

Somerset Health Walks Schedule

Chard, Crewkerne, Ilminster, Martock, Merriott & Stoke Sub Hamdon

April - September 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.

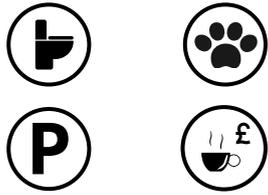
Where dogs are permitted they must remain on a short lead at all times. It is the dog owners responsibility to pick up after their dog.

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

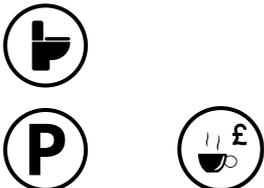
Somerset Health Walks may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or walks@sasp.co.uk.

Walk Details Key

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|  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>Wednesdays Fortnightly 10am</p> <p>08/04/26, 22/04/26, 06/05/26, 20/05/26, 03/06/26, 17/06/26, 01/07/26, 15/07/26, 29/07/26, 12/08/26, 26/08/26, 09/09/26</p>	<p>Summerfields Surgery Summerfields Road Chard Somerset TA20 2EW</p>	<p>Level 1 Assistance dogs only</p> 	<p>Carrie Saunders</p> <p>carrie.saunders1 @nhs.net</p>
<p>4th Saturday of the month 9.45am for 10am</p> <p>25/04/26, 23/05/26, 27/06/26, 25/07/26, 22/08/26, 26/09/26</p>	<p>Crewkerne Family Health Walk Behind the Aqua Centre TA18 7LZ</p>	<p>Level 2</p> 	<p>Amy and Gareth</p> <p>amyjlongman @gmail.com</p>
<p>Tuesday 9.30am for 9.45am</p>	<p>Crewkerne Health Walk Behind the Aqua Centre TA18 7LZ</p>	<p>Level 2 & Level 3</p> 	<p>Sue and Mike Frackiewicz</p> <p>suefrack@ btinternet.com 07761 441453</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Monday 10am</p>	<p>Iminster Health Walk The Iminster Health Centre Canal Way, Iminster TA19 9FE</p>	<p>Level 2 Assistance dogs only</p>  	<p>Brian Hamilton notlimahjb@ hotmail.com</p>
<p>Tuesday 10am</p>	<p>Iminster Health Walk The Iminster Health Centre Canal Way, Iminster TA19 9FE</p>	<p>Level 3</p>   	<p>Brian Hamilton notlimahjb@ hotmail.com</p>
<p>Thursday 6.30pm Summer only March to October</p>	<p>Iminster Evening Health Walk Various Meeting points in Town Please contact walk leader Brian</p>	<p>Level 3 Assistance dogs only</p>	<p>Brian Hamilton notlimahjb@ hotmail.com</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>2nd Tuesday of the month 10:30am</p> <p>14/04/26, 12/05/26, 09/06/26, 14/07/26, 11/08/26, 08/09/26</p>	<p>Martock Wellbeing Health Walk Martock Recreation Ground TA12 6AF</p>	<p>Level 1</p> 	<p>Naomi community.support @martock-pc.gov.uk 07539 754413</p>
<p>4th Friday of the month 10:30am</p> <p>24/04/26, 22/05/26, 26/06/26, 24/07/26, 28/08/26, 25/09/26</p>	<p>Martock Wellbeing Health Walk The Precinct Moorland Shopping Centre TA12 6DN</p>	<p>Level 1</p> 	<p>Naomi community.support @martock-pc.gov.uk 07539 754413</p>
<p>3rd Friday of the month 9:30am</p> <p>17/04/26, 15/05/26, 19/06/26, 17/07/26, 21/08/26, 18/09/26</p>	<p>Martock Health Walk The Precinct Moorland Shopping Centre TA12 6DN</p>	<p>Level 2 Assistance dogs only</p> 	<p>Maggie maggieludbrook @yahoo.co.uk</p>
<p>1st Friday of the month at 9:30am</p> <p>03/04/26, 01/05/26, 05/06/26, 03/07/26, 07/08/26, 04/09/26</p>	<p>Martock Hares Walk The Precinct Moorland Shopping Centre TA12 6DN</p>	<p>Level 3</p> 	<p>Paul paul@helyer.me.uk 07903904415</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>2nd & 4th Thursday 10:30am</p> <p>09/04/26, 23/04/26, 07/05/26, 21/05/26, 11/06/26, 25/06/26, 09/07/26, 23/07/26, 13/08/26, 27/08/26, 10/09/26, 24/09/26</p>	<p>Merriott Health Walk ARK at Egwood Merriott TA16 5QN</p>	<p>Level 2</p> <p>   </p>	<p>Jackie Parsons jackie@ arkategwood.com 07974 658782</p>
<p>2nd & 4th Monday 10:00am</p> <p>Where there is bank holidays, walks move to 3rd Monday</p> <p>13/04/26, 27/04/26, 11/05/26, 18/05/26 08/06/26, 22/06/26, 13/07/26, 27/07/26, 10/08/26, 24/08/26, 14/09/26, 28/09/26</p>	<p>Stoke Sub Hamdon Health Walk The Lighthouse Coffee Shop, All Saints Hall TA14 6PZ</p>	<p>Level 3 Walk</p> <p>* Level 1 Walk available</p> <p>   </p>	<p>Sue Latimer suelatim@gmail.com 07792 311736</p> <p>*please contact Sue for details. Assistance dogs only, and no toilets available for Level 1 walk</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*

**Ilminster, Crewkerne,
Martock, Merriott &
Stoke Sub Hambdon
Health Walks**

Scan here for more information!

