

WALK YOUR WAY TO HEALTH
Thursday evening Walks starting at
6.30 pm throughout the Summer



2010	Venue	Starts at
July		
1 st	Pembroke	East side of Beach House Cafe
8 th	Saumarez Park	Back car park
15 th	Vazon	Car park opposite Le Grande Mare Hotel
22 nd	Peninsula	Car park at back of hotel
29 th	Chouet	Car park near the Tea room
August		
5 th	Pembroke	East side of Beach House Cafe
12 th	Saumarez Park	Back car park
19 th	Vazon	Car park opposite Le Grande Mare Hotel
26 th	Peninsula	Car park at back of hotel
Sept		
2 nd	Chouet	Car park near the Tea room
9 th	Pembroke	East side of Beach House Cafe
16 th	Saumarez Park	Back car park
23 rd	Vazon	Car park opposite Le Grande Mare Hotel

For further information contact the Health Promotion Unit on 707311 - Monday to Friday - 9am to 5 pm

WALK YOUR WAY TO HEALTH
Sunday Walks starting at 4.00pm
until the end of October



2010	Venue	Starts at
July		
4 th	Jerbourg	Cark park by Jerbourg Hotel
11 th	Pleinmont	Car park near Imperial Hotel
18 th	Vazon	Car park opposite Le Grande Mare Hotel
25 th	Port Soif	Port Soif Kiosk
August		
1 st	Peninsula	Car park at back of hotel
8 th	Jerbourg	Cark park by Jerbourg Hotel
15 th	Chouet	Car park near Tea room
22 nd	Pembroke	East side of the Beach House Cafe
29 th	Bordeaux	Woodies kiosk at Bordeaux
Sept		
5 th	Saumarez Park	Back car park
12 th	Jerbourg	Cark park by Jerbourg Hotel
19 th	Pleinmont	Car park near Imperial Hotel
26 th	Vazon	Car park opposite Le Grande Mare Hotel

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