



# Walking the Way to Health



## WITHERNSEA



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

- Walks also available at Beverley, Bridlington, Drifffield, Goole, Haltemprice, Hornsea, Howden, Pocklington, South Cave, Sewerby & 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](http://www.eastriding.gov.uk/countrysideaccess)**  
and click on Walking the Riding.



**EAST RIDING**  
OF YORKSHIRE COUNCIL

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DATES FOR YOUR DIARY 2009

1 Hour Walks (Wednesdays) at 9.30am  
from the Pavilion Leisure Centre

January	7th, 14th, 21st & 28th
February	4th, 11th, 18th & 25th
March	4th, 11th, 18th & 25th
April	1st, 8th, 15th, 22nd & 29th
May	6th, 13th, 20th & 27th
June	3rd, 10th, 17th & 24th
July	1st, 8th, 15th, 22nd & 29th
August	5th, 12th, 19th & 26th
September	2nd, 9th, 16th, 23rd & 30th
October	7th, 14th, 21st & 25th
November	4th, 11th, 18th & 25th
December	2nd, 9th & 16th

For further information on the Withernsea Walks  
please contact the Pavilion Leisure Centre  
**Tel: (01964) 614000**

