

Somerset Health Walks Schedule

Creech St Michael & Ruishton

February - December 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>First Wednesday of the month 10:30am</p> <p>04/03/26, 01/04/26 06/05/26, 03/06/26 01/07/26, 05/08/26 02/09/26, 07/10/26 04/11/26, 02/12/26</p>	<p>Creech St Michael Canal side car park TA3 5PR</p>	<p>Level 3</p> <p> </p>	<p>Kathie & Chrissie</p> <p>walks@sasp.co.uk</p>
<p>Last Thursday of the month 10:30am</p> <p>26/02/26, 26/03/26, 30/04/26, 28/05/26, 25/06/26, 30/07/26, 27/08/26, 24/09/26, 29/10/26, 26/11/26 No walk in December</p>	<p>Creech St Michael Village Hall Car Park Creech St Michael Ryesland Way TA3 5QQ</p>	<p>Level 2 Assistance Dogs only</p> <p>  </p>	<p>Linda</p> <p>gettinglostwithlinda@gmail.com</p>
<p>Third Wednesday of the month 10:30am</p> <p>18/02/26, 18/03/26, 15/04/26, 20/05/26, 17/06/26, 15/07/26, 19/08/26, 16/09/26, 21/10/26, 18/11/26 No walk in December</p>	<p>Ruishton Village Hall Car Park Cheats Rd TA3 5JD</p>	<p>Level 3</p> <p> </p>	<p>Pat</p> <p>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*

Creech St Michael and Ruishton Health Walks

Scan here for more
information!

