARE ENORMOUS**

Sponsored by



YOU CAN EXPECT FROM US



REGULAR WALKS ON TUESDAYS

**TRAINED WALK LEADERS TO
GUIDE YOU**

WELL CHOSEN SUITABLE WALKS

**BEAUTIFUL AND INTERESTING
LOCATIONS**

A TIME OF COMPANIONSHIP

**WE LOOK FORWARD TO MEETING
YOU ON ONE OF OUR HEALTH
WALKS**

**PLEASE WEAR SENSIBLE
COMFORTABLE CLOTHING AND
SHOES AND BRING SOME WATER**

**FOR MORE INFORMATION
TELEPHONE ANY ONE OF OUR
PRINCIPAL WALK LEADERS**

John Kirwin 01929 481000
David Sharpe 01929 475692
John Jennings 01929 480996
John Avery 01202 695743
Starter Walks
Sue Vince 01929 426942

e-mail swanage.wfh@gmail.com
www.walkingforhealth.org.uk/swanage



SWANAGE WALKING FOR HEALTH 2018 CALENDAR

**GET ACTIVE AND
FEEL GOOD**

**COME AND JOIN
ONE OF OUR
TUESDAY WALKS**

**Well behaved dogs welcome, but
must be under control on a fixed
lead at all times.**

