

Somerset Health Walks Schedule

Taunton

February - May 2026



Our FREE health walks are walks done on a regular basis, ranging from: beginner, gentle, moderate to advanced. Walks are for all abilities and ages.

Which walk is suitable for me?

Beginner Walks: Under 1 mile, flat and even ground, no stiles, gentle pace and frequent stops, Ideal for those new to walking or living with health conditions that impact fitness or mobility.

Level 1: 1 - 1.5 miles, flat or gentle slopes, no stiles and ideal for those able to complete 30-40 mins with minimal stops.

Level 2: 2 - 2.5 miles, tracks and some hills or moderate pace. Ideal for those looking to develop their walking fitness and able to complete 45-60 mins with minimal stops.

Level 3: 3-4 miles, fields and hills, quicker pace and possible stiles. Intermediate walks, ideal for those with good walking fitness and able to complete 60-90mins with minimal stops.

Level 4: 3-5 miles, fields and steep hills, quicker pace and stiles. Advanced walks, ideal for those with very good mobility and fitness and able to complete 90mins + with minimal stops.

Assistance dogs only.

Please register to access any **Somerset Health Walk** across county
www.sasp.co.uk/forms/view/shwregistration2025

Somerset Health Walks may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or walks@sasp.co.uk.

Walk Details Key



Toilets Available



Accessible Walk



Dogs are permitted and must remain on a short lead at all times.



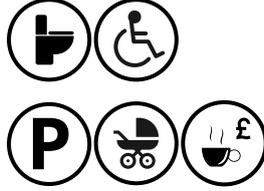
Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.



Suitable for buggies



Option for Paid Refreshments

Day/Time	Meeting place	Walk Level / Information
<p>Wednesday 25th February 10.15am</p>	<p>Taunton Swimming Pool Station Road TA1 1NN</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 4th March 10.15am</p>	<p>Wellsprings Leisure Centre TA2 7QP</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 11th March 10.15am</p>	<p>Monkton Elm Garden Centre Monkton Heathfield TA2 8GL</p> <p>Meet at the bollards own from the centre junction of Yallands Hill and Hob Lane</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 18th March 10.15am</p>	<p>Waterleaze TA2 8PX</p> <p>Not far from the Crown Medical Centre, 100m from the roundabout</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 

Day/Time	Meeting place	Walk Level / Information
<p>Wednesday 25th March 10.15am</p>	<p>Staplegrave Church TA2 6AP</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 1st April 10.15am</p>	<p>Blackbrook Leisure Centre TA1 2RW</p> <p>Meet at the rear of building, past the tennis courts</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 8th April 10.15am</p>	<p>Trull Village Hall Car Park TA3 7JZ</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 15th April 10.15am</p>	<p>Waterleaze TA2 8PX</p> <p>Not far from the Crown Medical Centre, 100m from the roundabout</p> <p>No L1 Walk Today</p>	<p>Level 2 Assistance Dogs only</p> 

Day/Time	Meeting place	Walk Level / Information
<p>Wednesday 22nd April 10.15am</p>	<p>Goodlands Gardens TA1 1UQ</p> <p>Outside the Shed Café</p> <p>No L1 Walk Today</p>	<p>Level 2</p> <p>Assistance Dogs only</p> <p> </p>
<p>Wednesday 29th April 10.15am</p>	<p>Vivary Park War Memorial TA1 3QF</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> <p> </p> <p>  </p>
<p>Wednesday 6th May 10.15am</p>	<p>Blackbrook Leisure Centre TA1 2RW</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> <p> </p> <p>  </p>
<p>Wednesday 13th May 10.15am</p>	<p>Hudson Way (East) off Bindon Road</p> <p>Near Scott Close, before the playground and school</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> <p></p> <p>  </p>

Day/Time	Meeting place	Walk Level / Information
<p>Wednesday 20th May 10.15am</p>	<p>College Way Green Area near bus stop Please note limited parking Suggestion of Langham Drive area</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p> 

**For more information on any of the walks please contact
Health Walks Co-ordinator Georgina Hainsby on:**

 07599654679

 www.sasp.co.uk/health-walks

 walks@sasp.co.uk

 **SomersetHealthWalks**

*Interested in leading a walk?
You can also become a volunteer
health walk leader*

Taunton Health Walks

Scan here for more information!

