



HEALTH WALKS

GLASTONBURY, SHEPTON MALLET, STREET AND WELLS

June-September 2022



Details are correct at the time of production; please check our website for any changes to this programme

<https://www.sasp.co.uk/health-walks> For all walks in Mendip please contact Jo Smith 07855283855/email jsmith@sasp.co.uk or contact the office on 01823 653990 or enquiries@sasp.co.uk

What is a Health Walk?

It is a walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better, improve your general level of fitness and to manage your weight. 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, 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.

Walks Key

	These are short walks, on fairly flat routes at an easy pace and are 30 – 60 minutes.
	These walks are between 1 and 1½ hours and can include steps, inclines, uneven paths, stiles and gates.
	These are more challenging walks of more than 1 ½ hours that require a good level of cardiovascular fitness and mobility.
 +Progression	Progression Walk – Excellent level of cardiovascular fitness and agility
	Refreshment place near the end of route
	Toilet near the end of route

Dogs are allowed on our walks AS LONG AS they are kept on a short lead at all times, so to avoid trips and falls by our walkers and to keep the dogs safe! This, however, may not be the case where we will be going through fields containing livestock. If in doubt please call or email. It also remains the owner's responsibility to pick up and dispose of any dog waste.

All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear.

Street

MONDAYS - Fortnightly

with Adam Meet at entrance to Crispin Community Centre (opposite the Parish offices) BA16 0HA. **10am for a 10.15 start.**

Join us for a walk in and around Street, on a fairly flat route and at an easy pace - ideal for those starting or getting back into walking to increase mobility, fitness or just to meet new people **or** choose our longer two boot walk every other week across fields, some gates/stiles. **Lasting up to 45 mins - 1hr (1 boot) or 1hr to 1.5 hours (2 boot) Walk level alternates each week.**



June	6 th 2 boot JUBILEE WALK (SEE BELOW)	20 th 1boot	
July	4 th 2boot	18 th 1boot	
August	1 st 2 boot	15 th 1boot	29 th BKHOL
September	12 th 1boot	26 th 2 boot	

FREE TO ATTEND

STREET
Platinum Jubilee
HEALTH WALK
Monday 6th June 2022

Meet outside the Crispin Community Centre on Leigh Road

Registration* from 10am, walk starts at 10.15, lasting approximately 1 hour using largely pavements and taking in Street's royal named roads

Patriotic attire encouraged**

* Registration required.
** Please come dressed suitable for walking and for the conditions of the day.

For further information visit:
www.sasp.co.uk/health-walks
 Or contact Jo Smith (Mendip co-ordinator):
 t: 07855 283855, e: jsmith@sasp.co.uk
 Find us on social media:
 Facebook: @Somerset Health Walks / @SASPsomerset
 Twitter: @SASPsomerset - Instagram: sasp-somerset
 Youtube: SASP-Somerset Activity & Sports Partnership



Wells

Tuesdays– Fortnightly **10am for 10.15 start with Colin & Joel**

Morrison's East Somerset Way Wells BA5 1SQ

A steady paced walk which will include inclines, footpaths or fields. All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear. **Lasting 1-1.5 hours**



June	14th	28th
July	12th	26th
August	9th	23rd
September	6th	20th

Shepton Mallet

Wednesdays - Fortnightly

Shepton Mallet Leisure Centre, 11 Charlton Road, Shepton Mallet, BA4 5PG

10 am for 10.15 am start with Steve/Mike/Sheila/Frank

A steady paced walk in Shepton and surrounding area, with some hills and possibly steps. **Lasting around 60 mins**



All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear.

June	1 st	15 th	29 th
July	13 th	27 th	
August	10 th	24 th	
September	7 th	21 st	

Shepton Mallet

Thursday 2 boot monthly walks



Thursday 21st July Rectory Road Gt Ostry Car Park, Shepton Mallet, by the pay station BA4 5TT A walk to the Tunnels along footpaths, country roads, fields and some steep inclines. Dependant on previous weather, it could be muddy.

Thursday 18th August Rectory Road Gt Ostry Car Park, Shepton Mallet, by the pay station BA4 5TT A walk to Darshill Docks via the meadows, a couple of hills/inclines along the way.

Lasting around 90 mins



Glastonbury

Fridays Fortnightly - Glastonbury Town Hall bus stop

BA6 9EH (this is in front of St Dunstan's car park, which is located near the Abbey entrance and the Glastonbury Information Centre). **10am for a 10.15 start with Ann or Jo.**

The walks vary each week and are mostly 3 boot walks.

Lasting 1-1.5 hours (unless stated otherwise)



DATES

June	10th	No walk	
July	8th	22nd	
August	5th	19th	
September	2nd	16th	30th

A longer walk which will include inclines, footpaths or fields. All of our longer walks can be muddy and slippery if wet, particularly those across fields, so please wear suitable footwear. These could include walks to: the levels, along the River Brue, walks to Street, in and around Glastonbury and up to the Tor on occasion. Please speak to the walk leader for further information.

