

WALK WELL IN TAUNTON AND WELLINGTON AUTUMN 2018



walkwellwithtone.btck.co.uk



Walk Well – Taunton Deane



BETTER
the feel good place

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** have been recognised and accredited by Walking for Health. 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.

Please register online prior to your first walk at walkingforhealth.org.uk

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. Owners should be aware that Walking for Health insurance does not cover dogs that are taken along on a health walk.

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

Tel. No. (01823) 273085

Email: alison.cottey@gll.org

SHORT WALKS IN TAUNTON

10am arrival for 10.15 on Wednesdays and Friday.

A Routes: 40–60 minutes, 2–3 miles.

B Routes: 20–30 minutes, 1.5 miles.

Longer walks on Sundays: 10.00 am arrival for 10.15.

| DATE | MEETING POINT | DETAILS | FOOTPRINTS | KEY |
|-----------------------------|---|---|---|--|
| Wednesday 5th September | Vivary Park War Memorial | A = Fields and stiles |  |  |
| | | B = Fields and stiles |  | |
| Friday 7th September | Venture Way (entrance to Waterleaze) | A = Pavements, two inclines, canal towpath |  |   |
| | | B = Pavements, canal towpath |  | |
| Sunday 9th September | Monkton Inn, Blundells Lane, West Monkton. TA28NP | Challenging. Some long pulls. Roads, farm tracks, field footpaths, kissing gates and stiles. 3 miles. |  |  |
| Wednesday 12th September | Outside of Staplegrave Church | A = Includes a gradual incline |  |  |
| | | B = Includes a slight incline |  | |
| Friday 14th September | College Way, corner of the green space (opp. entrance to Ferndown Close) | A = Fairly flat footpaths |  |   |
| | | B = Fairly flat footpaths |  | |
| Wednesday 19th September | Hudson Way (East), off Bindon Road | A = Fields and downward steps |  |  |
| | | B = No fields, one incline |  | |
| Friday 21st September | Goodlands Gardens (behind Debenhams) | A = Fairly flat, pavements and canal towpath |  |  |
| | | B = Pavements and river paths |  | |
| Sunday 23rd September | Lower Maunsel lock, Banklands, North Newton TA7 0DH | Mostly level, some inclines. Lanes, pavement and towpath. 3.8 miles |  |  |
| Wednesday 26th September | Blackbrook Leisure Centre (parking and meeting point at the rear of the building – behind Tennis Centre) | A = Fields, and some inclines |  |  |
| | | B = No fields or stiles, one incline |  | |
| Friday 28th September | Top of Waterfield Drive, Bishops Hull | A = Inclines, fields, stiles and lanes |  |  |
| | | B = No fields, or stiles, one incline |  | |
| Wednesday 3rd October | Taunton Pool, Station Road | A = Grassy tracks, footpaths |  |   |
| | | B = Footpaths |  | |
| Friday 5th October | 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 October | Goodland Gardens (behind Debenhams) | A = Flat footpaths, pavements, fields | | |
| | | B = Flat footpaths, pavements, fields | | |
| Friday 12th October | 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 October | Curry Rivel Village car park (Behind Sandpit's Heating) High Street Curry Rivel TA10 0ES | Generally flat, 1 long gradual incline. Road, pavement, farm tracks, footpaths, fields, kissing gates and stiles 4.2 miles. | | |
| Wednesday 17th October | Blackbrook Leisure Centre (parking and meeting point at the rear of the building – behind Tennis Centre) | A = Fairly flat footpaths | | |
| | | B = Fairly flat footpaths | | |
| Friday 19th October | Vivary Park War Memorial | A = Fields and one stile | | |
| | | B = No fields or stiles | | |
| Wednesday 24th October | Outside of Staplegrave Church | A = Fields, one v stile and inclines | | |
| | | B = No fields or stiles, one slight incline | | |
| Friday 26th October | College Way, corner of the green space (opp. entrance to Ferndown Close) | A = Some inclines and footpaths | | |
| | | B = Some inclines and footpaths | | |
| Sunday 28th October | Goodlands Gardens. (behind Debenhams) | Generally flat, short inclines. Road, pavement, footpaths, fields, kissing gates and stiles. 4.5 miles. | | |
| Wednesday 31st October | Venture Way (entrance to Waterleaze) | A = One incline, fields and stiles | | |
| | | B = Grassy tracks, no stiles, one incline | | |
| Friday 2nd November | Trull Village Hall, Church Road, Trull | A = Fairly flat footpaths and pavements | | |
| | | B = One slight incline | | |
| Wednesday 7th November | Goodland Gardens (behind Debenhams) | A = Fairly flat footpaths, one incline | | |
| | | B = Fairly flat, footpaths | | |
| Friday 9th November | Wellsprings Leisure Centre, Cheddon Road | A = Inclines, kissing gates and fields | | |
| | | B = Inclines and steps, no fields | | |
| Sunday 11th November | Stoke St Mary Village Hall, Stoke St Mary, Taunton. TA3 5BY | Challenging, hill climbs. Country lanes, fields, farm tracks and stiles. 4 miles. | | |
| Wednesday 14th November | Trull Village Hall, Church Road, Trull | A = Inclines, fields and stiles | | |
| | | B = Fields but no stiles | | |
| Friday 16th November | West Monkton Cricket Club, Hob Lane, Monkton Heathfield. TA2 8NR | A = Footpaths and pavements | | |
| | | B = Footpaths and pavements | | |

SHORT WALKS IN TAUNTON CONTINUED...

| DATE | MEETING POINT | DETAILS | FOOTPRINTS | KEY |
|----------------------------|--|---|---|--|
| Wednesday 21st November | Blackbrook Leisure Centre (parking and meeting point at the rear of the building – behind Tennis Centre | A = Slight inclines, footpaths |  |   |
| | | B = slight inclines |  | |
| Friday 23rd November | Taunton Pool, Station Road | A = Mostly flat but several steps |  |   |
| | | B = One incline and several steps |  | |
| Sunday 25th November | Boat and Anchor Inn, Huntworth, Bridgwater. TA7 0AQ | Slight inclines. Road, pavement, field footpaths, towpath, and kissing gates. 4 miles. |  |  |
| Wednesday 28th November | Wellsprings Leisure Centre, Cheddon Road | A = Includes grass tracks and one long incline |  |   |
| | | B = includes grass tracks and short incline |  | |
| Friday 30th November | 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. 2–2.1/2 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 17th September | The Pimpernell, West Huntspill TA9 3QZ | Grass tracks, fields, stiles and footbridges. Some uneven paths. 4.8 miles Flat. |  |   |
| Monday 8th October | Kilve Beach Car Park | Fairly flat, 2 inclines. Country lanes, coastal path, fields and stiles. 3.2 miles. |  |   |
| Monday 19th November | Goodlands Garden (behind Debenhams) TA1 1LL | Fairly flat, fields and stiles. Could be muddy. 4.8 miles. |  |  |

RUISHTON AND CREECH WALKS

Meet at 10.30am.

| DATE | MEETING POINT | DETAILS | FOOTPRINTS | KEY |
|--|-----------------------------------|--|---|---|
| Wednesday 5th September 3rd October 7th November | Creech Canal Car Park | Mainly flat, shallow inclines, some stiles. 90 minutes – 4 ½ km. |  | |
| Wednesday 19th September 17th October 14th November | 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 3rd September | Beambridge Inn, Sampford Arundel | A = Footpaths, two inclines, kissing gates and stiles | | |
| | | B = Country roads, footpaths, kissing gates, inclines, fields and working farmyard | | |
| Thursday 6th September | South Street Car Park, Bulford | A = Pavements, footpaths, stiles and one gradual incline | | |
| | | B = Pavements, footpaths and one gradual incline | | |
| Monday 10th September | Rockwell Green Christian Centre | A = Footpaths, country lanes, inclines and stiles | | |
| | | B = Pavements, footpaths and inclines | | |
| Thursday 13th September | South Street Car Park, Bulford | A = Pavements, footpaths, inclines and stiles | | |
| | | B = Pavements, footpaths and one gradual incline | | |
| Monday 17th September | Millstream Gardens, Tonedale | A = Pavements, footpaths, and inclines | | |
| | | B = Pavements and footpaths | | |
| Thursday 20th September | Beambridge Inn, Sampford Arundel | A = Footpaths, inclines, kissing gates and stiles | | |
| | | B = Country roads, footpaths, kissing gates, and inclines | | |
| Monday 24th September | Wellington Sports Centre | A = Long incline, footpaths, roads and steps | | |
| | | B = Pavements, footpaths gradual incline and steps | | |
| Thursday 27th September | South Street Car Park, Bulford | A = Footpaths, fields and stiles | | |
| | | B = Pavement, footpaths, kissing gate and one incline. | | |
| Monday 1st October | Millstream Gardens, Tonedale | A = Pavements, footpaths, fields and steep inclines | | |
| | | B = Pavements, footpaths and fields | | |
| Thursday 4th October | Rockwell Green Christian Centre | A = Roads, fields, steep incline, and stiles | | |
| | | B = Pavements, footpaths and inclines | | |
| Monday 8th October | Beambridge Inn, Sampford Arundel | A = Fields, footpaths, stiles, kissing gates, working farmyard and inclines | | |
| | | B = footpaths, incline and kissing gate | | |
| Thursday 11th October | Longforth Farm Estate (Show Home) | A = Roadway and fields | | |
| | | B = Roadway and fields | | |
| Monday 15th October | Wellington Park | A = Pavements, footpaths and incline | | |
| | | B = Pavements, footpaths, kissing gates, and inclines | | |

| DATE | MEETING POINT | DETAILS | FOOTPRINTS | KEY |
|---------------------------|--------------------------------------|--|------------|-----|
| Thursday 18th October | South Street Car Park, Bulford | A = Pavements, footpaths, and stiles | | |
| | | B = Pavements, and footpaths | | |
| Monday 22nd October | Millstream Gardens, Tonedale | A = Footpaths, stiles, steps and inclines | | |
| | | B = Pavements, footpaths, kissing gates and steps | | |
| Thursday 25th October | Rockwell Green Christian Centre | A = Footpaths, fields, inclines, and stiles | | |
| | | B = Pavements, footpaths and inclines | | |
| Monday 29th October | Wellington Sports Centre | A = Pavements, fields, footpaths, kissing gates, and steep inclines | | |
| | | B = Footpaths, pavements, fairly flat with one incline, and kissing gates | | |
| Thursday 1st November | Rockwell Green Christian Centre | A = Country lanes, footpaths, stiles and inclines | | |
| | | B = Pavements, footpaths, fields, inclines and kissing gates | | |
| Monday 5th November | Millstream Gardens, Tonedale | A = Pavements, footpaths, and kissing gates | | |
| | | B = Pavements and footpaths | | |
| Thursday 8th November | South Street Car Park, Bulford | A = Pavements, and slight incline | | |
| | | B = Pavements and footpaths | | |
| Monday 12th November | Rockwell Green Christian Centre | A = Roads, fields, stiles and steep incline | | |
| | | B = Pavements, country lanes, and kissing gates | | |
| Thursday 15th November | Wellington Sports Centre | A = Pavements, footpaths, and steps | | |
| | | B = Pavement, footpaths, fairly flat with one incline | | |
| Monday 19th November | Rockwell Green Christian Centre | A = Footpaths and stiles | | |
| | | B = Pavements, footpaths, kissing gates and inclines | | |
| Thursday 22nd November | Beambridge Inn, Sampford, Arundel | A = Pavements, footpaths, and steep incline | | |
| | | B = Country roads, footpaths, kissing gates and inclines | | |
| Monday 26th November | Wellington Sports Centre | A = Pavements, footpaths, steps and one steep incline | | |
| | | B = Pavement, footpaths and inclines | | |
| Thursday 29th November | South Street Car Park, Bulford | A = Pavements, footpaths and inclines | | |
| | | B = Pavements and footpaths | | |

DO YOU ENJOY BADMINTON OR TABLE TENNIS?

Come along to our 60+ session at Wellsprings Leisure Centre, Taunton on Thursday afternoons.
Starting in September

£4 per session.

For further information call **01823 271271**.

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. |

A CRISS-CROSS OF BRIDGES WILDLIFE WALK

Tuesday 25th September 2018, Time: 10.30am–11.30am. **Distance: 2km**

Take in a lively stretch of the River Tone, a wildlife mural and the Mill Stream on this enjoyable wildlife walk around Taunton. There will regular stops along the way to see what wildlife we can see along the Tone and the walk is fully accessible. Sturdy footwear is recommended.

Meeting point: We will meet by the pedestrian bridge that goes from Morrisons supermarket to the Brewhouse Theatre on the Morrisons side. *Nearest postcode: TA1 1DX.*



RIVER AND CANAL WILDLIFE WALK

Tuesday 27th November, Time: 10.30am–11.30am. **Distance: 2.8km**

A pleasant route, taking in a beautiful stretch of Taunton's River Tone and a quiet section of the Canal. There will regular stops along the walk to see what wildlife we can spot around the area, but the route will be accessing steps. Sturdy footwear recommended.

Meeting point: We will meet beside the front door of Wickes just off Priory Avenue. *Nearest postcode: TA1 1QS.*

For further information please contact Ali Cottey on 01823 273085 or email: alison.cottey@gll.org

