



## HEALTH WALKS for GLASTONBURY, SHEPTON MALLET, STREET AND WELLS FEB-MAY '20



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

[www.SASP.co.uk/health-walks](http://www.SASP.co.uk/health-walks)

Visit our website for information about Health Walks in Mendip, Sedgemoor, Taunton, West Somerset and South Somerset, or for general enquiries call us on **01823 653990 07855 283 855** Email: [jsmith@sasp.co.uk](mailto:jsmith@sasp.co.uk)







**Would you like to become a Health Walk Leader? FREE volunteer walk leader training is available.**

Have you enjoyed our longer walks? Why not try your local Ramblers walks? Please find details at [www.mendipramblers.co.uk/www.ramblers.org.uk](http://www.mendipramblers.co.uk/www.ramblers.org.uk) The Ramblers not only lead walks, they are a charity whose volunteers put a great deal of effort into maintaining and protecting our footpath network.

## 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 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

	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.
 <b>+Progression</b>	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 - Fortnightly from Vine Surgery, Hindhayes Lane  
BA16 0ET**

**10.15 am for 10.30 am Start with Adam**

Join us for a short 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.

**Lasting approx. 45 – 60 minutes.**



February	3rd	17th	
March	2nd	16th	30th
April	6th	20th	
May	4th	18th	

## Wells

**Wednesdays – Fortnightly**

**Morrison's East Somerset Way Wells BA5 1SQ**

**10AM for a 10.15am start with Ruth/Marion/Colin & Jess** A walk in and around Wells, using paths, tracks, possibly fields and stiles if suitable. Can be muddy/slippy if wet. **Lasting 1-1.5 hours**



February	5 <sup>th</sup> & 19 <sup>th</sup>	March	4 <sup>th</sup> & 18 <sup>th</sup>
April	1 <sup>st</sup> , 15 <sup>th</sup> & 29 <sup>th</sup>	May	13 <sup>th</sup> & 27 <sup>th</sup>

# 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 60 mins



February	12th	26th	
March	11th	25th	
April	8 <sup>th</sup> Special Walk(see below)	22nd	
May	6th	20th	

**Meet at the Leisure Centre (see info above) at 9.45am for a lift share to Orchard Farm Hornblotton. Also see Friday 20<sup>th</sup> March.** A wonderful flat walk at Orchard Farm, through the orchards and woodland, taking in some spectacular views. Followed by a picnic lunch for those that wish to take part (please bring along a plate to share). **All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear.**

Thursday 23<sup>rd</sup> April

Rectory Road Car Park, by the pay station BA4 5DB 10am for a 10.15am start with Greta. A walk on quiet country roads and footpaths, with some inclines. Maybe muddy if wet, possibly subject to a route change should there be prolonged inclement weather beforehand.

Lasting around 90 mins



Thursday 7<sup>th</sup> May

**Bluebell walk** at Beacon Hill Woods. Meet at the Leisure Centre Shepton Mallet BA4 5PG at 9.45am for a lift share **or** Beacon Hill Woods Car Park (lay-by) by 10.15 with Greta. Head out of Shepton on A37 toward Bristol and turn right onto the Old Frome Road- signposted Stoke St Michael-layby is ½ a mile on the right. A wonderful walk to see the carpet of bluebells across the wood.



Friday 20<sup>th</sup> March **SPECIAL WALK** Meet at Shepton Mallet Leisure Centre 11 Charlton Road Shepton Mallet BA4 5PG at 9.45am for a lift share to Hornblotton Farm with Steve and Frank. A wonderful flat walk at Orchard Farm, through the orchards and woodland, taking in some spectacular views.



Fridays–Monthly. Park Medical Practice, Cannards Grave Rd, Shepton Mallet BA4 5RT. 1pm for a 1.15 start with Sheila/Steve

A gentle walk across to Collett Park, on pathways with some slopes, lasting around 30-45 mins. We offer two options on this short walk now, to accommodate those just starting to walk again.

March	27 <sup>th</sup>
April	24 <sup>th</sup>
May	22 <sup>nd</sup>



**SUNDAY 3<sup>RD</sup> MAY ORCHARD FARM HORNBLUTTON ARE HOLDING A FAMILY PICNIC DAY.** We will be offering a led flat walk around the orchards and woodland on this family day. Please speak with a leader, for more details, if you are interested in taking part.

# Glastonbury

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

**Tuesdays – Fortnightly**

**Glastonbury Surgery, Feversham Lane, Glastonbury BA6 9LP**

**10 am for 10.15 am start with Matt. Lasting 40-60mins**

A gentle walk in and around Glastonbury on paths, for those starting or getting back to walking. This is to help you become more mobile and improve your mobility.

<b>Feb</b>	<b>4th</b>	<b>18th</b>	
<b>Mar</b>	<b>3rd</b>	<b>17th</b>	<b>31st</b>
<b>April</b>	<b>14th</b>	<b>28th</b>	
<b>May</b>	<b>12th</b>	<b>26th</b>	



# Fridays weekly - Glastonbury Health Centre

(Check individual dates for walk key)

Your walk will be from Glastonbury Health Centre

With Vicky / Chris / Aileen.

The walks will vary each week between 2 boot or 3 boot walk.

## Walk 1. 2 Boot

Glastonbury Health Centre, Wells Road, Glastonbury BA6 9DD

10 am for a 10.15 start with Chris, Vicky and Aileen

A pleasant walk in and around Glastonbury on footpaths or pavements, with some inclines. **Lasting 1-1.5 hours.**



## Walk 2. 3 Boot

Glastonbury Health Centre, Wells Road, Glastonbury BA6 9DD

10 am for a 10.15 start with Chris, Vicky and Aileen


















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 on the levels, walks along the River Brue, walks to Street and up the Tor. Please speak to the walk leaders for further information.

**Lasting 1-1.5 hours (unless stated otherwise)**



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# Glastonbury Health Centre Cont'd

<u>Date</u>	<u>Boots</u>	<u>Date</u>	<u>Boots</u>
7 <sup>th</sup> Feb		10 <sup>th</sup> Apr	
14 <sup>th</sup> Feb		17 <sup>th</sup> Apr	
21 <sup>st</sup> Feb		24 <sup>th</sup> Apr	
28 <sup>th</sup> Feb		1 <sup>st</sup> May	
6 <sup>th</sup> Mar		8 <sup>th</sup> May	
13 <sup>th</sup> Mar		15 <sup>th</sup> May	
20 <sup>th</sup> Mar		22 <sup>nd</sup> May	
27 <sup>th</sup> Mar	<b>SEE BELOW</b>	29 <sup>th</sup> May	
3 <sup>rd</sup> Apr			
<b>27<sup>th</sup> March TOR WALK</b>			

Join us for a climb up Glastonbury Tor and take in the wonderful views across the Somerset Levels. This is a long walk and includes a steep incline and lots of steps

