

Health & Wellbeing Walks at Lorton Meadows 2018

Meeting Point: Lorton Meadows Conservation Centre, Lorton Lane, Weymouth DT3 5QH.

Contact: Samantha Dallimore, Community Conservation Officer – 01305 816546 /

sdallimore@dorsetwildlifetrust.org.uk

Time: 10 – 10.45am (tea/coffee after the walk)

Location of Walk: Lorton Meadows Nature Reserve

https://www.dorsetwildlifetrust.org.uk/Lorton_Meadows_Nature_Reserve.html

Info: Join us for a gentle weekly walk around Lorton Meadows nature reserve, spotting wildlife and enjoying nature, while gently exercising – your first step to better wellbeing. Suggested donation £3, includes free tea/coffee in the Centre afterwards.

April

(walks start after the school Easter Holidays)

- Mon 16th – Health & Wellbeing Walk at Lorton, 10 – 10.45am
- Mon 23rd – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 30th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.

May

- Mon 14th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 21st – Health & Wellbeing Walk at Lorton, 10 – 10.45am.

(no walk during half term)

June

- Mon 11th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 18th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 25th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.

July

- Mon 2nd – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 9th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 16th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 23rd – Health & Wellbeing Walk at Lorton, 10 – 10.45am.

(no walks during the school summer holidays, unless there is demand, in which case they would be weekly on Thursdays [10 - 10.45am], due to Centre staffing and opening hours: open Wednesday to Sunday, closed Monday & Tuesday each week)

September

- Mon 10th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 17th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 24th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.

October

- Mon 1st – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 8th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.
- Mon 15th – Health & Wellbeing Walk at Lorton, 10 – 10.45am.

(no walk during half term)

Please note: Health Walks at Lorton do not continue over the autumn/winter due to ground conditions (muddy & slippery on slopes, therefore potentially dangerous to people unused to walking in the countryside) and there is less wildlife visible on the site.



Part of a
nationwide network of
Wildlife Trusts