



West Somerset Health Walks

April - September 2019



Details are correct at time of printing. Please check our website for any amendments/changes to this programme:

<https://www.healthysomerset.co.uk/weight/2019/02/27/somerset-health-walks/>

or

[‘Somerset Health Walks’ Facebook page](#)

Visit our website for information about Health Walks in Frome and other Mendip Towns, Sedgemoor, Taunton and South Somerset, or for general enquiries contact us at

Somerset Activity and Sport Partnership:

[01823 653990](tel:01823653990) or enquiries@sasp.co.uk



For information about FREE volunteer walk leader training, please contact: **Hettie Simpson, Community Lifestyle Officer for Zing Somerset,** via email: hsimpson@somerset.gov.uk

What is a Health Walk?

It is 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. 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.

Key

Toilets - Yes - available near to start, during or end of Route



These are short walks on a Thursday on fairly flat routes at an easy pace and are 30-60 minutes.



These walks are 1 and 1 ½ hours and include steps, inclines uneven paths, stiles and gates



These are more challenging walks of 1 ½ and 2 ½ hours that require a good level of cardio vascular fitness and agility.

Walk Leaders contact details

Barry Cooper Tel: 01643 705185 Mob: 07817 324 644	Janet Marshall Tel: 01984 641363 Mob: 07790 400 316	Maggie Briggs Tel: 01643 862423
Brenda Boulton Tel: 01643 818038	John Lethaby Tel: 01643 702200	Albert Diamond Tel: 01643 818332 Mob: 07958 431 797
Cathy Hurd Tel: 01643 706662	Linda Foweraker Tel: 01643 708978	Rosemary Conquer Tel: 01643 841175
Joanna Plaskett Tel: 01984 639650	Dave Capel Tel: 01643 703901 Mob: 07413 492 211	Lucy Hutchings Mob: 07909 590 017
Jan Simms Tel: 01643 818427 Mob: 07774 033 939	Cath Isherwood Tel: 01643 818536	Carol Richards Mob: 07976 835 531
Eric Harrison Tel: 01643 702432	Peter Rossiter Tel: 01643 707195	

Tuesday Walks 10.00am start.

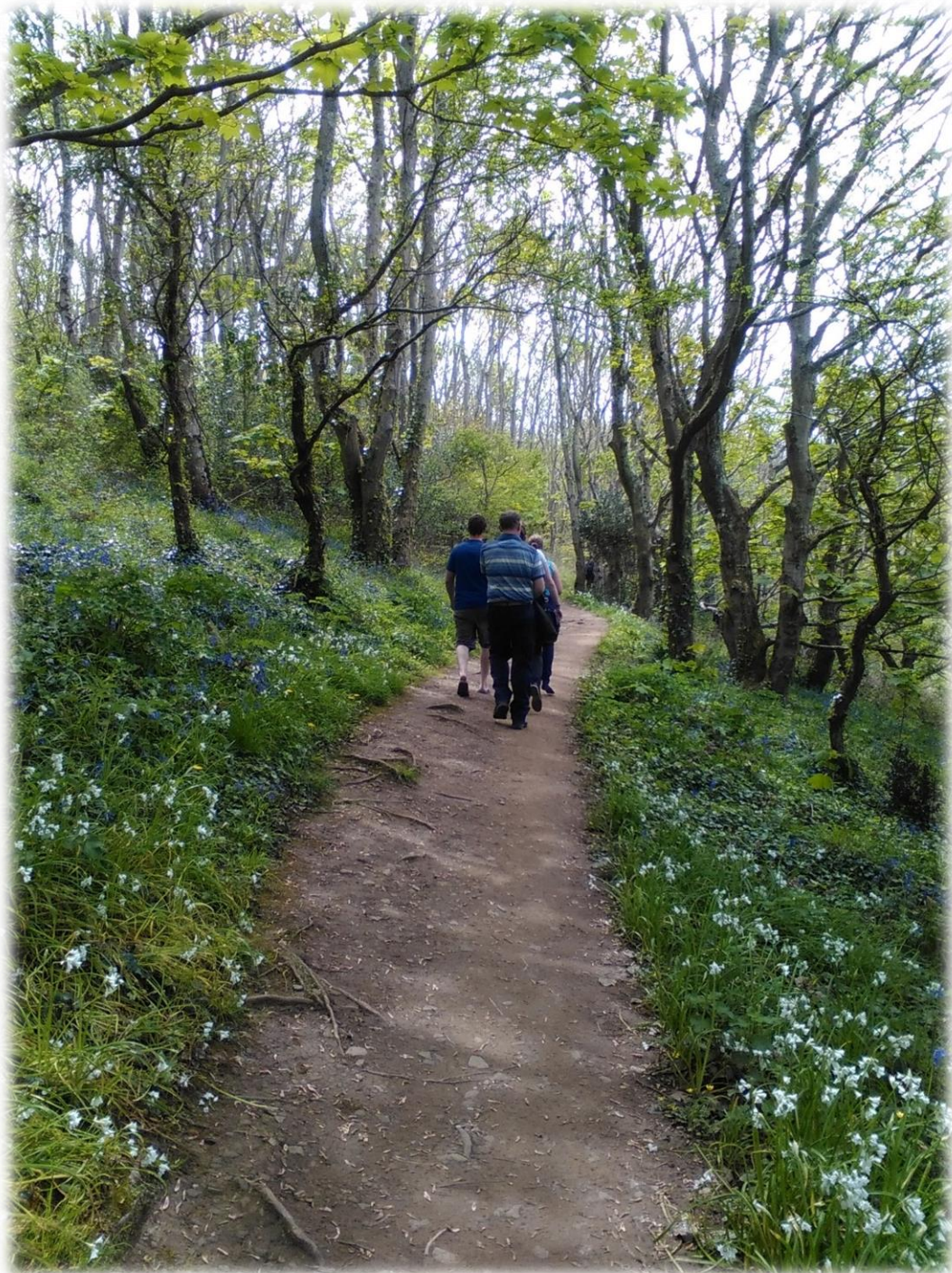
Lifts available for all of the walks, meet at old hospital Blenheim Road at 9.40am



Date 2019	Meeting Point	Walk (2 Boot)	Toilet	Leaders
April 2 nd	Northfield Hotel TA24 5PU	North Hill Walk	Yes	Lucy Albert
April 9 th	Horner National Trust Car Park SS 898 455	West Luccombe, Piles Mill	Yes	Carol Dave
April 16 th	Higher Hopcott Car Park SS 962 451	Hopcott Grabbist Hill	No	Brenda Albert
April 23 rd	No Walk	No Walk		
April 30 th	Carhampton Recreation Hall Car Park TA24 6NL	Kitts Lane	No	Dave Janet
May 7 th	Bottom of Buddle Hill, Selworthy SS 912 463	Selworthy Great Wood	No	Brenda Rosemary
May 14 th	Car Park Above Nutcombe (Whits Wood Steep) SS 975 420	Timberscombe	No	Rosemary Janet
May 21 st	Woodcombe Bus Stop SS 954 467	Little Headon Plantation	No	Rosemary David
May 28 th	Valiant Soldier, Roadwater TA23 0QZ	Roadwater & Mineral Line	Yes	Brenda Dave
June 4 th	Old Road Rugby Club end SS 983 454	Alcombe, Ellicombe Combes	No	Janet Joanna
June 11 th	Old Road Dunster Steep end SS 992 445	Frackford Bridge, Dunster	No	Janet Lucy
June 18 th	Nutcombe Bottom Car Park SS 977 422	Nutcombe Tall Trees	No	Dave Rosemary

June 25th	Bossington Village National Trust Car Park SS 897 480	Bossington Beach and Porlock Marsh	Yes	Carol Janet
July 2nd	Torre Cider Farm Overflow Car Park TA23 0LA	Circuit	Yes	Janet Joanna
July 9th	Car Park at the far end of North Hill SS 911 483	Selworthy Beacon	No	Janet Dave
July 16th	Allerford Community Hall, Hare Park TA24 8HS	Allerford, St Agnes Fountain	No	Rosemary Dave
July 23rd	Lower Park (off Parkhouse Road) TA24 8AX & TA24 8AY	White Cross, Woodcombe	No	Lucy Carol
July 30th	Webbers Post Car Park SS 903 439	Judges Ride	No	Janet Carol
August 6th	Whitehall, Mineral Line end, Watchet TA23 0BD	Mineral Line, Warren Bay & Daws Castle	No	Rosemary Albert
August 13th	Bottom of Buddle Hill, Selworthy SS 912 463	Holnicote Estate	No	Albert Brenda
August 20th	Old Road Rugby Club end SS 983 454	Conygar Tower	No	Brenda Albert
August 27th	Williton St Peter's Church TA4 4NS	Williton Walk	No	Rosemary Dave
September 3rd	Old Road Dunster Steep end SS 992 445	Dunster Ponds, Lower Marsh Farm	No	Albert Lucy
September 10th	Torre Cider Farm Overflow Car Park TA23 0LA	Circuit	Yes	Janet Carol
September 17th	Far end of Beacon Road, North Hill TA24 5SE	North Hill walk	No	Lucy Carol

September 24th	Dunkery Gate SS 897 407	Dunkery Beacon	No	Brenda Albert
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Tuesday Advanced Walk Various locations, 9:30 am start

3-4 miles. Strenuous, hills, uneven ground, stiles.

In the event of EXTREME WEATHER
please contact walk leader



Date 2019	Meeting Point	Walk	Leader
April 2nd	North Hill tank tracks car park SS 022 435	North Hill circuit	Cath Isherwood
April 9th	Webbers Post SS 903 439	Dunkery Beacon	Peter Rossiter
April 16th	Porlock village hall TA24 8QD	Porlock Weir	Eric Harrison
April 23rd	Layby between Brockwell & Ford SS 929 428	Robin How	Peter Rossiter
April 30th	St. Peter's church, Williton TA4 4NS	Monksilver	Cathy Hurd
May 7th	Dunster Old road, Dunster end SS 991 442	Bat's Hill deer park circuit (4.5 miles)	Cath Isherwood
May 14th	Selworthy overflow car park SS 921 468	Greatwood	Maggie Briggs
May 21st	Woodcombe bus stop SS 954 467	Bratton wood and North Hill	Cath Isherwood
May 28th	Periton pottery layby on A39 TA24 8DY *Limited parking, please car share if possible.	Hopcott circuit	Cathy Hurd
June 4th	Robbers Bridge car park SS 822 465	Doone Valley	Peter Rossiter
June 11th	Bossington National Trust car park SS 897 480	Hurlestone point circuit	Eric Harrison

June 18th	Torre Cider Farm overflow Car Park TA23 0LA	Roadwater	Cathy Hurd
June 25th	Horner National Trust car park SS 898 455	No.15 in "Exmoor Rangers favourite walks" (4 miles)	Maggie Briggs
July 2nd	Wheddon Cross cattle market car park TA24 7DT	Blagdon Wood and Cutcombe. (Very hilly)	Cath Isherwood
July 9th	Cleeve Abbey car park TA23 0PS	Roadwater route	Peter Rossiter
July 16th	Hopcott car park SS 962 451	Woodland circuit	Cath Isherwood
July 23rd	Porlock village hall TA24 8QD	Doverhay Down	Maggie Briggs
July 30th	Dunkery Gate SS 897 407	Dunkery Beacon	Eric Harrison
August 6th	Timberscombe, by village hall TA24 7TY	TBA	Cathy Hurd
August 13th	Headon Cross on A39 SS 935 459 *Limited parking, please car share if possible	Tivington Woods	Maggie Briggs
August 20th	Northfield Hotel TA24 5PU	North Hill via Minehead Beacon	Peter Rossiter
August 27th	Dunster old road, Dunster Steep end SS 991 422	Dunster Beach & pond	Eric Harrison
Sept 3rd	Nutcombe Bottom SS 972 423	Timberscombe	Cathy Hurd
Sept 10th	Horner National Trust car park SS 898 455	Circular walk	Eric Harrison
Sept 17th	Selworthy overflow car park SS 921 468	Deane's Lane to headland	Maggie Briggs
Sept 24th	Dunkery Gate SS 897 407	Dunkery Beacon via Mansley Coombe. (Very hilly)	Cath Isherwood

Thursday Referral Walks Start time 10.00 am

Meet at Beach Hotel, The Avenue,
Minehead TA24 5AP Lift/Car share available



Date 2019	Walk	Toilet	Leaders
April 4 th	Watchet Village Walk	YES	Janet Brenda Linda Jan S Barry John Albert
April 11 th	Little Headon Plantation	YES	
April 18 th	Dunster Beach & Ponds	YES	
April 25 th	NO WALK		
May 2 nd	Carhampton Village Walk	YES	
May 9 th	Woodcombe	YES	
May 16 th	Moor Wood, North Hill	YES	
May 23 rd	Blackford Wood	YES	
May 30 th	Ellicombe & Alcombe	YES	
June 6 th	Nutcombe Bottom & Tall Trees	YES	
June 13 th	The Parks	YES	
June 20 th	Dunster Castle & Village	YES	

June 27 th	Sea Front to Culvercliffe	YES	Janet Brenda Linda Jan S Barry John Albert
July 4 th	Dunster Beach - New Cycle Path	YES	
July 11 th	Porlock Village Walk	YES	
July 18 th	Blue Anchor Walk	YES	

July 25th	Seaward Way/Marshfield Road	YES	Janet Brenda Linda Jan S Barry John Albert
August 1st	Williton Village Walk	YES	
August 8th	New Washford Cycle Path	YES	
August 15th	Selworthy/Holnicote Estate	YES	
August 22nd	Deer Park, Gallox Bridge	YES	
August 29th	John's Walk Bossington Hill Car Park & Accessible Path	YES	
September 5th	Dunster Marsh, Jubilee Path	YES	
September 12th	Bossington Beach	YES	
September 19th	Webber's Post & Accessible Path	YES	
September 26th	Blenheim Gardens Walk	YES	

Thursday Advanced Walks 1st Thursday of each month

Various locations. Start time 1:30pm

4-6 miles. Strenuous, hills, uneven ground, stiles.

In the event of EXTREME WEATHER please contact the walk leader.
Please car share where possible.



Date 2019	Meeting Point	Walk	Leader
April 4 th	Selworthy overflow car park SS 921 468	Hindon Farm & Bratton Ball (5.5 miles)	Maggie Briggs
May 2 nd	Bossington National Trust car park SS 897 480	Porlock Marshes & Weir (5 miles)	Cath Isherwood
June 6 th	Dunkery Gate SS 897 407	Mansley Coombe	Maggie Briggs
July 4 th	Nutcombe Bottom car park SS 972 423	Tall Trees circuit	Eric Harrison
August 1 st	Staple Plain car park ST 116 412	Quantock circuit	Peter Rossiter
Sept 5 th	Dunster Castle National Trust car park TA24 6SL	Deer park, Carhampton and steam trail (5 miles)	Cath Isherwood



Saturday Walks Various locations Start Time 10.00am

Lifts available for all of the following walks if required, meet at the old hospital Blenheim Road at 9.40 am



Date 2019	Meeting Point	Walk (2/3 Boots)	Toilet	Leaders
April 13 th	Cleeve Abbey Car Park, Washford TA23 0PS	Washford, Monk's Path, Old Cleeve (4 miles)	No	Rosemary Jan
April 27 th	Bossington Village National Trust Car Park SS 897 480	Bossington Beach & Porlock Marsh	Yes	Linda Eric
May 11 th	Old Road, Rugby Club End SS 983 454	Grabbist Hill	No	Brenda Dave
May 25 th	Woodcombe Bus Stop SS 954 467	Bratton Ball, Woodcombe	No	Eric Dave
June 8 th	Horner National Trust car park SS 898 455	West Luccombe, Piles Mill	Yes	Linda Barry
June 22 nd	Williton St Peter's Church TA4 4NS	Aller Farm, Penny Bridge, Sampford Brett	No	Rosemary Brenda
July 6 th	Higher Hopcott car park SS 962 451	Hopcott Circuit	No	Brenda Eric
July 20 th	Nutcombe Bottom Car Park SS 977 422	Nutcombe Bottom, Broadwood Farm, Tall Trees (4 miles)	No	Barry Linda
August 3 rd	Woodcombe Bus Stop SS 954 467	Little Headon Plantation	No	Rosemary Barry
August 17 th	Bottom of Buddle Hill, Selworthy SS 912 463	Great Wood Walk	No	Brenda Dave
August 31 st	Old Road, Dunster Steep End SS 992 445	Dunster Beach or Ponds	No	Dave Eric
September 14 th	Whitehall, Mineral Line End, Watchet TA23 0BD	Mineral Line, Warren Bay and Daws Castle	No	Rosemary Brenda
September 28 th	Bossington Village National Trust Car Park SS 897 480	Hurlestone Point, Ancient Wood	Yes	Brenda Rosemary