



HEALTH WALKS for GLASTONBURY, SHEPTON MALLET, STREET AND WELLS OCT-JAN '20



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

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

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

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.
 +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 - 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.**



October	14th	28th
November	11th	25th
December	9th	23rd
January	6th	20th



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



October	9th	23rd	
November	6th	20th	
December	4th	18th	
January	1st	15th	29th



Shepton Mallet

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

Thursday 17th October 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



Shepton Mallet

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.



October	25th
November	29th
December	20th
January	24th

Glastonbury

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

Tuesdays – Weekly

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.



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)



Glastonbury Health Centre Cont'd

<u>Date</u>	<u>Boots</u>	<u>Date</u>	<u>Boots</u>
4th Oct		6th Dec	
11th Oct		13th Dec	SEE BELOW
18th Oct		20th Dec	
25th Oct		27th Dec	
1st Nov		3rd Jan	
8th Nov		10th Jan	
15th Nov		17th Jan	
22nd Nov		24th Jan	
29th Nov		31st Jan	

13TH DECEMBER 2019

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!



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/slippery if wet. **Lasting 1-1.5 hours**



October	2nd, 16th & 30th	November	13th & 27th
December	11th	January	8th & 22nd

Friday 1st November

10am for a 10.15am start with Colin & Jess Burrington Ham car park at the top of Burrington Coombe on the B3134 (ST489582 on the OS 141 Cheddar Gorge map and 51.319962, -2.734351 on Google maps)



3 boot walk, going up on to Black Down, of around 3 miles. Long incline and may well be muddy.

Saturday 16th November

Morrisons, East Somerset Way, Wells BA5 1SQ

11 am for 11.15 start with Jo. Lasting 1-1.5 hours



A pleasant walk in and around Wells, using footpaths, lanes and tracks. There are some inclines, possibly stiles (weather permitting), it may be muddy or slippery if wet.



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 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.