

Babergh District Council Health Walks Programme July - September 2010

Do you want to get fit without over-exerting yourself ?
Do you fancy a stroll in the Babergh countryside ?
Do you want to meet people and make new friends ?
Do you have an hour to spare on a Thursday lunchtime ?
If the answer is yes, then these **Free** walks are for you.

This is the programme for July - September 2010

The walks are mainly flat and easy going although there are a couple with fairly steep inclines. Suitability will be discussed before the walk starts. Walks last for approximately 40-45 mins and start at 1pm. There is NO WALK on the 9th of September

<u>Date</u>	<u>Area</u>	<u>Led By</u>
Thursday 1st July	Hadleigh	Barbara Tottle
Thursday 8th July	Sudbury	Sue Longhurst
Thursday 15th July	Sudbury	Sam Cross
Thursday 22nd July	Hadleigh	Barbara Tottle
Thursday 29th July	Sudbury	Sam Cross
Thursday 5th Aug	Sudbury	Sam Cross
Thursday 12th Aug	Hadleigh	Barbara Tottle
Thursday 19th Aug	Sudbury	Barbara Tottle
Thursday 26th Aug	Sudbury	Sam Cross
Thursday 2nd Sept	Hadleigh	Barbara Tottle
Thursday 16th Sept	Sudbury	Sue Longhurst
Thursday 23rd Sept	Hadleigh	Barbara Tottle
Thursday 30th Sept	Sudbury	Barbara Tottle

Sudbury walks start and finish at the Quay Theatre in Quay Lane Sudbury and refreshments will be there after the walk.

Hadleigh walks start from the Library and finish at the "Orangerie" for refreshments.

Please meet **outside** the venue unless raining.

Bus details:-

Ipswich-Hadleigh Carters Coaches no 106

01473 601120

Sudbury-Hadleigh return Beestons No's 90 & 91

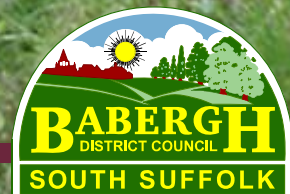
01473 823243

Ipswich-Sudbury Beestons No 91

01473 823243

Ipswich-Sudbury Chambers No 111

01787 227233



For more information
please call
Barbara Tottle on
01473 825834