

Somerset Health Walks Schedule

Mendip (Avalon Marshes, Glastonbury, Shepton Mallet, Street, & Wells)

March - August 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.

Where dogs are permitted they must remain on a short lead at all times. It is the dog owners responsibility to pick up after their dog.

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.

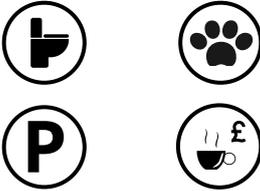


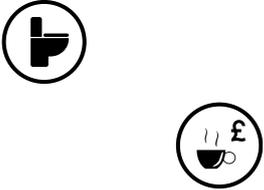
Suitable for buggies



Option for Paid Refreshments

| Day/Time | Meeting place | Walk Level / Information | Walk Leader |
|---|---|---|--|
| <p>Avalon Marshes Thursday Fortnightly 10am</p> <p>05/03/26 19/03/26 02/04/26 16/04/26 30/04/26 14/05/26 28/05/26 11/06/26 25/06/26 09/07/26 23/07/26 06/08/26 20/08/26</p> | <p>Avalon Marshes Centre Shapwick Road, Westhay, Glastonbury, Somerset BA6 9TT</p> | <p>Level 1 Assistance dogs only</p>  | <p>Stuart, Kate, Jane, & Teresa walks@sasp.co.uk</p>  |
| <p>Glastonbury Every Wednesday 10am for 10.15 start</p> | <p>Meet outside the Town Hall Magdalene Street BA6 9EL</p> | <p>Level 1</p>  | <p>Health connections Team West Mendip walks@sasp.co.uk</p> <p>In partnership with</p>  |
| <p>Glastonbury Friday Fortnightly 10am for 10.15 start</p> <p>13/03/26, 27/03/26, 10/04/26, 24/04/26, 08/05/26, 22/05/26, 05/06/26, 19/06/26, 03/07/26, 17/07/26, 31/07/26, 14/08/26, 28/08/26</p> | <p>Meet outside the Town Hall Magdalene Street BA6 9EL</p> | <p>Level 3 & 4</p>  | <p>Adam, Chris & Greg facebook.com/ GlastonburyandStreetHe althWalks</p> |

| Day/Time | Meeting place | Walk Level / Information | Walk Leader |
|--|--|---|---|
| <p>Shepton Mallet 2nd and 4th Tuesday of the month 10am for 10.15am start</p> <p>10/03/26, 24/03/26, 14/04/26, 28/04/26, 12/05/26, 26/05/26, 09/06/26, 23/06/26, 14/07/26, 28/07/26, 11/08/26, 25/08/26,</p> | <p>Collett Park off Park road</p> <p>Meet by the café and toilets, suggested parking at Tesco BA4 5EG</p> | <p>Beginner Walk Assistance dogs only</p>  | <p>Caroline & Mandy</p> <p>somicb.healthconnections.central@nhs.net</p> <p>In partnership with</p>  <p>HEALTH CONNECTIONS MENDIP PCN Your GP practice social prescribing and health coaching team</p> |
| <p>Shepton Mallet Wednesday fortnightly 10am for 10.15 start</p> <p>04/03/26, 18/03/26, 01/04/26, 15/04/26, 29/04/26, 13/05/26, 27/05/26, 10/06/26, 24/06/26, 08/07/26, 22/07/26, 05/08/26, 19/08/26</p> | <p>Collett Park off Park road</p> <p>Meet by the café and toilets, suggested parking at Tesco BA4 5EG</p> | <p>Level 2</p>  | <p>Frank, Steve, & Sheila</p> <p>walks@sasp.co.uk</p> |
| <p>Street 10am for 10.15 start Excluding bank holidays</p> | <p>Crispin Community Centre</p> <p>Meet at the entrance (opposite the Parish offices) BA16 0HA</p> | <p>1st Monday - Beginner 2nd Monday - Level 1 3rd Monday - Level 2 4th Monday - Level 3 5th Monday - Level 4</p>  | <p>Adam & Anita</p> <p>facebook.com/ GlastonburyandStreetHe althWalks</p> <p>Please see separate schedule for dates Beginner and L1 walks are accessible and assistance dogs only</p> |

| Day/Time | Meeting place | Walk Level / Information | Walk Leader |
|---|--|---|---|
| <p>Wells Thursday fortnightly 10am for 10.15 start</p> <p>12/03/26, 26/03/26, 09/04/26, 23/04/26, 07/05/26, 21/05/26, 04/06/26, 18/06/26, 02/07/26, 16/07/26, 30/07/26, 13/08/26, 27/08/26</p> | <p>Morrisons East Somerset Way BA5 1SQ</p> | <p>Level 1 Assistance dogs only</p>  | <p>Lynn walk@mendipmail.co.uk</p> |
| <p>Wells Tuesday fortnightly 10am for 10.15 start</p> <p>03/02/26, 17/02/26, 03/03/26, 17/03/26, 31/03/26, 14/04/26, 28/04/26, 12/05/26, 26/05/26, 09/06/26, 23/06/26, 07/07/26, 21/07/26, 04/08/26, 18/08/26</p> | <p>Morrisons East Somerset Way BA5 1SQ</p> <p>At the far entrance, past lockers near bollards</p> | <p>Level 3</p> <p>Please note parking is restricted to 2 hours. Road parking nearby or option to purchase more</p>  | <p>Joel & Greg walks@sasp.co.uk</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*

**Mendip
Health Walks**

Scan here for more
information!

