

# Somerset Health Walks Schedule

## Rural Health Walks

Bruton, Queen Camel & Wincanton

March - 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](http://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](mailto:walks@sasp.co.uk).

### Walk Details Key



**Toilets Available**



**Accessible Walk**



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



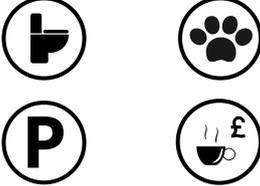
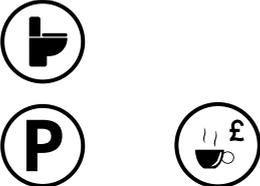
**Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.**



**Suitable for buggies**



**Option for Paid Refreshments**

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p><b>Thursdays at 10am</b></p>	<p><b>Bruton Health Walk</b> The Green at Church Bridge <b>BA10 0EQ</b></p>	<p><b>Level 2</b></p> 	<p><b>Pauline Wills</b></p> <p>01749 850650 paulinewills365@gmail.com</p>
<p><b>Fridays at 10 am</b></p>	<p><b>Queen Camel Health Walk</b> The Old School external car park <b>BA22 7NH</b></p>	<p><b>Level 3 Walk Assistance Dogs only</b></p> 	<p><b>Georgina Hainsby</b></p> <p>walks@sasp.co.uk</p>
<p><b>2<sup>nd</sup> Thursday of the month at 11.30am</b></p> <p>12/03/26, 09/04/26, 14/05/26, 11/06/26, 09/07/26, 13/08/26, 10/09/26, 08/10/26, 12/11/26, 10/12/26</p>	<p><b>Wincanton</b> Cale Park in the small car park <b>BA9 9ED</b></p>	<p><b>Beginner Walk Assistance Dogs only</b></p> 	<p><b>Paula and Sophie</b></p> <p>01963 824400 paula.perrin@freedom-leisure.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](http://www.sasp.co.uk/health-walks)

 [walks@sasp.co.uk](mailto:walks@sasp.co.uk)

 **SomersetHealthWalks**

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

## **Rural Health Walks**

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Scan here for more  
information!

