



Monday

Berwick Upon Tweed 10:30am Parade Car Park
Wooler - 1:30pm Meeting outside the Cheviot
Centre

Tuesday

Alnwick 10:30am Sensory Garden at Alnwick A&E
Druridge Bay Country Park, 1.30pm outside the cafe

Wednesday

Widdrington 10:30am Outside Doctors surgery

Thursday

Felton 10.30am - Meeting outside the Surgery
Morpeth 1pm Outside Greystoke Surgery

Friday

Amble - 10.30am Outside the Health Centre

**All walks are a gentle 1 mile guided walk, with
experienced leaders.**

Refreshments provided.

Contact 01665 603040 for more information

See You There!