The circular routes starting from these locations - 1, 2, 3, 4, 6, 7, 8, 10, 12, 13 and 15 - are available on the website.

Welcome to the Walking Wyre 2014 Calendar

This year's programme has over 150 free health walks led by our friendly volunteer health walk leaders guiding walkers throughout Wyre's coast, parks and countryside. We also have nine legstretchers - (two hour walks over more challenging terrain) usually starting and finishing at a cafe. (There is a small charge of £3/2 for these.)

The Benefits of Walking

Walking is free and can fit into your normal daily routine. Regular walking can help to:

- Keep your heart strong
- Reduce the risk of heart disease
- Give you more energy
- Improve mobility
- Aids with weight loss
- Help you sleep better
- Gives you a feel good factor
- Make new friends

Helpful Tips Before You Set Off on your Walk

All one hour health walks are FREE and everyone is welcome no matter what their age or ability.

- Wear suitable footwear and clothing for the weather conditions.
- If you have medication that you need to carry at all times, bring it with you.
- If you are diabetic, please make sure you have eaten before the walk and bring food or drink if necessary.
- Dogs are welcome if they are on a lead and you clean up after them.
- Children are welcome but must be accompanied and looked after by a responsible adult.
- If you have a medical condition that you feel could prevent you from walking, ask for your doctor's advice. You may be asked to complete a simple health questionnaire at the start of some activities.

Information on Walking Grades

Walking Wyre volunteer walk leaders can help you take up walking by starting you off at a gentle amble for 10 to 20 minutes and leading up to a 1 hour walk. Please let the leader know if you would find this helpful.

Terrain Guide

Easy
1. Flat surfaced paths suitable for pushchairs and wheelchairs
2. Rural/urban walks on pavements, some road crossing.
3. Flat, across fields, possibly with some stiles.

Moderate
4. Fields, country lanes and tracks with some gentle slopes. You can expect to come across stiles and livestock. Ascent up to 100m.
5. Fields, country lanes and tracks with some moderate slopes. You can expect to come across stiles and livestock. Ascent up to 200m.

Hard
6. Fields, country lanes and tracks with some steeper climbs. You can expect to come across stiles and livestock. Ascent up to 300m.

Poor Weather

Please note a Ranger/Leader will be at the start of an activity whatever the weather. In extreme conditions a decision will be taken on the day by the leader whether or not to cancel.

Safety

When attending an activity, please take the advice of the leader. We reserve the right to refuse to take people on activities if we feel they are unsuitably equipped for the activity. If you intend to leave early please inform your leader.

For your own safety, please come dressed to match the type of activity and weather with appropriate footwear and waterproof clothing.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Distance</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 4</td>
<td>10.30am</td>
<td>Cleveleys 2B</td>
<td></td>
<td>Sat 1</td>
<td>10.30am</td>
<td>Cleveleys 2B</td>
<td></td>
</tr>
<tr>
<td>Tue 2</td>
<td>2.00pm</td>
<td>Great Eccleston</td>
<td></td>
<td>Sat 2</td>
<td>2.00pm</td>
<td>Great Eccleston</td>
<td></td>
</tr>
<tr>
<td>Fri 8</td>
<td>10.30am</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Fri 4</td>
<td>10.30am</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Fri 10</td>
<td>2.00pm</td>
<td>Fleetwood</td>
<td></td>
<td>Sat 8</td>
<td>2.00pm</td>
<td>Fleetwood</td>
<td></td>
</tr>
<tr>
<td>Sat 11</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Fri 11</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Tue 14</td>
<td>10.30am</td>
<td>Great Eccleston</td>
<td></td>
<td>Fri 14</td>
<td>10.30am</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Sat 18</td>
<td>10.30am</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Sat 15</td>
<td>10.30am</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Sun 19</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Sat 16</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Tue 21</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Wed 14</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Wed 22</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Thu 2</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Sun 25</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Sun 26</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Tue 28</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Wed 27</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
<tr>
<td>Wed 29</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
<td>Thu 29</td>
<td>2.00pm</td>
<td>Wyre Estuary Country Park</td>
<td>2BT</td>
</tr>
</tbody>
</table>

Please note that where the £ sign is displayed, there is a charge for participating.