

Breath of Fresh Air

Meet at Wellbeing Centre,
Churchtown, Illogan
TR16 4SW
Tel:01209 842999

Circular Walks around Illogan start at the Centre 10am

Walker Leaders

JT = Jeanette Tapping, RB = Roger Benney

Walks are free but a 50p donation to The Self Heal Trust is requested

January 2012

04/01/12 Weds Level 1 JT Spar Lane 1 hour
11/1/12 Weds Level 2 JT Watergate 1 hour
18/1/12 Weds Level 3 JT Feadon 1.5 hours
25/1/12 Weds Level 3 JT Tehidy Orchard 2 hours

February 2012

1/2/12 Weds Level 1 JT Spar Lane 1 hour
8/2/12 Weds Level 2 JT Watergate 1 hour
15/2/12 Weds Level 3 JT Feadon 1.5 hours
22/2/12 Weds Level 2 JT Watergate 1 hour
29/2/12 No walk

March 2012

7/3/12 Weds Level 1 JT Spar Lane 1 hour
14/3/12 Weds Level 3 JT Feadon 1.5 hours
21/3/12 Weds Level 3 JT Bridge 1.5 - 2 hours
28/3/12 Weds Level 2 JT Watergate 1 hour

April 2012

4/4/12 Weds Level 1 JT Spar Lane 1 hour
11/4/12 No walk
18/4/12 Weds Level 3 JT Feadon 1.5 hours
25/4/12 Weds Level 3 JT Tehidy Orchard 2 hours

Level 1 walks are level easy access generally suitable for all
Please note that for safety reasons Walk routes may alter at Leaders discretion