

HEALTH WALKS for GLASTONBURY, SHEPTON MALLET, STREET AND WELLS Jun-Sept '20



(Pic taken prior to Covid-19) Details are correct at time of printing; please check our website for any changes to this programme

ALL WALKS WILL NEED TO BE BOOKED NOW FOR NHS TRACK AND TRACE. TO BOOK PLEASE SEE THE LINK ON EACH WALK OR CALL THE NUMBER BELOW.

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<https://www.sasp.co.uk/health-walks>

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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

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|  | 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

NOT CURRENTLY AVAILABLE

**MONDAYS - Fortnightly from Vine Surgery, Hindhayes Lane
BA16 0ET**

10.15 am for 10.30 am Start with Adam

NOT CURRENTLY AVAILABLE

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.



| | | | |
|--------|------------------|------------------|------------------|
| June | 1 st | 15 th | 29 th |
| July | 13 th | 27 th | |
| August | 10 th | 24 th | |
| Sept | 7 th | 21 st | |

Wells

Wednesdays – Fortnightly **NOT CURRENTLY AVAILABLE**

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**

NOT CURRENTLY AVAILABLE



| | | | |
|--------|-------------------------------------|------|---|
| June | 10 th & 24 th | July | 8 th & 22 nd |
| August | 5 th & 19 th | Sept | 2 nd , 16 th & 30 th |

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 **Please use the link below for booking onto this walk**

<https://www.sasp.co.uk/events/2020/07/shepton-mallet-health-walks-fortnightly>

A steady paced walk in Shepton and surrounding area, with some hills and possibly steps. **Lasting 60 mins**

| | | | |
|--------|------------------|------------------|------------------|
| June | 3 rd | 17 th | |
| July | 1 st | 15 th | 29 th |
| August | 12 th | 26 th | |
| Sept | 9 th | 23 rd | |

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

Thursday 9th July

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 20th August Shepton Mallet Leisure Centre, 11 Charlton Road, Shepton Mallet, BA4 5PG

10 am for 10.15 am start with Greta. **To join this walk, please use the link:** <https://www.sasp.co.uk/events/2020/08/shepton-mallet-health-walks-monthly>

A walk on quiet country roads and footpaths, with some inclines, lasting about 90mins. Maybe muddy if wet, possibly subject to a route change should there be prolonged inclement weather beforehand.

Glastonbury Health Centre

Fridays Fortnightly - Glastonbury Health Centre

To join this walk please use the link below:

<https://www.sasp.co.uk/events/2020/07/glastonbury-health-walk-friday-fortnightly>

Your walk will be from Glastonbury Health Centre
With Aileen.

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

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)

