

LEVEL 1: Approx 45 – 60 mins / up to 1.5 miles

SUITABLE FOR:

Those who do little or no physical activity at present
People restricted by mobility problems

WALK DETAIL: Flat, hard surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs and buggies

LEVEL 2: Approx 1 - 1¼ hour 1 – 2 miles

SUITABLE FOR:

People who would like to increase their physical activity levels
Those with minor mobility problems who walk at a moderate speed and are able to cope with moderate gradients

WALK DETAIL: Footpaths and pavements with some gradients, some steps or uneven terrain.

LEVEL 3: Approx 1 - 1½ hours 2 – 3+ miles

SUITABLE FOR: People who already do a certain amount of physical activity
Those who walk with a stronger pace and are able to cope with small hills

WALK DETAIL: Footpaths and pavements, possibly uneven terrain and a few moderate gradients. These walks may include the use of stiles or steps. Can possibly be wet/muddy underfoot depending on weather conditions.



mobilise!

Falmouth Health Walks

Walks In & Around Falmouth



Winter Programme

Oct' 11 - Feb' 12

All walks start at 10am

MONTH	DATE	ROUTE	LEVEL	WALK INFORMATION
OCTOBER 2011	4th	Trellisick South Walk	1-2	Meeting at Trellisick National Trust car park
	11th	Castle Drive to Pendennis Point	1-2	Meeting at Princess Pavillions car park
	18th	Mylor Bridge to Harbour riverside walk	1	Meeting at car park opposite shop Mylor Bridge
	25 th	Swanpool Circular Walk	1	Meeting at Princess Pavillions car park
NOVEMBER 2011	1st	Truro to Malpas riverside walk	1-2	Meeting at Tennis Courts Boscowen Park car park
	8th	Coastguard Station to Moat Walk	2	Meeting at Princess Pavillions Car park
	15th	Trellisick South Walk	1-2	Meeting at Trellisick National Trust car park
	22nd	Castle Drive to Leisure Centre	1	Meeting at Princess Pavillions car park
	29th	Mylor Bridge to Harbour riverside walk	1	Meeting at car park opposite shop Mylor Bridge
DECEMBER 2011	6th	Walk around Events Square	1	Meeting at Princess Pavillions car park
	13 th	Truro to Malpas riverside walk	1-2	Meeting at Tennis Courts Boscowen Park car park
	20th	Castle Drive to Pendennis Point	1-2	Meeting at Princess Pavillions
	27th	Trellisick South Walk	1-2	Meeting at Trellisick National Trust car park
JANUARY 2012	3rd	Swanpool Circular Walk	1	Meeting at Princess Pavillions
	10th	Mylor Bridge to Harbour riverside walk	1	Meeting at car park opposite shop Mylor Bridge
	17th	Coastguard Station to Moat Walk	2	Meeting at Princess Pavillions
	24th	Truro to Malpas riverside walk	1-2	Meeting at Tennis Courts Boscowen Park car park
	31st	Castle Drive to Leisure Centre	1	Meeting at Princess Pavillions
FEBRUARY 2012	7th	Trellisick South Walk	1-2	Meeting at Trellisick National Trust car park
	14th	Walk around Events Square	1	Meeting at Princess Pavillions
	21st	Mylor Bridge to Harbour riverside walk	1	Meeting at car park opposite shop Mylor Bridge
	28th	Castle Drive to Pendennis Point	1-2	Meeting at Princess Pavillions

**FOR MORE INFORMATION ABOUT THE ABOVE WALKS PLEASE CONTACT VOLUNTEER WALK LEADERS;
LINDA BROOMFIELD 01326 375737 OR LISA BARNARD 07976370160.**

This walking group is accredited through Natural England's 'Walking for Health' Scheme and is supported by Mobilise, an NHS project run by Cornwall & Isles of Scilly Health Promotion Service. For more information on free easy-paced walks and cycles visit www.mobilise-cornwall.org.uk or contact Mobilise on 01209 310062.