

## **Paulton Social Walkers Programme for July to September 2019**



Age UK B&NES would like to encourage walkers who are able to walk for up to 1.5-2 hours.

Please note: wear good shoes and appropriate clothing for the weather. Trousers will protect your legs against nettles and ticks.

**(ALL WALKS COMMENCE AT 10.00 AM FROM PAULTON OUTSIDE THE HUB IN THE PRECINCT)**

- 09.07.2019 Focus now Wicks!
- 23.07.2019 Newton Park – **new walk** (Cars)
- 13.08.2019 Broadys
- 27.08.2019 Great Elm (Cars)
- 10.09.2019 Arnhem
- 24.09.2019 Litton Lakes (Cars)

**Please allow extra time for travelling to walks outside Paulton**

We look forward to seeing you on the above dates.

It would be great to hear if you have any suggestions for walks – you may have a favourite that we haven't covered.

*Anne and Jackie*  
(YOUR AGE UK B&NES WALK LEADERS)

**Please note that for safety reasons walks may have to change depending on underfoot conditions, but we advise that you always wear appropriate footwear.**

### **New Guidelines**

We have been advised that under the terms of the AGE UK Insurance, we cannot allow anyone under the age of 55, including children and teenagers or people with debilitating injuries (eg. broken arm, wrist etc.) or dogs to come on our walks.