

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.

Penryn Happy Feet Walks In & Around Penryn



Walk Programme April to June 2011

All walks start at 10.00 am



mobilise!

MONTH	DATE	ROUTE	LEVEL	WALK INFORMATION
APRIL	Fri 1 st	Round Ring Walk	1	All walks start at 10.00 am meeting at Penryn Town Clock SW785344. Tea / coffee stops during or after most walks at local cafes. Walks will be cancelled if raining. Bus & Walk * money or bus pass needed, please bring refreshments and a packed lunch. Some routes will leave before 10.00 am, please check with the walk leaders for more information.
	Mon 4 th	Ponsharden & Beacon Walk	2	
	Wed 6 th	Treliver Walk	2	
	Fri 8 th	St. Gluvias Walk	2	
	Mon 11 th	Town Circular Walk	1	
	Wed 13 th	Penryn River Walk	2	
	Fri 15 th	College Walk	2	
	Mon 18 th	Tremough Walk	2	
	Wed 20 th	Treluswell Mount Walk	3	
	Fri 22 nd	Penfal Walk	2	
	Mon 25 th	Mile High Walk	2	
	Wed 27 th	Bus & Walk *	3	
	Fri 29 th	Glasney Walk	1	
MAY	Mon 2 nd	Round Ring Walk	1	FOR FURTHER INFORMATION ON THESE WALKS PLEASE CONTACT CHAS WENMOTH ON 01326 379141 OR EMAIL wenseeker@googlemail.com
	Wed 4 th	Ponsharden Walk	1	
	Fri 6 th	Treliver Walk	2	
	Mon 9 th	St. Gluvias Walk	2	
	Wed 11 th	Town Circular Walk	1	
	Fri 13 th	Penryn River Walk	2	
	Mon 16 th	College Walk	2	
	Wed 18 th	Tremough Walk	2	
	Fri 20 th	Treluswell Mount Walk	3	
	Mon 23 rd	Penfal Walk	2	
	Wed 25 th	Mile High Walk	2	
	Fri 27 th	Glasney Walk	1	
Mon 30 th	Bus & Walk *	3		
JUNE	Wed 1 st	Round Ring Walk	1	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 across Cornwall visit www.mobilise-cornwall.org.uk or contact Mobilise on 01209 310062
	Fri 3 rd	Ponsharden & Beacon Walk	2	
	Mon 6 th	Treliver Walk	2	
	Wed 8 th	St. Gluvias Walk	2	
	Fri 10 th	Town Circular Walk	1	
	Mon 13 th	Penryn River Walk	2	
	Wed 15 th	College Walk	2	
	Fri 17 th	Tremough Walk	2	
	Mon 20 th	Treluswell Mount Walk	3	
	Wed 22 nd	Penfal Walk	2	
	Fri 24 th	Mile High Walk	2	
	Mon 27 th	Glasney Walk	1	
	Wed 29 th	Bus & Walk *	3	