



WALK WELL IN TAUNTON AND WELLINGTON SPRING 2019

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Walk Well – Taunton Deane



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WHAT IS A HEALTH WALK?

It's a brisk 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. The benefits of health walking are too many to list here but we're sure that you'll see a difference in yourself even after your first walk!

The **Walk Well Schemes in Taunton and Wellington** follow the standards required by Somerset Health Walks. 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. Having this choice allows you to progress to more challenging walks as your fitness improves, or to slow up if you should wish to. 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.

What do I need?

There are no rules about what you should wear on a health walk so wear what you feel comfortable in and bring a small bottle of drinking water. Some walks could be muddy underfoot, so it is advisable to wear appropriate footwear for the conditions.

Additional Information

Walkers are responsible for their own health, well-being and personal safety whilst on a walk. Walkers take part in a walk at their own risk. Dogs must be kept on a short lead at all times during the health walk and are the responsibility of their owners.

Walks will take place in all weathers but they can be cancelled at short notice if the weather makes walking hazardous. If in doubt about whether the walk will take place, please check the website or Facebook for up-to-date messages.

Scheme Co-ordinator

Ali Cottey

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SHORT WALKS IN TAUNTON

10am arrival for 10.15am on Wednesdays and Fridays.

A Routes: 40–60 minutes, 2–3 miles.

B Routes: 20–30 minutes, 1–5 miles.










Longer walks on Sundays: 10am arrival for 10.15am

DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Friday 1st March	Trull Village Hall, Church Road, Trull	A = Fields and kissing gates		
		B = Fields but no stiles		
Wednesday 6th March	Vivary Park War Memorial	A = Fields and stiles		
		B = Fields and stiles		
Friday 8th March	Venture Way (entrance to Waterleaze)	A = Pavements, two inclines, canal towpath		
		B = Pavements, canal towpath		
Sunday 10th March	McDonalds car park, Heron Gate, Hankridge Farm, Taunton TA1 2LP	Generally level, some short inclines, steps, road, pavement and river footpath. Kissing gates and stiles. 4.7 miles.		
Wednesday 13th March	Outside Staplegrove Church	A = Includes a gradual incline		
		B = Includes a slight incline		
Friday 15th March	College Way, corner of the green space (opp. entrance to Ferndown Close)	A = Fairly flat footpaths		
		B = Fairly flat footpaths		
Wednesday 20th March	Hudson Way (East), off Bindon Road	A = Fields and downward steps		
		B = No fields, one incline		
Friday 22nd March	Goodlands Gardens (behind Debenhams)	A = Fairly flat, pavement, and canal towpath		
		B = Pavements and river paths		
Sunday 24th March	Wellsprings Leisure Centre, Cheddon Road TA2 7QP	Several short inclines, roads, pavement, field track and footpaths. Stile and kissing gates. 3.5 miles		
Wednesday 27th March	Blackbrook Leisure Centre (parking and meeting point at the rear of the building)	A = Fields, kissing gates, stiles and some inclines		
		B = Footpaths, one incline, no fields or stiles		
Friday 29th March	Top of Waterfield Drive, Bishops Hull	A = Inclines, fields, stiles and lanes		
		B = No fields or stiles, one incline		
Wednesday 3rd April	Taunton Pool, Station Road	A = Grassy tracks, and footpaths		
		B = Footpaths		
Friday 5th April	Venture Way (entrance to Waterleaze)	A = Mostly flat, canal and river paths		
		B = Mostly flat, canal and river paths		

SHORT WALKS IN TAUNTON CONTINUED...









DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Wednesday 10th April	Goodland Gardens (behind Debenhams)	A = Flat footpaths, pavements, fields		
		B = Flat footpaths, pavements, fields		
Friday 12th April	College Way, corner of the green space (opp. entrance to Ferndown Close)	A = Steep inclines, fields and stiles		
		B = No fields or stiles. Few easy steps		
Sunday 14th April	Junction Waterfield Drive and Bakers Close, Bishops Hull, Taunton TA1 5HD	Slight inclines, pavement, field footpaths, kissing gates and stiles. 4.2 miles		
Wednesday 17th April	Blackbrook Leisure Centre (parking and meeting point at the rear of the building)	A = Fairly flat footpaths		
		B = Fairly flat footpaths		
Wednesday 24th April	Outside Staplegrove Church	A = Fields, one 'V' stile and inclines		
		B = No fields or stiles, one slight incline		
Friday 26th April	College Way, corner of the green space (opp. entrance to Ferndown Close)	A = Some inclines and footpaths		
		B = Some inclines and footpaths		
Sunday 28th April	War Memorial, Vivary Park, Taunton	Slight inclines, pavement, field paths and stiles. 4 miles		
Wednesday 1st May	Venture Way (entrance to Waterleaze)	A = One incline, fields and stiles		
		B = Grassy tracks, no stiles, one incline		
Friday 3rd May	Trull Village Hall, Church Road, Trull	A = Fairly flat footpaths and pavements		
		B = One slight incline		
Wednesday 8th May	Goodland Gardens (behind Debenhams)	A = Fairly flat footpaths, one incline		
		B = Fairly flat, footpaths		
Friday 10th May	Wellsprings Leisure Centre, Cheddon Road	A = Inclines, kissing gates and fields		
		B = Inclines and steps, no fields		
Sunday 12th May	Brewhouse Theatre, Taunton, TA1 1JL	Some inclines, road, pavement, towpath and river walk. 4.2 miles		
Wednesday 15th May	Trull Village Hall, Church Road, Trull	A = Inclines, fields and stiles		
		B = Fields but no stiles		
Friday 17th May	West Monkton Cricket Club, Hob Lane, Monkton Heathfield. TA2 8NR	A = Footpaths and pavements		
		B = Footpaths and pavements		
Wednesday 22nd May	Blackbrook Leisure Centre (parking and meeting point at the rear of the building)	A = Slight inclines, footpaths		
		B = Slight inclines		
Friday 24th May	Taunton Pool, Station Road	A = Mostly flat but several steps		
		B = One incline with several steps		

SHORT WALKS IN TAUNTON CONTINUED...

DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Sunday 26th May	Kilve Beach car park, Kilve	Undulating, minor hills, road, field footpaths, tracks and kissing gates. 4 miles.		
Wednesday 29th May	Wellsprings Leisure Centre, Cheddon Road	A = Includes grass tracks and one long incline		
		B = Includes grass tracks and short incline		
Friday 31st May	Trull Village Hall, Church Road, Trull	A = Fields and kissing gates		
		B = Fields but no stiles		



TAUNTON — WALK WELL PLUS. LONGER WALKS

Start time: 10.15am. 2–2.5 hours (including stops) for those with a good level of cardiovascular fitness. *Please bring a small bottle of water and a snack.*

DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Monday 18th March	Fyne Court Car Park, Broomfield, TA5 2EQ Parking charge (free to NT members)	Some uneven paths, steep inclines, road, walking, fields and stiles. Can be muddy. 3.5 miles.		 
Monday 8th April	Winchester Arms, Trull, TA3 7LG	Pavements, fields, stiles and some inclines. 3.8 miles.		
Monday 20th May	Stear Marshes free car park, near Combwich, TA5 2PU (for directions see website www.walkwellwithtone.btck.co.uk)	Mostly flat, gravel tracks, one short incline, grassy path (can be avoided if muddy). 4 miles.		 

RUISHTON AND CREECH WALKS

Meet at 10.30am.

DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Wednesday 6th March 3rd April 1st May	Creech Canal Car Park	Mainly flat, shallow inclines, some stiles. 90 minutes – 4.5 km.		
Wednesday 20th March 17th April 15th May	Ruishton Village Hall Car Park	Fields, stiles, may have some muddy areas. 45–90 minutes.		

SHORT WALKS IN WELLINGTON

10.15am arrival for 10.30am on Mondays and Thursdays.

A Routes: 40–60 minutes, 2–3 miles

B Routes: 20–30 minutes, 1–5 miles

DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Monday 4th March	Beambridge Inn, Sampford Arundel	A = Footpaths, two inclines, kissing gates and stiles		
		B = Country roads, footpaths, kissing gates, inclines, fields and working farmyard		
Thursday 7th March	South Street Car Park, Bulford	A = Pavements, footpaths, one incline and stiles		
		B = Pavements, footpaths and one gradual incline		
Monday 11th March	Rockwell Green Christian Centre	A = Footpaths, country lanes, inclines and stiles		
		B = Pavements, footpaths and inclines		
Thursday 14th March	South Street Car Park, Bulford	A = Pavements, footpaths, inclines and stiles		
		B = Pavements, footpaths and one gradual incline		
Monday 18th March	Millstream Gardens, Tonedale	A = Pavements, footpaths and inclines		
		B = Pavements and footpaths		
Thursday 21st March	Beambridge Inn, Sampford Arundel	A = Footpaths, inclines, kissing gates and stiles		
		B = Country roads, footpaths, kissing gates and inclines		
Monday 25th March	Wellington Sports Centre	A = Pavements, footpaths, steep incline and steps		
		B = Pavements, footpaths, with gradual incline and some steps		
Thursday 28th March	South Street Car Park, Bulford	A = Footpaths, fields, and stiles		
		B = Pavements, footpaths, kissing gate and one incline.		
Monday 1st April	Millstream Gardens, Tonedale	A = Pavements and field footpaths		
		B = Pavements and country footpaths		
Thursday 4th April	Rockwell Green Christian Centre	A = Roads, fields, steep incline and stiles		
		B = Pavements, footpaths and inclines		
Monday 8th April	Beambridge Inn, Sampford Arundel	A = Fields, footpaths, stiles, kissing gates, working farmyard and inclines		
		B = Footpaths, incline and kissing gate		
Thursday 11th April	Longforth Farm Estate, (Show Home)	A = Roads and fields		
		B = Roads and fields		

DATE	MEETING POINT	DETAILS	FOOTPRINTS	KEY
Monday 15th April	Wellington Park	A = Pavements, footpaths and incline		
		B = Pavements, footpaths, kissing gates, and inclines		
Thursday 18th April	South Street Car Park, Bulford	A = Pavements, footpaths and stiles		
		B = Pavements and footpaths		
Thursday 25th April	Rockwell Green Christian Centre	A = Footpaths, fields, inclines and stiles		
		B = Pavements, footpaths and inclines		
Monday 29th April	Wellington Sports Centre	A = Pavements, fields, footpaths, kissing gates and steep inclines		
		B = Pavements, footpaths, fairly flat with one incline and kissing gate		
Thursday 2nd May	Rockwell Green Christian Centre	A = Country lanes, footpaths, stiles and inclines		
		B = Pavements, footpaths, fields, inclines and kissing gates		
Thursday 9th May	South Street Car Park, Bulford	A = Pavements and slight incline		
		B = Pavements and footpaths		
Monday 13th May	Rockwell Green Christian Centre	A = Roads, fields, stiles and steep incline		
		B = Pavements, country lanes and kissing gates		
Thursday 16th May	Wellington Sports Centre	A = Pavements, footpaths and steps		
		B = Pavement, footpaths, fairly flat with one incline		
Monday 20th May	Rockwell Green Christian Centre	A = Footpaths and stiles		
		B = Pavements, footpaths, kissing gates and inclines		
Thursday 23rd May	Beambridge Inn, Sampford Arundel	A = Pavements, footpaths and steep incline		
		B = Country roads, footpaths, kissing gates and inclines		
Thursday 30th May	South Street Car Park, Bulford	A = Pavements, footpaths and inclines		
		B = Pavement and footpaths		

LONGER WALKS IN WELLINGTON

For full details www.walkwellwithtone.btck.co.uk or contact Wellington Walk Leaders

Wednesday 13th March – Wrangway

Wednesday 10th April – Ranscombe

Wednesday 8th May – Cothlestone Car Park

SHORT WALKS

Taunton – Wednesday and Friday
Wellington – Monday and Thursday









A Routes

- 2–3 miles in length
- 40–60 minutes in duration
- More challenging with steps, uneven paths, stiles & gates

B Routes

- 1–1.5 miles in length
- 20–30 minutes in duration
- Fairly flat

Key to the programme

	Wheelchair/motorised scooter accessible
	Suitable route for buggies, prams and pushchairs
	Refreshment place near the end of the route
	Public toilets at the start of the walk
	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 include steps, inclines, uneven paths, stiles and gates.
	These are more challenging health walks of 45 mins – 1¼ hours
	Progression walks. These walks are a step up from the health walks and could be 90 mins or more.

HAVE YOU EXPERIENCED KNEE OR HIP PAIN FOR OVER 3 MONTHS?

Join our referral 6-week Escape Pain classes.

Sessions are running at Wellsprings Leisure Centre and Wellington Sports Centre.

For further information, please contact Ali Cottey on 01823 273 085 or alison.cottey@gll.org