

Walk Well in Taunton Wednesdays and Fridays 10:15 SUMMER PROGRAMME



Walks are aimed at those people who are new to walking. Some walks may be muddy underfoot, so it is advisable to wear appropriate footwear.

free

Date	Meeting Point
Fri 12 June	Wellsprings Leisure Centre
Wed 17 June	Trull Village Hall
Fri 19 June	Vivary Park War Memorial
Wed 24 June	On the bridge over the canal, Venture Way
Fri 26 June	Outside of Staplegrove Church
Wed 1 July	Taunton Deane Bowling Club, Blackbrook Way
Fri 3 July	Hudson Way (East), Bindon Road
Wed 8 July	Goodland Gardens (behind Debehams)
Fri 10 July	Comeytrove Centre, Pitts Close
Wed 15 July	Top of Waterfield Drive, Bishops Hull
Fri 17 July	Taunton Pool
Wed 22 July	On the bridge over the canal, Venture Way
Fri 24 July	Goodland Gardens (behind Debehams)
Wed 29 July	Comeytrove Centre, Pitts Close
Fri 31 July	Vivary Park War Memorial
Wed 5 Aug	Taunton Deane Bowling Club, Blackbrook Way
Fri 7 Aug	Comeytrove Centre, Pitts Close
Wed 12 Aug	Outside of Staplegrove Church
Fri 14 Aug	On the bridge over the canal, Venture Way
Wed 19 Aug	Trull Village Hall
Fri 21 Aug	Goodland Gardens (behind Debehams)
Wed 26 Aug	Wellsprings Leisure Centre
Fri 28 Aug	Trull Village Hall
Wed 2 Sep	Taunton Deane Bowling Club, Blackbrook Way
Fri 4 Sep	Comeytrove Centre, Pitts Close
Wed 9 Sep	Taunton Pool







You will be asked to complete an Outdoor Health Questionnaire at your first walk


For more details, please contact Melissa McCarthy on 01823 273084 or e-mail m.mccarthy@toneleisure.com


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Key

 = Accessible route
 = Suitable route for prams and pushchairs
 = Refreshment place near the end of the route

 = **Easy:** These walks are the shortest walks and they use urban footpaths. They are fairly flat routes.

 = **Medium:** These walks may include steps, uneven paths, stiles and gates, along a fairly flat route.

 = **Harder:** These walks may include inclines, several stiles, uneven paths and/or could take at least an hour.

Date	Description	Icons
Fri 12 Jun	Generally flat, footpaths and one incline.	
Wed 17 Jun	Generally flat, fields, stiles, footpaths.	
Fri 19 Jun	Fairly flat, footpaths, 2 stiles and a field.	
Wed 24 Jun	Mostly flat but one hill, footpaths.	
Fri 26 Jun	Fairly flat, footpaths, pavements, 1 kissing gate.	
Wed 1 Jul	Generally flat, 1 slight incline, 3 stiles and a field.	
Fri 3 Jul	Generally flat, slight inclines over bridges, fields and 25 downward steps.	
Wed 8 Jul	Fairly flat, footpaths.	
Fri 10 Jul	Generally flat, footpaths.	
Wed 15 Jul	2 inclines, fields, stiles and country lanes.	
Fri 17 Jul	Generally flat, footpaths and open green land.	
Wed 22 Jul	Mostly flat, canal and river paths.	
Fri 24 Jul	Flat, footpaths and pavements.	
Wed 29 Jul	2 steep inclines, narrow footpaths, 2 fields, 2 stiles.	
Fri 31 Jul	Fairly flat, footpaths, 2 stiles and a field.	
Wed 5 Aug	Fairly flat, footpaths.	
Fri 7 Aug	Generally flat but one slight incline, footpaths.	
Wed 12 Aug	Some inclines, footpaths, fields and stiles.	
Fri 14 Aug	1 incline, footpaths, fields and stiles.	
Wed 19 Aug	Fairly flat, footpaths and pavements.	
Fri 21 Aug	Fairly flat, footpaths.	
Wed 26 Aug	Inclines, 2 kissing gates, footpaths and a field.	
Fri 28 Aug	Generally flat but one incline, footpaths, fields and stiles.	
Wed 2 Sep	Slight inclines, footpaths.	
Fri 4 Sep	Slight inclines, footpaths.	
Wed 9 Sep	Mostly flat but several steps, no fields.	

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 the Way to Health Initiative insurance does not cover dogs taken along on a health walk.

WALK WELL PLUS

Once a month on a Monday

17:15

SUMMER PROGRAMME



NEW TIME

A programme of walks that are approximately 2 - 2 1/2 hours in duration. Walks are aimed at people who already have a good level of cardiovascular fitness.

Walk Well Plus

Meeting Point

Mon 22nd June

Boat & Anchor Inn, Huntworth

Mostly flat but 2 slight inclines, fields, stiles and footpaths.

Mon 20th July


Wellington Sports Centre


Includes stiles, fields, inclines and a railway crossing.


Monday 17th Aug

Outside Staplegrave Church

Includes stiles, fields, footpaths and inclines

 Walks are likely to be muddy underfoot so it is advisable to wear appropriate footwear.

 It is recommended that walkers bring a small bottle of drinking water, to keep hydrated and a snack if required.

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