

REGULAR TUESDAYS 10:30 AM
STARTER WALKS (15 – 30 MINS)
MEET AT MOWLEM, SWANAGE SEA
FRONT

&

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

JANUARY 3rd, 10th, 17th, 24th & 31st
CORFE CASTLE VIEW NT PAY &
DISPLAY CAR PARK

VILLAGE, COUNTRYSIDE AND COMMON
WALKS

FEBRUARY 7th, 14th 21st & 28th
STUDLAND KNOLL BEACH NT PAY &
DISPLAY CAR PARK

BEACH/DUNE WALKS

MARCH 7th & 14th
ARNE RSPB PAY AND DISPLAY CAR
PARK
RSPB NATURE TRAIL WALKS

MARCH 21st & 28th
SUNNYSIDE FARM
(FREE) CAR PARK, RIDGE

HEATHLAND WALKS

APRIL 4th, 11th, 18th & 25th
DURLSTON PAY AND DISPLAY CAR PARK

MIXED COUNTRY AND COASTAL WALKS

SWANAGE WALKING FOR HEALTH 2017 CALENDAR

MAY 2nd, 9th, 16th, 23rd & 30th
CORFE WEST STREET PAY AND
DISPLAY CAR PARK

COMMON AND COUNTRY WALKING

JUNE 6th & 13th
LANGTON HOUSE CAR PARK,
LANGTON MATRAVERS

JUNE 20th & 27th
TOP END of PANORAMA ROAD,
SWANAGE (old rubbish recycling tip)

COAST/COUNTRY WALKS

FREE ROADSIDE/LAY-BY PARKING

JULY 4th & 11th
WORTH MATRAVERS
RENSCOMBE CAR PARK
(through village approx 1 mile)

JULY 18th & 25th
VILLAGE CAR PARK (behind Square
& Compass)

COASTAL AND HEADLAND WALKS

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

SEPTEMBER 5th & 12th
KINGSTON WOODLAND CAR PARK

SEPTEMBER 19th & 26th
SHEEP PENS CAR PARK (through
woods)

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

OCTOBER 3rd & 10th
STUDLAND BANKES ARMS NT CAR
PARK

OCTOBER 17th 24th & 31st
STUDLAND MIDDLE BEACH NT CAR
PARK

COASTAL, VILLAGE, BEACH OR
COMMON WALKS

NOVEMBER 7th, 14th, 21st & 28th
ARNE RSPB PAY AND DISPLAY CAR
PARK

RSPB NATURE TRAIL WALKS

DECEMBER 5th & 19th
THE MOWLEM SWANAGE SEA
FRONT

No walks on 12th & 26th

**Christmas lunch 12th – 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**

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
Catrina Humpherson 01929 425622
John Avery 01202 695743

Starter Walks

Mike Humpherson 01929 425622

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



SWANAGE WALKING FOR HEALTH 2017 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.

