

Somerset Health Walks Schedule

Yeovil



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



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



Accessible Walk



Suitable for buggies



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



Option for Paid Refreshments

| Day/Time | Meeting place | Walk Level / Information | Walk Leader |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <p>Mondays 9.30am</p> | <p>Hendford Lodge Medical Centre</p> <p>Outside Goldenstones Leisure Centre BA20 1QZ</p> | <p>Level 3</p>     | <p>Health Coaches 01935 470200</p> |
| <p>Tuesdays 9:30am</p> | <p>Oaklands Surgery Health Walk</p> <p>Yeovil Recreation Centre (Mudford Rec) Chiltern Grove, Yeovil BA21 4AW</p> | <p>Level 2</p>     | <p>Health Coaches 01935 709269 somicb.healthcoaches-rpmc@nhs.net</p> |
| <p>Tuesdays 10:30am</p> | <p>Yeovil Health Walk</p> <p>Outside Goldenstones Leisure Centre BA20 1QZ</p> | <p>Level 1 Assistance Dogs only</p>      | <p>Laura laura.morris@freedom-leisure.co.uk</p> |
| <p>Tuesdays 2pm</p> | <p>Yeovil Health Walk</p> <p>The Gateway Café Yeovil BA20 1QN</p> | <p>Level 2</p>     | <p>Eileen & Noel walks@sasp.co.uk</p> |
| <p>Thursdays 2pm</p> | <p>Hendford Lodge Medical Centre</p> <p>Ninesprings Café BA20 1QZ</p> | <p>Level 1 Assistance Dogs only</p>      | <p>Health Coaches 01935 470200</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*

**Yeovil
Health Walks**

Scan here for more
information!

