



Creech St Michael & Ruishton Health Walks



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

Which walk is suitable for me?

Beginner Walks: Under 1 mile, flat and even ground, no stiles, gentle pace and frequent stops, Ideal for those new to walking or living with health conditions that impact fitness or mobility.

Level 1: 1 - 1.5 miles, flat or gentle slopes, no stiles and ideal for those able to complete 30- 40 mins with minimal stops.

Level 2: 2 - 2.5 miles, tracks and some hills or moderate pace. Ideal for those looking to develop their walking fitness and able to complete 45-60 mins with minimal stops.

Level 3: 3-4 miles, fields and hills, quicker pace and possible stiles. Intermediate walks, ideal for those with good walking fitness and able to complete 60-90mins with minimal stops.

Level 4: 3-5 miles, fields and steep hills, quicker pace and stiles. Advanced walks, ideal for those with very good mobility and fitness and able to complete 90mins + with minimal stops.

Where dogs are permitted they must remain on a short lead at all times. It is the dog owners responsibility to pick up after their dog.

Please register to access any **Somerset Health Walk** across county
www.sasp.co.uk/forms/view/health-walks-registration-form

Somerset Health Walks may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or walks@sasp.co.uk.

Walk Details Key



Toilets Available



Accessible Walk



Dogs are permitted and must remain on a short lead at all times.




Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.




Suitable for buggies



Option for Paid Refreshments

Date / Time	Meeting Place	Walk Level and details	Walk Leader
<p>Monthly first Wednesday of the month 10.30am</p> <p>05/06/2024 03/07/2024 07/08/2024 04/09/2024 02/10/2024 06/11/2024 04/12/2024</p> <p><i>(April - December weather permitting)</i></p>	<p>Creech St Michael <i>Canal side car park</i> TA3 5PR</p>	<p>Level 3 Walk</p> <p> </p>	<p>With Kathie & Chrissie</p> <p>contact Georgina walks@sasp.co.uk</p>
<p>Monthly last Thursday of the month 10.30am</p> <p>27/06/2024 25/07/2024 29/08/2024 26/09/2024 31/10/2024 29/11/2024</p> <p>(Not December)</p>	<p>At the Village Hall Car Park, <i>Creech St Michael, Ryesland Way</i> TA3 5QQ</p>	<p>Level 2 Walk</p> <p>  </p>	<p>With Linda</p> <p>contact Linda gettinglostwithlinda @gmail.com</p>
<p>Monthly third Wednesday of the month 10.30am</p> <p>19/06/2024 17/07/2024 21/08/2024 18/09/2024 16/10/2024 20/11/2024</p> <p>(Not December)</p>	<p>Ruishton Village Hall Car Park <i>Cheats Rd</i> TA3 5JD</p>	<p>Level 3 Walk</p> <p> </p>	<p>With Pat</p> <p>contact Georgina walks@sasp.co.uk</p>

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

 07599654679

 www.sasp.co.uk/health-walks

 walks@sasp.co.uk

 **SomersetHealthWalks**

Interested in leading a walk?

You can also become a volunteer health walk leader

Creech St Michael & Ruishton Health Walks

**Scan here for more
information!**

