



MENDIP

FREE Health Walks

Our free health walks are walks done on a regular basis, ranging from gentle, moderate to advanced. Walks are for all abilities and ages.

Date / Time	Meeting Place	Walk Level & Amenities
Wells Tuesday's Fortnightly 10am for 10.15 start 7/2/23, 21/2/23 7/3/23, 21/3/23 4/4/23, 18/4/23 2/5/23, 16/5/23 30/5/23	Meet at Morrison's East Somerset Way BA5 1SQ With Colin & Joel A moderate walk lasting around 60 - 90 minutes	   
Shepton Mallet Wednesday's Fortnightly 10am for 10.15 start 8/2/23, 22/2/23 8/3/23, 22/3/23 5/4/23, 19/4/23 3/5/23, 17/5/23 31/5/2	NEW MEETING POINT FROM FEBRUARY Tesco, Townsend Shopping Park BA4 5EG Meet at (Bus Stops opposite the Cenotaph on Station Road which is on the edge of Tesco car park) with Steve, Mike, Gretal, Sheila and Frank A steady paced walk lasting around 60 minutes	   
Glastonbury Fortnightly on a Friday 10am for 10.15 start 3/2/23, 17/2/23 3/3/23, 17/3/23 31/3/23 14/4/23, 28/4/23 12/5/23, 26/5/23	Meet at Glastonbury Town Hall bus stop BA6 9EH With Georgina or Jo 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 to: the levels, along the River Brue, walks to Street, in and around Glastonbury and up to the Tor on occasion. See next page for planned routes and coffee stops. Subject to change in extreme weather conditions.	    



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3/2/23 10am for 10.15 Jo	Meet at Glastonbury Town Hall bus stop BA6 9EH Willow Walk with coffee at Benedict Street Kitchen	
17/2/23 10am for 10.15 Georgina	Meet at Glastonbury Town Hall bus stop BA6 9EH Middlewick with a coffee stop during walk	
3/3/23 10am for 10.15 Jo	Meet at Glastonbury Town Hall bus stop BA6 9EH Wearyall Hill coffee at Benedict Kitchen	
17/3/23 10am for 10.15 Georgina	Meet at Glastonbury Town Hall bus stop BA6 9EH Tor via Bove town coffee at Rural Life	
31/3/23 10am for 10.15 Jo	Meet at Glastonbury Town Hall bus stop BA6 9EH Street, walk ends in Street with option to walk or bus back independently. Coffee at Pret A Manger	



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Date / Time	Meeting Place	Walk Level & Amenities
14/4/23 10am for 10.15 Georgina	Meet at Glastonbury Town Hall bus stop BA6 9EH Around the Tor walk Coffee at Benedict Street	  
28/4/23 10am for 10.15 Jo	Meet at Glastonbury Town Hall bus stop BA6 9EH Willow Walk with coffee at Benedict Street Kitchen	  
12/5/23 10am for 10.15 Georgina	Meet at Glastonbury Town Hall bus stop BA6 9EH Middlewick with a coffee stop during walk	  
26/5/23 10am for 10.15 Jo	Meet at Glastonbury Town Hall bus stop BA6 9EH Wearyall Hill coffee at Benedict Kitchen	  



STREET FREE Health Walks

Our free health walks are walks done on a regular basis, ranging from gentle, moderate to advanced. Walks are for all abilities and ages.







Date / Time	Meeting Place	Walk Level & Amenities
13th February 10am for 10.15am	Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA With Adam A moderate walk lasting around 60 - 90 minutes	  
27th February 10am for 10.15am	Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA With Adam A gentle walk lasting around 30 - 60 minutes	  
13th March 10am for 10.15am	Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA With Adam A moderate walk lasting around 60 - 90 minutes	  
27th March 10am for 10.15am	Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA With Adam A gentle walk lasting around 30 - 60 minutes	  
10th April	No Walk Bank Holiday	












STREET

FREE Health Walks

Our free health walks are walks done on a regular basis, ranging from gentle, moderate to advanced. Walks are for all abilities and ages.

Date / Time	Meeting Place	Walk Level & Amenities
24th April 10am for 10.15am	Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA With Adam A gentle walk lasting around 30 - 60 minutes	  
8th May	No Walk Bank Holiday	
22nd May 10am for 10.15am	Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA With Adam A moderate walk lasting around 60 - 90 minutes	  

Icon	Which walk is suitable for me?
	Wheelchair/motorised scooter accessible.
	Suitable route for buggies, prams, and pushchairs.
	Refreshment place near the end of the route.
	Public toilets on the route - check with the Walk Leader for more information.
	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 could include steps, inclines, uneven paths, stiles and gates.
	These are more challenging health walks of approx. 1.5 hrs, and are likely to include steps, inclines, uneven paths, stiles and gates.
	Progression walks – These are more challenging health walks of approx. 1.5 hrs or more, and will include steps, inclines, uneven paths, stiles and gates for example.
	Dogs are welcome and must remain on a short lead at all times. However this may not be the case in a field of livestock. It is the dog owners responsibility to pick up after their dog.

For more information on any of the walks please contact Co-ordinator Georgina Hainsby on:

 07599654679

 ghainsby@sasp.co.uk

 www.sasp.co.uk/health-walks

 SomersetHealthWalks

Interested in leading a walk?

You can also become a volunteer health walk leader

Mendip Health Walks

