



Walk Well in Taunton are pleased to be contributing to the Soul Walks Initiative again this year. Soul Walks are health walks with some additional features that promote mental well-being for everyone. You will see that some of the walks on the front of this programme are Soul Walks.

Mental Health problems affect 1 in 4 people. Taking part in physical activity in the outdoors can have a great effect on our mind as well as our physical health.

World Mental Health Day is on Saturday 10th October 2009 and the "Get Moving" Time to Change Campaign runs from Monday 21st September - Sunday 11th October 2009. The Soul Walks Series will take place at the same time.

For more details about Soul Walks and to find out about other Soul Walks that are happening in Somerset, please contact Melissa McCarthy on (01823) 273084 or e-mail m.mccarthy@toneleisure.com

The Soul Walks initiative has been developed by a multi-agency sub-group of the Somerset Physical Activity Group.



www.whi.org.uk

Walk Well in Taunton Wednesdays and Fridays 10:15 AUTUMN PROGRAMME 2009



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.



Date	Meeting Point
Fri 11 Sept	Wellsprings Leisure Centre
Wed 16 Sept	Trull Village Hall
Fri 18 Sept	Vivary Park War Memorial
Wed 23 Sept	On the bridge over the canal, Venture Way
Fri 25 Sept	Outside of Staplegrove Church
*Wed 30 Sept	Taunton Deane Bowling Club, Blackbrook Way
*Fri 2 Oct	Hudson Way (East), Bindon Road
*Wed 7 Oct	Goodland Gardens (behind Debenhams)
*Fri 9 Oct	Comeytrove Centre, Pitts Close
Wed 14 Oct	Top of Waterfield Drive, Bishops Hull
Fri 16 Oct	Taunton Pool
Wed 21 Oct	On the bridge over the canal, Venture Way
Fri 23 Oct	Goodland Gardens (behind Debenhams)
Wed 28 Oct	Comeytrove Centre, Pitts Close
Fri 30 Oct	Vivary Park War Memorial
Wed 4 Nov	Taunton Deane Bowling Club, Blackbrook Way
Fri 6 Nov	Comeytrove Centre, Pitts Close
Wed 11 Nov	Outside of Staplegrove Church
Fri 13 Nov	On the bridge over the canal, Venture Way
Wed 18 Nov	Trull Village Hall
Fri 20 Nov	Goodland Gardens (behind Debenhams)
Wed 25 Nov	Wellsprings Leisure Centre
Fri 27 Nov	Trull Village Hall
Wed 2 Dec	Taunton Deane Bowling Club, Blackbrook Way
Fri 4 Dec	Comeytrove Centre, Pitts Close
Wed 9 Dec	Taunton Pool




* - Soul Walk


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
















































































































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 11 Sept	Generally flat, footpaths and one incline.	    
Wed 16 Sept	Generally flat, fields, stiles, footpaths.	  
Fri 18 Sept	Fairly flat, footpaths, 2 stiles and a field.	   
Wed 23 Sept	Mostly flat but one hill, footpaths.	   
Fri 25 Sept	Fairly flat, footpaths, pavements, 1 kissing gate.	  
Wed 30 Sept	Generally flat, 1 slight incline, 3 stiles and a field.	    
Fri 2 Oct	Generally flat, slight inclines over bridges, fields and 25 downward steps.	  
Wed 7 Oct	Fairly flat, footpaths.	    
Fri 9 Oct	Generally flat, footpaths.	   
Wed 14 Oct	2 inclines, fields, stiles and country lanes.	  
Fri 16 Oct	Generally flat, footpaths and open green land.	   
Wed 21 Oct	Mostly flat, canal and river paths.	  
Fri 23 Oct	Flat, footpaths and pavements.	  
Wed 28 Oct	2 steep inclines, narrow footpaths, 2 fields, 2 stiles.	   
Fri 30 Oct	Fairly flat, footpaths, 2 stiles and a field.	   
Wed 4 Nov	Fairly flat, footpaths.	    
Fri 6 Nov	Generally flat but one slight incline, footpaths.	    
Wed 11 Nov	Some inclines, footpaths, fields and stiles.	   
Fri 13 Nov	1 incline, footpaths, fields and stiles.	   
Wed 18 Nov	Fairly flat, footpaths and pavements.	  
Fri 20 Nov	Fairly flat, footpaths.	    
Wed 25 Nov	Inclines, 2 kissing gates, footpaths and a field.	    
Fri 27 Nov	Generally flat but one incline, footpaths, fields and stiles.	    
Wed 2 Dec	Slight inclines, footpaths.	    
Fri 4 Dec	Slight inclines, footpaths.	    
Wed 9 Dec	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

10:15




AUTUMN PROGRAMME 2009



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 21st Sept** **Outside West Monkton Church**
A Challenge! Steep inclines and uneven footpaths, includes fields and approx. 10 stiles. Could be rather muddy. Magnificent views
- Mon 19th Oct** **Vivary Park War Memorial**
Includes fields, stiles and some inclines.
- Monday 16th Nov** **Bus Stop at Hankridge (near Sainsbury's Supermarket)**
Fairly flat, includes fields and stiles.

-  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.