

Northampton Christmas Health Walks 2019

Day	Walk	Meeting Point	Time	Leaders	Grade
Monday 23rd & 30th December	Billing (short walk)	Bellinge Community House, NN3 9AQ	10:00am: 30-40 mins	Bob	2
	Billing (long walk) (MON 30th DEC ONLY)		10:45am: 60 mins		3
Tuesday 24th & 31st December	Eastfield	Outside Morrisons (Kettering Road), NN3 6AA	10:30am: 45-60 mins	Various	2
	St Crispin 1st & 3rd Tuesday	Little Pickle Café, NN5 4XB	1:30pm: 45-60 mins	Clive & Karen	2
	Duston Sports Centre 2nd & 4th Tuesday	Duston Sports Centre, NN5 6EX	1:30pm: 45-60 mins	Clive & Karen	2
Wednesday 25th December & 1st January	NO WALK				
Thursday 26th December & 2nd January	NO WALK				
Friday 27th December	NO WALK				



Grade 1: Walks up to 30 mins on a flat or gentle sloped ground, no steps or stiles,

Grade 2: Walks between 30-60 mins with moderate hills and/or stiles,

Health Walks are an excellent way to stay active and explore Northampton's parks and open spaces. A great chance to meet new people, enjoy the fresh air and best of all they

For more info call 01604 837774 or email: healthandwellbeing@nltrust.org.uk Visit: www.trilogyleisure.co.uk/sport-play-development/health-walks