



Walking Schedule

SUNDAYS 7:00am - Rain or Shine

Approx distance: 6-7 miles (unless otherwise noted)

January 2010

Jan 3	Hog Bay Park, Somerset
Jan 10	Modern Mart, South Road, Paget
[Jan 16	Int'l Race Week- 10k Walk - see newspaper for details]
Jan 17	Botanical Gardens, Visitors' Centre, Paget
Jan 24	Church Bay, South Shore, S'pton
Jan 31	Spittal Pond, Western Entrance, Smith's
Feb 7	Heron Bay Marketplace, Middle Road, Warwick
Feb 14	Shelly Bay, Hamilton Parish
Feb 21	Arboretum, Montpelier Rd, Devonshire
Feb 28.....	Astwood Park, South Road, Warwick
Mar 7	Albuoy's Point, Hamilton
Mar 14	Modern Mart, South Road, Paget
Mar 21	Chaplin Bay, South Road, Warwick
Mar 28	Clearwater Beach, Southside, St. David's
Apr 4 (Easter).....	Horseshoe Bay, Southampton
Apr 11	Harrington Sound School parking lot, Harrington Sound Road, Smiths
Apr 18	Spanish Point Park, Pembroke
Apr 25.....	Chaplin Bay, South Road, Warwick
[May 1.....	End to End Charity Walk - 15 or 26 miles for details see newspaper]
May 2.....	Botanical Gardens, Paget 5 miles
May 9.....	Blue Hole Park, Bailey's Bay
May 16.....	Arboretum, Montpelier Road, Devonshire
May 23	Gibb's Hill Lighthouse, Southampton
May 30	Modern Mart, South Road, Paget
June 6.....	Chaplin Bay, South Road, Southampton
June 13.....	Elbow Beach public road entrance, Paget
June 20.....	Spittal Pond, Western Entrance, Smith's Parish
June 27.....	Horseshoe Bay, Southampton
July 4.....	Bridge Club, Paget Close, Pomander Road, Paget (behind Aberfeldy's)
July 11.....	Admiralty House, Pembroke
July 18.....	John Smith's Bay, Smith's
July 25.....	Modern Mart, South Road, Paget

There are cut-off points for those who do not want to walk the full distance. Meet in the parking lot at each location at 7am for a 7:10 start. These walks are free and all are welcome. For further information see web site: <http://walk.free.bm> or contact Laura at ltgorham@ibl.bm or call 441 737-0437.

"Walking for the health of it!"