

Somerset Health Walks Schedule

Sedgemoor

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



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>Bridgwater Wednesdays Fortnightly 11am</p> <p>01/04/2026, 15/04/2026, 29/04/2026, 13/05/2026, 27/05/2026, 10/06/2026, 24/06/2026, 08/07/2026, 22/07/2026, 05/08/2026, 19/08/2026, 02/09/2026, 16/09/2026, 30/09/2026</p>	<p>Somerset Bridge Medical Centre</p> <p>Stockmoor Park Estate TA6 6LD</p>	<p>Level 1 Assistance dogs only</p> 	<p>Kathy & Gemma 01278 411520</p>
<p>Bridgwater Wednesdays fortnightly 11am</p> <p>08/04/2026, 22/04/2026, 06/05/2026, 20/05/2026, 03/06/2026, 17/06/2026, 01/07/2026, 15/07/2026, 29/07/2026, 12/08/2026, 26/08/2026, 09/09/2026, 23/09/2026</p>	<p>Bridgwater Town Centre Morrisons, Bridgwater TA6 3LN</p> <p>Meet at drop off/pick up bay</p>	<p>Level 1/2 Assistance dogs only Some walks take longer than the described L1 / L2 times when the coffee stop is during the walk. Please check ahead with walk leader.</p> 	<p>Ray & Pete 07871253291</p>
<p>Bridgwater Fridays 10am</p> <p>Not Bank Holidays</p>	<p>Cranleigh Gardens Medical Centre TA6 5JS</p> <p>No parking at Cranleigh, suggested parking at Morrisons, where the walk will end TA6 3LN</p>	<p>Level 2</p> 	<p>Keith & Sue walks@sasp.co.uk</p>
<p>Burnham on Sea Wednesdays 10.30am</p>	<p>Marine Cove, Sea Front, Nr St Andrews Church TA8 1AW</p>	<p>Level 1 & Level 2</p> 	<p>Wendy & Joan 07914 752744</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Cannington Wednesdays 10am 2nd & 4th of the month</p> <p>08/04/2026, 22/04/2026, 13/05/2026, 27/05/2026, 10/06/2026, 24/06/2026, 08/07/2026, 22/07/2026, 12/08/2026, 26/08/2026, 09/09/2026, 23/09/2026</p>	<p>Cannington Phone Box, Brook Street TA5 2JL</p>	<p>Level 1 Assistance dogs only</p> 	<p>Steve & Vicki 07747 127334 steveatkinson@uwclub.net</p>
<p>Edington Mondays 1.30pm 2nd & 4th of the month</p> <p>13/04/2026, 27/04/2026, 11/05/2026, 25/05/2026, 08/06/2026, 22/06/2026, 13/07/2026, 27/07/2026, 10/08/2026, 24/08/2026, 14/09/2026, 28/09/2026</p>	<p>Edington Surgery Quarry Ground Edington TA7 9HA</p>	<p>Level 1 Assistance dogs only</p> 	<p>Laura walks@sasp.co.uk</p>
<p>Highbridge Thursdays 10am for 10.15 start</p>	<p>Purple Spoon Café Highbridge TA9 3DD</p>	<p>Level 2 Assistance dogs only</p> 	<p>Ian & Lindsay walks@sasp.co.uk</p>
<p>Stear Marshes Mondays 10am</p>	<p>Stear Marshes Car Park TA5 2PU</p>	<p>Level 1 Assistance dogs only</p> 	<p>Steve 07747 127334 steveatkinson@uwclub.net</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Stear Marshes Thursdays 10am	Stear Marshes Car Park TA5 2PU	Level 2/3 	Jenny Jenny.McCubbin@wwt.org.uk
Woolavington Tuesday 1st and 3rd 1.30pm 07/04/2026, 21/04/2026, 05/05/2026, 19/05/2026, 02/06/2026, 16/06/2026, 07/07/2026, 21/07/2026, 04/08/2026, 18/08/2026, 01/09/2026, 15/09/2026	Polden Medical Practice meet at Woolavington Village Hall TA7 8DY	Level 1 Assistance dogs only 	Beverly walks@sasp.co.uk

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*

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Scan here for more information!

