



WEST SOMERSET 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.

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.

We regret no dogs unless assistance dogs.

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	Walk leader
Every Thursday at 10am	<p>Minehead Area</p> <p><i>Meeting points change, please get in touch for a schedule.</i></p>	<p>Level 1 Walk Assistance Dogs only</p> 	Janet and Linda 07790 400316
Every Tuesday at 10am	<p>Minehead Area</p> <p><i>Meeting points change, please get in touch for a schedule.</i></p>	<p>Level 2 / Level 3 Walk Assistance Dogs only</p> 	Janet 07790 400316
Every Tuesday at 10am	<p>Dulverton Area</p> <p><i>Meeting points change, please get in touch to be added to the WhatsApp group for meeting point information each walk</i></p>	<p>L3 Walk Assistance Dogs only</p>	Walks@sasp.co.uk Richard Archer Richard Clarke Richard and Linda Longman
Every Tuesday at 9.30am	<p>Minehead Area</p> <p><i>Meeting points change, please get in touch for a schedule.</i></p>	<p>Level 3 / Level 4 Assistance Dogs only</p> 	Maggie 07938 235973

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

07599654679

walks@sasp.co.uk

 SomersetHealthWalks

 www.sasp.co.uk/health-walks

Interested in leading a walk?

You can also become a volunteer health walk leader

WEST SOMERSET Health Walks

Scan here for more
information!

