

WALK WELL in Taunton

September 2022

Facebook - **Walk Well – Taunton Deane**
Website - www.everyoneactive.com
<https://sites.google.com/view/walkwell/home>

Places on our walks are limited and must be booked in advance. Advance Booking can be done up to 8 days prior to each walk, via the Everyone Active App, Everyone Active website, using Wellsprings Leisure Centre as your home site.

- Using the App or booking via the website is the fastest way to confirm your place. If you need any help setting this up, please get in touch.
- All walks will depart promptly at the specified time.

Additional Information - 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 must be kept on a short lead at all times during the health walk and are the responsibility of their owner.

Walks will take place in all weathers but they can be cancelled at short notice if the weather makes walking hazardous. If in doubt about whether the walk will take place, please check Facebook for up to date messages.

Ali Cottey

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Short Walks in Taunton

Date	Meeting Point	Details	Level	Booking site for app or website
Mon 5th September 10.00am	Kingston St Mary (Longer walk - 4 – 4 ½ miles)	Roads, lanes, field and footpaths, kissing gates, stiles and some steep inclines	3	Contact Ali to book by Fri 2 nd Sept <hr/> Wellsprings Leisure Centre 01823 271271
Wed 7 th September 10.30 am	Creech St Michael Canal side car park - Longer Walk (3-4 miles approx.) No facilities are available at this car park	A walk along on the canal path, permitted paths, through fields and lanes. Ground conditions may be muddy and wet in places. Sturdy walking shoes or boots strongly recommended.	3	
Wed 7 th September – 10am	Entrance to Waterleaze Short walk only	B = Flat, canal towpaths, pavements and footpaths	1	
Wed 14 th September - 10am	Taunton Pool Short walk only	B = Flat footpaths	1	
Wed 21 st September - 10 am	Vivary Park War Memorial	A = Fairly flat, footpaths, tracks and fields. 1 stile	2	
		B = Flat park footpaths	1	
Wed 28 th September – 10am	Wellsprings Leisure Centre	A = Footpaths, stiles, field paths, inclines, and lanes	3	
		B = Inclines, pavements, footpaths and several steps	1	

Level 1 - 1 – 1.5 miles, 30 – 40 minutes - fairly flat

Level 2 - 2 – 2.5 miles, 45 – 60 minutes – fairly flat, stiles

Level 3 - 2 – 4 miles, May include uneven tracks, steeper inclines, and stiles

15 minute mini health checks are now available to book at Wellsprings Leisure Centre on Tuesday 6th September - contact Wellsprings Leisure Centre on 01823 271271 to book a