

Penryn Happy Feet Walking Programme, starting 22 March 2010

We are a local, volunteer led health walking group committed to helping people take more exercise in the Falmouth/Penryn area.

Our walks

Three walks per week - Monday, Wednesday and Friday - meeting at 10am at the Clocktower in Penryn.

Walks vary, some taking in the countryside around Penryn, others focus on the town and its heritage. The shortest walk takes up to an hour, the longest roughly ninety minutes.

If there is steady rain at 9.45am we don't walk!

Contact: Chas Wenmoth, *Volunteer Walk Leader*: 11 Trekeen Road, Penryn TR10 8QR
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<http://www.whi.org.uk/walkfinder/region/South+West/Penryn+Happy+Feet/900.html>

2010	Times	Walk
Mon, 22 March	10am – 11.30am	Tremough
Wed, 24 March	10am – 11am	Mile High
Fri, 26 March	10am – 11.30am	College
Mon 29 March	9.30am – 3pm	Mylor Church Town (Bus and Walk)
Wed, 31 March	10am – 11am	Round Ring
Fri, 2 Apr		No Walk
Mon, 5 Apr		No Walk
Wed 7 Apr	10am – 12.30pm	Ponsharden & Beacon
Fri, 9 Apr	10am – 11.30am	Treliever
Mon, 26 Apr	10am – 12pm	Treluswell Mount
Wed 28 Apr	10am – 12pm	PenFal
Fri 30 Apr	10am – 11am	Glasney
Mon 3 May		No Walk
Wed, 5 May	10am – 11.30am	St. Gluvias
Fri, 7 May	10am – 11.30am	Tremough
Mon 10 May	10am – 2.30pm	Carnmarth (Bus and Walk)
Wed 12 May	10am – 11am	Mile High
Fri 14 May	10am – 11.30am	College
Mon 17 May	10am – 12.30pm	Ponsharden & Beacon
Wed 19 May	10am – 11am	Round Ring
Fri 21 May	10am – 11.30am	Treliever
Mon 24 May	10am – 4pm	St. Agnes (Bus and Walk)
Wed 26 May	10am – 11.30am	Treluswell Mount
Fri 28 May	10am – 11.30am	Tremough