



Free Wellbeing Walks in East Devon

All walks start at 10.30am, please arrive 15 mins before for registration.

All LED walks are free of charge.

Please wear suitable clothing, strong supportive footwear and bring a bottle of water on warm days.

Everyone Welcome



Sid Valley

Grade 2 Only

30 - 60 minutes

Wednesday	Walk	Meeting Place
1st June	Seaton Wetlands	Cemetery Car Park
15th June	Otterton	Maunder's hill
29th June	Newton Poppleford	Recreation Ground
13th July	Escot	Escot Car Park
27th July	Sidmouth Observatory	Observatory
10th August	Seaton Wetlands	Cemetery Car Park
24th August	Otterton	Maunder's hill
7th September	Newton Poppleford	Recreation Ground
21st Sept	Escot	Escot Car Park

Please do not attend a walk if you have had a recent positive test for Covid or have Covid symptoms

Maximum group of 30

**For more information contact LED Community Team
01395 234123 outreach@ledleisure.co.uk**

