



Taunton 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, flat or gentle slopes, no stiles and ideal for those able to complete 30mins 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.

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 check our Activity Finder www.sasp.co.uk/somerset-moves-activity-finder, Facebook page or email walks@sasp.co.uk

We regret no dogs unless assistance dogs.



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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.

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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	Details
<p>Wednesday 4th September 10.15am</p>	<p>Vivary Park War Memorial TA1 3QF</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 11th September 10.15am</p>	<p>Trull Village Hall Car Park TA3 7JZ</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 18th September 10.15am</p>	<p>Waterfield Drive (top of), Bishops Hull</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 25th September 10.15am</p>	<p>Vivary Park War Memorial TA1 3QF</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 2nd October 10.15am</p>	<p>College Way Green Area (near bus stop)</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 9th October 10.15am</p>	<p>Swimming Pool, Station Road TA1 1NN</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 

Date / Time	Meeting Place	Details
<p>Wednesday 16th October 10.15am</p>	<p>Wellsprings Leisure Centre TA2 7QP</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 23rd October 10.15am</p>	<p>Hob Close Monkton Heathfield TA2 8GL</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 30th October 10.15am</p>	<p>Waterleaze <i>(Not Far from the Crown Medical Centre TA2 8PX 100 meters from the roundabout)</i></p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 6th November 10.15am</p>	<p>Staplegrove Church TA2 6AP</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 13th November 10.15am</p>	<p>Blackbrook Leisure Centre TA1 2RW</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 20th November 10.15am</p>	<p>Trull Village Hall Car Park TA3 7JZ</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 

Date / Time	Meeting Place	Details
<p>Wednesday 27th November 10.15am</p>	<p>Waterleaze <i>(Not Far from the Crown Medical Centre TA2 8PX 100 meters from the roundabout)</i></p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 4th December 10.15am</p>	<p>Goodlands Gardens <i>(Outside the Shed Café TA1 1UQ)</i></p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 11th December 10.15am</p>	<p>Goodlands Gardens <i>(Outside the Shed Café TA1 1UQ)</i></p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 18th December 10.15am</p>	<p>Blackbrook Leisure Centre TA1 2RW</p>	<p>An Option of a L1 or L2 walk L1 is an accessible walk Assistance Dogs only</p> 
<p>Wednesday 25th December 10.15am</p>	<p>NO WALK</p>	<p>NO WALK</p>
<p>Wednesday 1st January 10.15am</p>	<p>NO WALK</p>	<p>NO WALK</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](https://www.facebook.com/SomersetHealthWalks)

TAUNTON Health Walks

Scan here for more
information!



Interested in leading a walk?

You can also become a volunteer health walk leader

