

# Somerset Health Walks Schedule

## Somerton and Langport

### 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.

### *Assistance Dogs Only*

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

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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><b>1st &amp; 3rd Sunday of the month</b> <b>11am</b></p> <p>05/04/26, 19/04/26, 03/05/26, 17/05/26, 07/06/26, 21/06/26, 05/07/26, 19/07/26, 02/08/26, 16/08/26, 06/09/26, 20/09/26</p>	<p><b>Langport Sunday Health Walk</b></p> <p><b>Eli's Rose and Crown, Huish Episcopi Langport TA10 9QT</b></p>	<p><b>Level 2</b> <b>Assistance dogs only</b></p> <p>  </p>	<p><b>Contact Andy</b> Walk leaders Andy, Maggie, Sally &amp; Sarah</p> <p>07377 512570 aknowles6011@gmail.com</p>
<p><b>2nd &amp; 4th Monday of the month</b> <b>10.30 for 10:45am</b></p> <p>13/04/26, 27/04/26, 11/05/26, 26/05/26, 15/06/26, 29/06/26, 13/07/26, 27/07/26, 10/08/26, 24/08/26, 14/09/26, 28/09/26</p>	<p><b>Langport Monday Health Walk</b></p> <p><b>Meeting in the Library TA10 9RA</b></p>	<p><b>Level 3 Walk</b> <b>Assistance Dogs only</b> Please wear appropriate clothing and footwear</p> <p>  </p>	<p><b>Contact Lynn</b> Walk leaders Lynn, Wendy, Bryan, Sheila &amp; Sally</p> <p>01823 490318 lynnwheller@gmail.com</p>
<p><b>Fortnightly Tuesdays</b> <b>10.15 for 10.30am</b></p> <p>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, 01/09/26, 15/09/26, 29/09/26</p>	<p><b>Langport Tuesday Health Walk</b></p> <p><b>Meeting in the Library TA10 9RA</b></p>	<p><b>Level 1</b> <b>Assistance Dogs only</b></p> <p> </p>	<p><b>Contact Sally</b> Walk Leaders Sally, Bryan, Andy &amp; David</p> <p>walks@sasp.co.uk</p>
<p><b>1st &amp; 3rd Thursday of the month</b> <b>11:30am</b></p> <p>02/04/23, 16/04/26, 07/05/26, 21/05/26, 04/06/26, 18/06/26, 02/07/26, 16/07/26, 06/08/26, 20/08/26, 03/09/26, 17/09/26</p>	<p><b>Somerton Thursday Health Walk</b></p> <p><b>Somerton Library TA11 7PR</b></p>	<p><b>Level 1/2</b> <b>Assistance Dogs only</b></p> <p>  </p>	<p><b>Mo &amp; Peter</b></p> <p>07718 920198 fletcher080@ btinternet.com</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*

## **Somerton & Langport Health Walks**

Scan here for more  
information!

