

West Somerset Health Walks 2021

What is a Health Walk?

It's a **FREE** walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better, manage your weight and to meet new people in your local community.

Health Walk Leaders

All of our Health Walks are led by trained volunteers Walk Leaders. Contact the walk leader listed for the walk you are interested in to book, or to find out more or discuss any concerns.

To find out how to volunteer as a Health Walk Leader contact:

Jo Smith, email: jsmith@sasp.co.uk, tel: 07855283855

Which Walk is Suitable for Me?



Wheelchair/motorised scooter accessible.



Suitable route for buggies, prams, and pushchairs.



Refreshment place near the end of the route.



Public toilets on the route - check with the Walk Leader for more information.



These are the shortest walks and are fairly flat routes, at an easy pace and are approx. 30 mins.



These walks are between 40 mins and 1 hour and could include steps, inclines, uneven paths, stiles and gates.



These are more challenging health walks of approx. 1.5 hrs, and are likely to include steps, inclines, uneven paths, stiles and gates.



Progression walks – These are more challenging health walks of approx. 1.5 hrs or more, and will include steps, inclines, uneven paths, stiles and gates for example.



Dogs are welcome and must remain on a short lead at all times. However this may not be the case in a field of livestock. It is the dog owners responsibility to pick up after their dog.





West Somerset Health Walks Programme 2021

Minehead area weekly walk Tuesdays (intermediate)

Meet: Various starting locations - contact the Walk Leader for more info

Day / Time: Tuesdays 10am

Contact: Janet Marshall

Tel: 07790 400316

Dates: Weekly



Minehead area weekly walk Thursdays (easier)

Meet: Various starting locations - contact the Walk Leader for more info

Day / Time: Thursdays 10am

Contact: Linda Foweraker / Janet Marshall

Tel: 01643708978 / 07790 400316

Dates: Weekly



Dulverton area weekly walk Tuesdays

Meet: Various starting locations - contact the Walk Leader for more info

Day / Time: Tuesdays 10am

Contact: Richard Archer / Richard Clarke / Linda and Richard Longman

Tel: 07773 160222 / 01398 341141 / 01643851709

Dates: Weekly



Minehead area weekly walk Tuesdays (advanced)

Meet: Various starting locations - contact the Walk Leader for more info

Day / Time: Tuesdays 9.30am

Contact: Maggie Briggs

Tel: 07548983958

Dates: Weekly



COVID

All of our walks will continue to follow government guidance regarding COVID

If you are showing Coronavirus symptoms

PLEASE DO NOT ATTEND

Please stay home and follow the NHS guidelines.

