

SHORT WALKS IN CLARE!



Clare Walkers introduced their short walk programme in July 2018 as part of the *OneLife Suffolk* scheme. The scheme runs throughout Suffolk and offers a range of Health Walks for people of all ages and abilities, providing people with a variety of choices from countryside to more urban walks. Many people join to improve their health, wellbeing and meet new friends. All the Health Walks will be **free**, there will be **no need to book**, just turn up and join of our friendly walking groups and enjoy walking together!

Clare Walkers are an independent organisation of volunteers that already promotes walking in and around Clare, organises regular walks from the Country Park and publishes routes for circular walks from Clare. Details can be seen at: <http://clarewalks.co.uk>. The walks are offered in conjunction with Clare Castle Country Park as part of Heritage Lottery Funding activities.

Under Short Walks, various grades of regular walks will eventually be available from Grade 1 (up to 30 minutes on flat surfaces) through to longer walks of up to 90 minutes at grade 5 which can include uneven ground with stiles and a faster pace. The walks will be led by local volunteers who have received OneLife Health Walks training and all will start at the Visitors' Centre in Clare Castle Country Park. Clare Walkers have three trained volunteer leaders to date and will offer more variety of walking as the scheme grows.

The quarterly/seasonal programme for the Suffolk OneLife programme can be found online at:

<https://onelifesuffolk.co.uk/our-services/health-walks/>.

Alternatively, hard copies are available from all Suffolk libraries and will be available at both the doctors' surgeries in Clare and at Clare Pharmacy.

CLARE WALKERS: SHORT WALKS OCTOBER – DECEMBER 2018

Date	Name of Walk	Grade	Duration (minutes)	Start Time	Meeting point/parking info	Postcode	Walk Leaders	Key
2 Oct 16 Oct 30 Oct 13 Nov 27 Nov 11 Dec	A walk in & around Clare Castle Country Park	1-2	45	10.30	Clare Castle Country Park car park (all day parking £2)	CO10 8NW	Clare Walkers (www.clarewalks.co.uk)	Dogs permitted (on lead) Parking at location Toilets <u>en route</u> Refreshments available Wheelchair friendly Public transport nearby



More information is available

online at <http://clarewalks.co.uk>,

on Twitter @clarewalks

Email clarewalkssuffolk@gmail.com

and on Facebook. Clare Walks Suffolk.