



HEALTH WALKS

GLASTONBURY, SHEPTON MALLET, STREET AND WELLS

October '21-January 2022



Details are correct at the time of production; please check our website for any changes to this programme

<https://www.sasp.co.uk/health-walks>







For all walks in Mendip please contact Jo Smith 07855283855/email jsmith@sasp.co.uk or contact the office on 01823 653990 or enquiries@sasp.co.uk

What is a Health Walk?

It is a walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better, improve your general level of fitness and to manage your weight. All walks are free of charge and are led by a team of volunteer walk leaders.

There are varying lengths of walks for you to choose from, if it's your first health walk in a while, try a shorter route first and then chat to a walk leader when you think you are ready to do a bit more.

Walks Key

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|  | These are short walks, on fairly flat routes at an easy pace and are 30 – 60 minutes. |
|  | These walks are between 1 and 1½ hours and can include steps, inclines, uneven paths, stiles and gates. |
|  | These are more challenging walks of more than 1 ½ hours that require a good level of cardiovascular fitness and mobility. |
|  +Progression | Progression Walk – Excellent level of cardiovascular fitness and agility |
|  | Refreshment place near the end of route |
|  | Toilet near the end of route |

Dogs are allowed on our walks AS LONG AS they are kept on a short lead at all times, so to avoid trips and falls by our walkers and to keep the dogs safe!

This, however, may not be the case where we will be going through fields containing livestock. If in doubt please call or email. It also remains the owner's responsibility to pick up and dispose of any dog waste.

All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear.

Street

MONDAYS - weekly

with Adam and Lana at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA. 10am for a 10.15 start.

Join us for a walk in and around Street, on a fairly flat route and at an easy pace - ideal for those starting or getting back into walking to increase mobility, fitness or just to meet new people **or** choose our longer two boot walk every other week across fields, some gates/stiles. **Lasting up to 45 mins - 1hr (1 boot) or 1hr to 1.5 hours (2 boot) Walk level alternates each week.**



| | | | | | |
|----------|------------------------|-------------------------|------------------------|------------------------|------------------------|
| October | 4 th 1 boot | 11 TH 2boot | 18 TH 1boot | 25 th 2boot | |
| November | 1 st 1boot | 8 th 2boot | 15 th 1boot | 22 nd 2boot | 29 th 1boot |
| December | 6 th 2 boot | 13 th 1boot | 20 th 2boot | | |
| January | 10 th 1boot | 17 th 2 boot | 24 th 1boot | 31 st 2boot | |



BUGGY WALKS OR bring your Slings/carriers for the little one

Thursday's- on 2nd and 4th Thursday monthly with Jen, also from Crispin Community Centre BA16 0HA, meet at 9.45am for a 10.am start. Lasting 40 mins to an hour. A walk on paths and pavements, suitable for pushchairs, in and around Street.



| | | |
|----------|------------------|------------------|
| October | 14 th | 28 th |
| November | 11 th | 25 th |
| December | 9 th | 23 rd |
| January | 13 th | 27 th |

Wells

**Tuesdays– Fortnightly 10am for 10.15 start with Colin & Joel
Morrison's East Somerset Way Wells BA5 1SQ**

A walk in and around Wells, using paths and tracks, which can include fields and stiles. Can be muddy/slippery if wet. **Lasting 1-1.5 hours**



| | | | |
|----------|------------------|------------------|------------------|
| October | 5 th | 19 th | |
| November | 2 nd | 16 th | 30 th |
| December | 14 th | 28 th | |
| January | 11 th | 25 th | |

Shepton Mallet

Wednesdays - Fortnightly

Shepton Mallet Leisure Centre, 11 Charlton Road, Shepton Mallet, BA4 5PG

10 am for 10.15 am start with Steve/Mike/Sheila/Frank

A steady paced walk in Shepton and surrounding area, with some hills and possibly steps. **Lasting around 60 mins**



All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear.

| | | | |
|----------|-------------------------|------------------|------------------|
| October | 6 th | 20 th | |
| November | 3 rd | 17 th | |
| December | 1 st | 15 th | 29 th |
| January | 1 st special | 12 th | 26 th |

Shepton Mallet

Thursday 28th October

Rectory Road Gt Ostry Car Park, Shepton Mallet, by the pay station BA4 5TT. 10am for a 10.15am start with Greta.

The walk route will be along footpaths, country roads, fields and may include steps and inclines. Dependant on previous weather, it could be muddy.

Lasting around 90 mins



Saturday 1st Jan 2022 Meet at the Shepton Mallet Market Cross Market Place Shepton Mallet BA4 5AZ 10.15am for a 10.30 start. A walk with our newly recognised Shepton Walks by Walkers are Welcome, of around 1.5 hours (up to 4 miles) includes hills, some fields and possibly stiles, taking in the views around and above our lovely town.



Glastonbury Health Centre

Fridays Fortnightly - Glastonbury Town Hall bus stop BA6 9EH (this is in front of St Dunstan's car park, which is located near the Abbey entrance and the Glastonbury Information Centre). 10am for a 10.15 start with Ann or Jo.

The walks vary each week and are mostly 3 boot walks.

Lasting 1-1.5 hours (unless stated otherwise)



DATES

| | | | |
|----------|------------------|------------------|------------------|
| October | 1 st | 15 th | 29 th |
| November | 12 th | 26 th | |
| December | 10 th | 24 th | |
| January | 7 th | 21 st | |

A longer walk which will include inclines, footpaths or fields. All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear. These could include walks to: the levels, along the River Brue, walks to Street, in and around Glastonbury and up to the Tor on occasion. Please speak to the walk leader for further information.



