Welcome to WALK WELL in Taunton and Wellington Summer 2017

http://www.walkwellwithtone.btck.co.uk Walk Well – Taunton Deane
It’s a brisk 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. The benefits of health walking are too many to list here but we’re sure that you’ll see a difference in yourself even after your first walk!

The **Walk Well Schemes in Taunton and Wellington** have been recognised by Walking for Health as one of the best schemes around. 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. Having this choice allows you to progress on to more challenging walks as your fitness improves, or to slow-up if you should wish to. 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.

**What do I need?**
There are no rules about what you should wear on a health walk so wear what you feel comfortable in! Some walks may be muddy underfoot so it is advisable to wear appropriate footwear for the conditions. It’s recommended that you apply sunprotection before a walk and bring some drinking water on days when it’s particularly warm. Walks will take place in all weathers but they may be cancelled at short notice if the weather makes walking hazardous. If in doubt about whether the walk will take place, please call 01823 273085.

**Additional Information**
You will be asked to complete an Outdoor Health Questionnaire at your first walk.

Walk Leaders are volunteers. Walkers are responsible for their own health, well-being and personal safety whilst on a walk. Walkers take part in a walk at their own risk. Dogs are welcome. They must be kept on a short lead at all times during the health walk and are the responsibility of their owner. Owners should be aware that Walking for Health insurance does not cover dogs that are taken along on a health walk.

**Scheme Co-ordinator**
**Ali Cottey**  
Tel. No. (01823) 273085  
E mail: alison.cottey@gll.org

**Cover Photograph by Andrew Norris**
## Short Walks in Taunton

10am arrival for 10:15am on Wednesdays and Fridays

### A Routes:
- 40 – 60 minutes, 2-3 miles

### B Routes:
- 20 – 30 minutes, 1.5 miles

### Longer walks on Sundays - 10am arrival for 10.15am

<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting Point</th>
<th>Footprints</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 31st May</td>
<td><strong>Wellsprings Leisure Centre, Cheddon Road</strong>&lt;br&gt; A = Includes grassy track and one long incline&lt;br&gt; B = Includes grassy track, short incline</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Friday 2nd Jun</td>
<td><strong>Trull Village Hall, Church Road Trull</strong>&lt;br&gt; A = Fields and kissing gates&lt;br&gt; B = Fields but no stiles</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Wednesday 7th Jun</td>
<td><strong>Vivary Park War Memorial</strong>&lt;br&gt; A = Fields and stiles&lt;br&gt; B = Fields and stiles</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Friday 9th Jun</td>
<td><strong>Venture Way (Entrance to Waterleaze)</strong>&lt;br&gt; A = Pavements, two inclines, canal towpath&lt;br&gt; B = Pavements, canal towpath</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Sunday 11th Jun</td>
<td><strong>Wood St. Car Park, Yarde Place, Taunton TA1 1UR</strong>&lt;br&gt; Tangier, Longrun Meadow, Roughmoor, Frieze Hill &amp; North Town. 65 min/3.3miles. Mostly level, some short inclines. Pavement, footpaths, tracks &amp; field paths</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Wednesday 14th Jun</td>
<td><strong>Outside of Staplegrove Church, Manor Road, Staplegrove.</strong>&lt;br&gt; A = Includes a gradual incline&lt;br&gt; B = Includes a slight incline</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Friday 16th Jun</td>
<td><strong>College Way, corner of the green space (Opp. Entrance to Ferndown Close)</strong>&lt;br&gt; A = Fairly flat footpaths&lt;br&gt; B = Fairly flat footpaths</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Wednesday 21st Jun</td>
<td><strong>Hudson Way (East), off Bindon Road</strong>&lt;br&gt; A = Fields and downward steps&lt;br&gt; B = No fields, one incline</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Friday 23rd Jun</td>
<td><strong>Goodlands Gardens (behind Debenhams)</strong>&lt;br&gt; A= Fairly flat, pavement, canal towpath&lt;br&gt; B= Pavements and river paths</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Sunday 25th Jun</td>
<td><strong>Apex Leisure Park, Marine Drive, Burnham-on-Sea TA8 1NQ</strong>&lt;br&gt; Promenade, Brue Estuary &amp; Leisure Park. 60 min/3miles. Slight inclines (Beach walk optional – includes steps). Pavement &amp; footpaths</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Wednesday 28th Jun</td>
<td><strong>Taunton Deane Bowling Club, Blackbrook Way</strong>&lt;br&gt; A = Fields and some inclines&lt;br&gt; B = No fields or stiles, one incline</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Friday 30th Jun</td>
<td><strong>Top of Waterfield Drive, Bishops Hull</strong>&lt;br&gt; A = Inclines, fields, stiles and lanes&lt;br&gt; B= No fields, or stiles, one incline</td>
<td>A= 2</td>
<td></td>
</tr>
</tbody>
</table>
### Short Walks in Taunton continued...

<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting Point and Route Details</th>
<th>Footprints</th>
<th>Key</th>
</tr>
</thead>
</table>
| **Wednesday 5th Jul** | Taunton Pool, Station Road  
A = Grassy tracks, footpaths  
B = Footpaths | A= 2  
B= 1 | ![Coffee](coffee.png) ![Wheelchair](wheelchair.png) |
| **Friday 7th Jul**  | Venture Way (entrance to Waterleaze)  
A = Mostly flat, canal and river paths  
B = Mostly flat, canal and river paths | A= 3  
B= 1 | ![Coffee](coffee.png) |
| **Sunday 9th Jul**  | Thurlbear Church, Thurlbear. TA3 5BW  
Thurlbear circular. 90mins/4.2 miles  
Some inclines.  
Country lanes, tracks & field paths. | ![Coffee](coffee.png) | ![Wheelchair](wheelchair.png) |
| **Wednesday 12th Jul** | Goodland Gardens (behind Debenhams)  
A = Flat footpaths, pavements, fields, no stiles  
B = Flat footpaths, pavements, fields | A= 3  
B= 1 | ![Coffee](coffee.png) |
| **Friday 14th Jul**  | College Way, corner of the green space (Opp. Entrance to Ferndown Close)  
A = Steep inclines, fields and stiles  
B = No fields or stiles. Few easy steps | A= 3  
B= 1 | ![Coffee](coffee.png) |
| **Wednesday 19th Jul** | Taunton Deane Bowling Club, Blackbrook Way  
A = Fairly flat footpaths  
B = Fairly flat footpaths | A= 2  
B= 1 | ![Coffee](coffee.png) ![Wheelchair](wheelchair.png) |
| **Friday 21st Jul** | Vivary Park War Memorial  
A = Fields and one stile  
B = No fields or stiles | A= 2  
B= 1 | ![Coffee](coffee.png) |
| **Sunday 23rd Jul**  | The Pimpernell Arms, 92 Main Road, West Huntspill. TA9 3QZ  
West Huntspill - rivers Brue & Parrett. 90mins/4.8miles.  
Level. Lanes, pavement, footpaths, grass tracks and fields.  
Stiles & footbridges. | ![Coffee](coffee.png) | ![Wheelchair](wheelchair.png) |
| **Wednesday 26th Jul** | Outside of Staplegrove Church, Manor Road, Staplegrove  
A = Fields, one v stile and inclines  
B = No fields or stiles, one slight incline | A= 3  
B= 1 | ![Coffee](coffee.png) |
| **Friday 28th Jul**  | College Way, corner of the green space (Opp. Entrance to Ferndown Close)  
A = Some inclines and footpaths  
B = Some inclines and footpaths | A= 2  
B= 1 | ![Coffee](coffee.png) ![Wheelchair](wheelchair.png) |
| **Wednesday 2nd Aug** | Venture Way (entrance to Waterleaze)  
A = One incline, fields and stiles  
B = Grassy tracks, no stiles, one incline | A= 3  
B= 1 | ![Coffee](coffee.png) |
| **Friday 4th Aug**   | Trull Village Hall, Church Road, Trull  
A = Fairly flat footpaths and pavements  
B = One slight incline | A= 2  
B= 1 | ![Coffee](coffee.png) ![Wheelchair](wheelchair.png) |
| **Wednesday 9th Aug** | Goodlands Gardens (behind Debenhams)  
A= Fairly flat footpaths, one incline  
B= Fairly flat, footpaths | A= 2  
B= 1 | ![Coffee](coffee.png) ![Wheelchair](wheelchair.png) |
| **Friday 11th Aug**  | Wellsprings Leisure Centre, Cheddon Road  
A = Inclines, kissing gates and fields  
B = Inclines and steps, no fields | A= 2  
B= 1 | ![Coffee](coffee.png) |
<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting Point and Route Details</th>
<th>Footprints</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 13th Aug</td>
<td>North Curry Community Centre, Greenway Road, North Curry. TA3 6NQ</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>North Curry, Hay Moor. 60min/3.2miles. Undulating countryside, some fairly steep. Roads, farm tracks, field footpaths, kissing gates &amp; stiles.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 16th Aug</td>
<td>Trull Village Hall, Church Road, Trull</td>
<td><img src="image" alt="A=3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A = Inclines, fields and stiles</td>
<td><img src="image" alt="B=1" /></td>
<td></td>
</tr>
<tr>
<td>Friday 18th Aug</td>
<td>College Way, corner of the green space (Opp. Entrance to Ferndown Close)</td>
<td><img src="image" alt="A=2" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A = Slight inclines, footpaths</td>
<td><img src="image" alt="B=1" /></td>
<td></td>
</tr>
<tr>
<td>Wednesday 23rd Aug</td>
<td>Taunton Deane Bowling Club, Blackbrook Way</td>
<td><img src="image" alt="A=2" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A = Slight inclines, footpaths</td>
<td><img src="image" alt="B=1" /></td>
<td></td>
</tr>
<tr>
<td>Friday 25th Aug</td>
<td>Taunton Pool, Station Road</td>
<td><img src="image" alt="A=2" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A = Mostly flat but several steps</td>
<td><img src="image" alt="B=1" /></td>
<td></td>
</tr>
<tr>
<td>Sunday 27th Aug</td>
<td>WS Railway Car Park, Bishops Lydeard, Taunton. TA4 3BX</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cotford, Kings Moor &amp; Ash Priors. 60min/3.5 miles. Some short inclines. Road, field footpaths, kissing gates &amp; stiles.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 30th Aug</td>
<td>Wellsprings Leisure Centre, Cheddon Road</td>
<td><img src="image" alt="A=2" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A = Includes grassy track and one long incline</td>
<td><img src="image" alt="B=1" /></td>
<td></td>
</tr>
</tbody>
</table>

**Taunton Walk Well Plus - Longer walks**

10:15am 2 – 2.5 hours (including stops)

<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting Point and Route Details</th>
<th>Footprints</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 19th Jun</td>
<td>White Hart Inn, Corfe. TA3 7BU</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.75 miles, fields, stiles and some country lanes. Fairly flat, 2 short inclines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 17th Jul</td>
<td>Anchor Inn, Hillfarrance, TA4 1AW (overflow car park)</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.3 miles, fairly flat, tracks, fields and stiles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 21st Aug</td>
<td>Langport Town Square (long stay carpark) TA10 9PG</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.2 miles, flat river paths, grass tracks, tarmac lanes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ruishton and Creech Walks**

Meet at 10.30am

<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting Point</th>
<th>Footprints</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 7th Jun</td>
<td>Creech Canal Car Park</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td>Wed 5th Jul</td>
<td>Mainly flat, shallow inclines, some stiles – 90 minutes – 4½ km</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 2nd Aug</td>
<td>Ruishton Village Hall Car Park</td>
<td><img src="image" alt="3" /></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fields, stiles, May have some muddy areas 45 minutes to 90 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Meeting Point and Route Details</td>
<td>Footprints</td>
<td>Key</td>
</tr>
<tr>
<td>--------------</td>
<td>---------------------------------------------------------------------</td>
<td>------------</td>
<td>-----</td>
</tr>
<tr>
<td>Thurs 1st Jun</td>
<td><strong>Rockwell Green Christian Centre</strong>&lt;br&gt;<strong>A Routes:</strong> Footpaths, fields and stiles&lt;br&gt;<strong>B Routes:</strong> Footpaths and inclines</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Mon 5th Jun</td>
<td><strong>Wellington Park</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, footpaths and steps&lt;br&gt;<strong>B Routes:</strong> Pavements, gentle inclines and footpaths</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Thurs 8th Jun</td>
<td><strong>Wellington Sports Centre</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, footpaths and incline&lt;br&gt;<strong>B Routes:</strong> Pavements, footpaths, incline and steps</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Mon 12th Jun</td>
<td><strong>South Street Car Park, Bulford</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, footpaths and slight inclines&lt;br&gt;<strong>B Routes:</strong> Pavements, footpaths and stiles</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Weds 14th Jun</td>
<td><strong>World’s End Pub, Bradford on Tone</strong>&lt;br&gt;To be confirmed - details available from Wellington Walk Leaders, Facebook – Walk Well – Taunton Deane and <a href="http://www.walkwellwithtone@btck.co.uk">www.walkwellwithtone@btck.co.uk</a></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Thurs 15th Jun</td>
<td><strong>Wellington Sports Centre</strong>&lt;br&gt;<strong>A Routes:</strong> Footpaths, inclines and steps&lt;br&gt;<strong>B Routes:</strong> Footpaths, steps and gradual incline</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Mon 19th Jun</td>
<td><strong>Beambridge Inn, Sampford Arundel</strong>&lt;br&gt;<strong>A Routes:</strong> Footpaths, inclines and stiles&lt;br&gt;<strong>B Routes:</strong> Footpaths and incline</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Thurs 22nd Jun</td>
<td><strong>Wellington Sports Centre</strong>&lt;br&gt;<strong>A Routes:</strong> Long incline, footpaths, roads and steps&lt;br&gt;<strong>B Routes:</strong> Fairly flat, incline</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Mon 26th Jun</td>
<td><strong>South Street Car Park, Bulford</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, incline, and conservation area&lt;br&gt;<strong>B Routes:</strong> Pavements and footpaths</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Thurs 29th Jun</td>
<td><strong>Millstream Gardens, Tonedale</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, footpaths, fields and kissing gates&lt;br&gt;<strong>B Routes:</strong> Pavements and footpaths</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Mon 3rd Jul</td>
<td><strong>Wellington Park</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, and footpaths&lt;br&gt;<strong>B Routes:</strong> Pavements, and footpaths</td>
<td>A= 2</td>
<td></td>
</tr>
<tr>
<td>Thurs 6th Jul</td>
<td><strong>Wellington Sports Centre</strong>&lt;br&gt;<strong>A Routes:</strong> Pavements, fields and footpaths&lt;br&gt;<strong>B Routes:</strong> Pavements, footpaths, and inclines</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Mon 10th Jul</td>
<td><strong>Beambridge Inn, Sampford Arundel</strong>&lt;br&gt;<strong>A Routes:</strong> Footpaths, stiles and working farmyard&lt;br&gt;<strong>B Routes:</strong> Footpaths, culvert and inclines</td>
<td>A= 3</td>
<td></td>
</tr>
<tr>
<td>Weds 12th Jul</td>
<td><strong>Sampford Peverell</strong> - To be confirmed - Full details available from Wellington Walk Leaders, Facebook – Walk Well – Taunton Deane and <a href="http://www.walkwellwithtone@btck.co.uk">www.walkwellwithtone@btck.co.uk</a></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Meeting Point and Route Details</td>
<td>Footprints</td>
<td>Key</td>
</tr>
<tr>
<td>-------------</td>
<td>---------------------------------------------------------------------</td>
<td>------------</td>
<td>-----</td>
</tr>
</tbody>
</table>
| Thurs 13th Jul | Rockwell Green Christian Centre  
A = Footpaths, fields and stiles  
B = Footpaths and inclines   | A= 3       | ☕️  |
| Mon 17th Jul  | Millstream Gardens  
A = Country lanes, and pavements  
B = Country footpaths and pavements   | A= 2       | ☕️  |
| Thurs 20th Jul | Rockwell Green Christian Centre  
A = Pavements, footpaths, stiles, inclines and kissing gates  
B = Footpaths and inclines   | A= 2       | ☕️  |
| Mon 24th Jul  | South Street Car Park, Bulford  
A = Pavements, footpaths and one long incline  
B = Pavements and footpaths   | A= 3       | ☕️  |
| Thurs 27th Jul | Beambridge Inn, Sampford Arundel  
A = Pavements, footpaths, fields, stiles and working farmyard  
B = Pavements and fields   | A= 3       | ☕️  |
| Mon 31st Jul  | Wellington Park  
A = Pavements, footpaths and incline  
B = Pavements, footpaths, kissing gates and inclines   | A= 3       | ☕️  |
| Thurs 3rd Aug | Rockwell Green Christian Centre  
A = Country footpaths, lanes, stiles and inclines  
B = Pavements, footpaths, stiles and inclines   | A= 3       | ☕️  |
| Mon 7th Aug  | South Street Car Park, Bulford  
A = Pavements, footpaths and inclines  
B = Pavements and footpaths   | A= 3       | ☕️  |
| Weds 9th Aug  | Wrangway - To be confirmed - Full details available from Wellington Walk Leaders,  
Facebook – Walk Well – Taunton Deane and  
www.walkwellwithtone@btck.co.uk   | A= 3       | ☕️  |
| Thurs 10th Aug | Rockwell Green Christian Centre  
A = Footpaths, fields and stiles  
B = Country lanes and inclines   | A= 3       | ☕️  |
| Mon 14th Aug  | Beambridge Inn, Sampford Arundel  
A = Footpaths, kissing gates, stiles and working farmyard  
B = Pavements and fields   | A= 3       | ☕️  |
| Thurs 17th Aug | Millstream Gardens, Tonedale  
A = Pavements, footpaths and inclines  
B = Pavements and footpaths   | A= 2       | ☕️  |
| Mon 21st Aug  | Rockwell Green Christian Centre  
A = Country lanes, footpaths, stiles and inclines  
B = Pavements, footpaths and fields   | A= 3       | ☕️  |
| Thurs 24th Aug | Beambridge Inn, Sampford Arundel  
A = Footpaths, inclines and stiles  
B = Footpaths and inclines   | A= 3       | ☕️  |
| Mon 28th Aug  | NO WALK - BANK HOLIDAY   | A= 2       | ☕️  |
| Thurs 31st Aug | South Street Car Park, Bulford  
A = Pavements, and slight incline  
B = Pavements, footpaths and gradual incline   | A= 2       | ☕️  |
What different types of walk are there?

Short Walks
These take place on Mondays and Thursdays in Wellington and on Wednesdays, Fridays and Sundays in Taunton. Walks in Taunton and Wellington have a choice of an A-Route or a B-Route, except on Sundays when there is only an A-Route.

B-Routes
- 1.5 miles in length
- 20-30 minutes in duration
- Fairly flat

A-Routes
- 2-3 miles in length
- 40-60 minutes in duration
- More challenging with steps, uneven paths, stiles and gates.

Longer walks - Walk Well Plus
These take place on a Monday at 10:15am.
- 4-5 miles in length
- 2-2.5 hours in duration
- For those with a good level of cardiovascular fitness
- Bring a small bottle of water and a snack

Footprints
1. These are the shortest walks and are fairly flat routes, at an easy pace and are approx. 30 mins.
2. These walks are between 40 mins and 1 hour and include steps, inclines, uneven paths, stiles and gates.
3. These are more challenging health walks of 45 mins – 1 ¼ hours
Progression walks – These walks are a step up from the health walks and could be 90 mins or more.

Walk and talk to celebrate Taunton Wildlife Week
Tuesday 20th June
Join us on a 3 km walk and talk along the Taunton canal and River Tone, walk led by members of Somerset Wildlife Trust and Walk Well. Meeting Venture Way (at the junction with Waterleaze) at 10am.

Are you interested in volunteering on our walk programme? We are currently recruiting, please contact Ali Cottey on 01823 273085 for more information.