



# Walking the Way to Health



## SOUTH CAVE



Come along and join in on our organised walks around South Cave.

- Walks also available at Beverley, Bridlington, Drifffield, Goole, Haltemprice, Hornsea, Howden, Sewerby, Pocklington, Withernsea & Holme on Spalding Moore
- Improve your fitness and health in a gentle yet effective way
- Meet people - make friends
- The walks suit all ages and abilities and last approximately 1 hour (Some sites include 30 minute and 2 hour walks in addition to the 1 hour walks). Please call the site for further details.
- Almost everyone can do it and it's **FREE**



**For more information please contact the number over leaf**

A joint initiative between  
**Sport and Play Development Service  
and Countryside Access**

For details of independent walks visit our website:  
**[www.eastriding.gov.uk/countrysideaccess](http://www.eastriding.gov.uk/countrysideaccess)**  
and click on Walking the Riding.



**EAST RIDING**  
OF YORKSHIRE COUNCIL

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DATES FOR YOUR DIARY 2009

1 Hour Walks (Tuesdays) at 10.00am from South Cave Sports Centre	
January	13th & 27th
February	10th & 24th
March	10th & 24th
April	7th & 21st
May	5th & 19th
June	9th & 23rd
July	7th & 21st
August	4th & 18th
September	8th & 22nd
October	6th & 20th
November	3rd & 17th
December	8th

For further information on the South Cave Walks  
please contact South Cave Sports Centre  
**Tel: (01430) 422132**

