

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.

Penwith Walkers

Walks In & Around

Penwith



Walk Programme

JAN - MARCH 2011

All walks start at 10.00 am

For more information on these walks please contact the walk leader, Malcolm Cooper, on 01209 831788 or 07854 232078.

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 cycle rides across Cornwall, visit www.mobilise-cornwall.org.uk or contact Mobilise on 01209 310062.

Please note: If it's too wet to walk at 10am, the walk may be rescheduled for 1pm, if the weather has improved.



MTH	DATE	ROUTE	level	WALK INFORMATION
JANUARY	Mon 2 nd	Penrose Pk, Helston	3	Start at boating lake in Helston around Loe Bar (approx 5miles)
	Thurs 5 th	Porthkidney Beach	3	Meet at St Uny church, Lelant
	Mon 9 th	Gwithian Towans	2	Meet in lay by on St Ives lane – top of Gwithian village
	Thurs 12 th	Lands End to Sennon Cove	3/1	Start at First and Last Public House, Sennen village
	Mon 16 th	Perranuthnoe	2	Meet in FREE car park, centre of Perranuthnoe
	Thurs 19 th	Balwest to Godolphin	3	Start & finish Balwest church FREE car park
	Mon 23 rd	Botallack to Kenidjack	3	Meet at Queens Arms on St Just – Pendeen
	Thurs 26 th	Porthgwarra	3	Start at pay & display car park, Porthgwarra off B3283
	Mon 30 th	Mousehole	3	Start in lay by on road into Mousehole
FEBRUARY	Thurs 2 nd	St Erth	2/1	Meet at St. Erth church – bottom of village
	Mon 6 th	Tehidy Park	3/1	Meet at South Drive car park Tehidy Woods
	Thurs 9 th	Cot Valley	3	Start at St. Just FREE car park
	Mon 13 th	NEW Portreath	3	Meet in car park at the bottom of Portreath (FREE parking available along road side)
	Thurs 16 th	Praa Sands	3	Start at Rinsey head of car park
	Mon 20 th	Porthleven to Loe Bar	3	Meet at Highburrow car park off Coopers Lane
	Thurs 23 rd	Geevor Mine	3	Meet at Geevor mine public car park
	Mon 27 th	Stithians Lake	3/1	Start & finish at Golden Lion car park
MARCH	Thurs 1 st	Carbis Bay to Halestown	3	Meet at Treloyhan Manor, Carbis Bay
	Mon 5 th	Hayle Towans	3	Start at Hayle swimming pool car park
	Thurs 8 th	Trencrom circular	3	Start at Trencrom National Trust car park
	Mon 12 th	Helford River	3	Meet & finish at Helford car park (Approx 5 miles)
	Thurs 15 th	Longrock to Eastern Green	2	Meet at Longrock car park by level crossing
	Mon 19 th	Mounts Bay, Longrock	2/1	Meet at Longrock car park by level crossing
	Thurs 22 nd	Cape Cornwall	3	Start & finish at Cape Cornwall Golf Club
	Mon 26 th	Poldhu Cove	3	Meet at Poldhu Cove car park off A3083
	Thurs 29 th	Prussia Cove	3	Start at football ground Rosudgeon centre