



















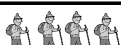

















Sedgemoor Health Walks

Date	Walk	Meeting Place	Grade Rating
Monday 9 Jan	Westonzoyland Battlefield	Battlefield car park ST 354354	
Tuesday 10 Jan	Nether Stowey	Car Park by Library ST190397	
Friday 13 Jan	Chilton Trinity	Past Saltlands Recycling Centre ST 302383	
Monday 16 Jan	Winscombe - Strawberry Line	Park near bridge or Woodborough Pub ST 419577	
Tuesday 17 Jan	Black Rock NR	Roadside parking by Reserve entrance ST 482545	
Friday 20 Jan	Ranscombe	Greatwood car park ST 173374	
Monday 23 Jan	Cannington Golf Course	Gold Club car park signed at top of Rodway Hill ST 258399	
Tuesday 24 Jan	Pawlett Levels	Pawlett Pavilion ST 295428	
Friday 27 Jan	Kings Cliff	Kings Cliff car park ST 278326	
Monday 30 Jan	Bridgwater Canal towards Durleigh	Park at far end of Morrisons (near canal) ST299365	
Tuesday 31 Jan	Strawberry Line	Picnic Area Car Park (Axbridge upper road) ST 424548	
Friday 3 Feb	Cannington	Park left of bridge by Friendly Spirit ST 258394	
Monday 6 Feb	Puriton	Park near church ST 299427	
Tuesday 7 Feb	Canal & River Parrett	Boat & Anchor P H Huntworth ST 312351	
Friday 10 Feb	West Lyng	Lay by on New Bridge Road from West Lyng to North Curry ST 316268	
Monday 13 Feb	Combwich	Park on roadside opposite Anchor Inn ST 260424	
Tuesday 14 Feb	Charterhouse	Charterhouse Car Park 300m past Charterhouse Centre ST 505557	
Friday 17 Feb	Hawkridge Reservoir	Park in lay-by Lawyers Hill ST 206360	
Monday 20 Feb	Charterhouse	Park at Velvet Bottom ST 503554	
Tuesday 21 Feb	Berrow Nature Reserve	Nature Reserve Car Park Coast Rd ST 294935	
Friday 24 Feb	Broomfield	Fyne Court Car Park ST223321	

Sedgemoor Health Walks

Date	Walk	Meeting Place	Grade Rating
Monday 27 Feb	Maunsel Lock	Follow signs from North Newton ST 307298	
Tuesday 28 Feb	West Huntspill	Bleak bridge car park off A38. ST 307449	
Friday 2 March	Brent Knoll	Village car park ST 336504	
Monday 5 March	Cannington Circular	Park left of bridge by Friendly Spirit ST 258394	
Tuesday 6 March	Shapwick NR	Avalon Marshes Center car park ST 425415	
Friday 9 March	Cothelstone Hill	Cothelstone Hill Car Park ST 201328	
Monday 12 March	Brean Down	Bird Garden car park (charges may apply) ST 297586	
Tuesday 13 March	Fyne Court	Fyne Court car park ST 223321	
Friday 16 March	Mark Bridleways	White Horse car park , Mark ST 376479	
Monday 19 March	Huntworth	Canalside car park by Boat & Anchor pub ST 313350	
Tuesday 20 March	Brean Down	Bird Garden car park (charges may apply) ST 297586	
Friday 23 March	Ramscombe	Dead Womans Ditch Car Park ST 161382	
Monday 26 March	Berrow Nature Reserve	Nature reserve car park, Coast Rd ST 294535	
Tuesday 27 March	Combwich	Park opposite Anchor Inn ST 260424	
Friday 30 March	Kilve to Lilstock	Car park near Kilve beach ST 144442	
		If you haven't an Ordnance Survey map the ST reference can be found on	
		website - gridref.org.uk	
		Leader Contact Numbers	
	Monday Walks Contact	01278 683202	
	Tuesday Walks Contact	01278 793453 / 07770 721954	
	Friday Walks Contact	01278 427919	

Sedgemoor Health Walks

Open to all - FREE OF CHARGE



Who are the audience of Sedgemoor Health Walks?

Those recovering from illness or injury, the inactive or those who wish to improve their physical or mental health. The walks are 1-4 miles in length and last approximately 1-2 hours.



Why take part in Sedgemoor Health Walks?

Walking at moderate pace can improve mental and physical health

A moderate pace is where you feel slightly warm, your breathing gets faster, but you are still able to hold a conversation.



How do I join Sedgemoor Health Walks?

Just meet at the designated meeting point, for a 10am. Departure. You will find all the relevant information on the programme of walks. Please be mindful of the environment and help reduce carbon emissions by car sharing whenever possible. Please bring a drink with you on walks.



Sedgemoor Health Walks are led by qualified walk leaders.

Sedgemoor Health Walks rely heavily on the support of volunteer walk leaders. If you are interested in this opportunity free training is offered. For more information please contact Mike Wilkins on: 01278 785993

We regret that you CANNOT bring your DOG on these walks.

	Mainly flat roads or tracks, beach or town walking
	Uneven walking, some inclines, tracks, stiles and gates.
	Open slopes, rough ground and inclines in addition to 1&2
	Open slopes, rough ground, steep inclines in addition to grades 1-3
	Very Steep inclines plus 1-4 grade

Sedgemoor Health Walks

January to March 2012

walk 4 life



