

CAN 'Explore Exmoor' Autumn 2022

Are you over 55, want to get more active and explore the beauty of Exmoor National Park? Why not book onto the CAN 'Explore Exmoor' programme

Run by the experienced staff at Simonsbath House Outdoor Centre and supported by Active Devon. This 10-week, half day programme (Monday afternoons) will get you outdoors, meeting new people, while enjoying and discovering the beauty of Exmoor with the combined health and wellbeing benefits of a more active lifestyle

September 26th	Heddon's Mouth
October 3rd	Sketch Lorna Doone
October 10th	The top of Exmoor (Spectacular views from Dunkery Beacon)
October 17th	Valley of the Rocks
October 24th	Walk in history at Tarr Steps
October 31st	Dark Skies Night Walk
November 7th	Up close with Exmoor Ponies
November 14th	Explore Lynmouth
November 21st	Simonsbath Heritage (Includes a visit to the oldest house in Exmoor forest)
November 28th	Mystery Walk!

10-week programme £5pp per session, transport included from Ilfracombe, Hele Bay, Watermouth, Berrynarbor & Combe Martin

(Additional financial support may be available upon request)

Please contact tom@shoc.info or call 01643 831259 for further information or to book

