

# Sedgemoor Health Walks



*Get more active through walking  
and see the local environment*


























**Sedgemoor**  
IN SOMERSET

**walk 4 life**
















## ALL WALKS LEAVE THE MEETING PLACE AT 10.00am

DATE	WALK	MEETING PLACE	RATING
Tuesday 5th January 2010	Cothelstone Hill	Cothelstone Hill car park OS Grid Ref: ST200329	
Friday 8th January 2010	Apex Park, River Brue and Burnham Beach	Apex Park car park Highbridge	
Tuesday 12th January 2010	Lydeard Hill	Lydeard Hill car park OS Grid Ref: ST180339	
Friday 15th January 2010	Burrow Mump and Burrowbridge	NT Car Park, Burrowbridge OS Grid Ref: ST360305	
Tuesday 19th January 2010	Cannington Circular Walk	Cannington, park on left side of bridge. OS Grid Ref: ST258396	
Friday 22nd January 2010	Bleadon Village and Hill	Bleadon village car park OS Grid Ref: ST341569	
Friday 26th January 2010	Bridgwater Railway History	Roadside parking, Sydenham Com. Centre. OS Grid Ref: ST312373	
Friday 29th January 2010	Brean Down	Brean Down Bird Garden car park	
Tuesday 2nd February 2010	Dead Woman s Ditch	Dead Woman s Ditch car park OS Grid Ref: ST162382	
Friday 5th February 2010	Combwich to Steart Circular Walk	Combwich Common by Anchor Inn. OS Grid Ref: ST260423	
Monday 8th February 2010	Bridgwater Docks and Canal (Beginners Walk)	Mount Street pay and display car park	
Tuesday 9th February 2010	Kings Cliff Wood	From Cliff Road in North Petherton take 4th right for Clavelshay. Park in large lay-by on right. OS Grid Ref: ST321272	
Friday 12th February 2010	Charterhouse Rural Walk	Charterhouse car park OS Grid Ref: ST507557	
Tuesday 16th February 2010	Crowcombe Park Gate	Through Nether Stowey and Bincombe to Crowcombe Park. Park 2nd on righr before cattle grid. OS Grid Ref: ST149378	
Friday 19th February 2010	Cheddar Reservoir and Axbridge	Bristol Yacht Club, Cheddar Road Axbridge. OS Grid Ref: ST447545	
Tuesday 23rd February 2010	Westonzoyland and Battlefield	Community Centre car park Cheer Lane. OS Grid Ref: ST355349	
Friday 26th February 2010	Brent Knoll	Brent Knoll village car park	
Tuesday 2nd March 2010	Holford Glen	Off A39 from Bridgwater take 1st left in Holford village to Hodders Coombe village green car park OS Grid Ref: ST154411	
Friday 5th March 2010	Lilstock - Coastal path and country lanes	Lilstock car park OS Grid Ref: ST171451	
Monday 8th March 2010	Shapwick National Nature Reserve (Beginners Walk)	Willows car park Shapwick Moor OS Grid Ref: ST425415	
Tuesday 9th March 2010	Burnham Sea Front History	Morrison s pay and display car park Pier St. (2hrs)	
Friday 12th March 2010	Quantock Ridge Walk	Staple Plantation car park OS Grid Ref: ST117411	

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Tuesday 16th March 2010	Burrington Coombe	Public car park by Burrington Inn on B3134. OS Grid Ref: ST476588	 ✘
Friday 19th March 2010	Bridgwater Canal and Parrett Trail	Boat and Anchor car park Huntworth.	
Tuesday 23rd March 2010	Blackford to Ashton Windmill Walk	Roadside parking outside Blackford Church, meet in churchyard OS Grid Ref: ST408477	 ✘✘
Friday 26th March 2010	Cannington	Friendly Spirit pub car park OS Grid Ref: ST258395	
EASTER BREAK			
Monday 19th April 2010	Fyne Court, Broomfield (Beginners Walk)	Fyne Court car park OS Grid Ref: ST223321	
Tuesday 20th April 2010	Nether Stowey	Nether Stowey Library car park OS Grid Ref: ST190396	 ✘
Friday 23rd April 2010	Brent Knoll and East Brent	Red Cow pub car park	 ✘
Tuesday 27th April 2010	Hawkridge Reservoir	Lay-by on Lawyers Hill OS Grid Ref: ST206360	
Friday 30th April 2010	Ebbor Gorge and Wookey Hole Walk	National Trust car park EbborGorge	
Tuesday 4th May 2010	West Bagborough Walk	1 mile past the Pines Cafe turn right. Limited roadside parking rpast the Rising Sun Inn OS Grid Ref: ST173333	
Friday 7th May 2010	Kilve Chantry Circular Walk	Kilve Beach car park OS Grid Ref: ST14442	
Monday 10th May 2010	Stear Point National Nature Reserve (Beginners Walk)	Dowells Farm car park, Steart OS Grid Ref: ST275459	
Tuesday 11th May 2010	Ranscombe Forest Walk	Great Wood Camp car park above Adcombe OS Grid Ref: ST174374	
Friday 14th May 2010	Weacombe Circular Walk	Staple Plantation car park OS Grid Ref: ST127411	
Tuesday 18th May 2010	Holford over Woodlands Hill to Nether Stowey	Castle Street, Nether Stowey OS Grid Ref: ST187396	
Friday 21st May 2010	Kings Cliff Walk	Kings Cliff car park OS Grid Ref: ST278326	
Tuesday 25th May 2010	Shapwick Heath National Nature Reserve	Willows car park, Shapwick OS Grid Ref: ST425415	
Friday 28th May 2010	Churchill Dolebury Warren	Nelson Arms pub, Churchill off A368. OS Grid Ref: ST448598	
Tuesday 1st June 2010	Combwich Circular Walk	Park Combwich Common by Anchor Inn OS Grid Ref: ST260423	
Friday 4th June 2010	Broomfield and Kingston St. Mary	Fyne Court car park OS Grid Ref: ST223321	
Tuesday 8th June 2010	Apex Park, River Brue and Burnham Beach	Apex Park car park Highbridge.	
Friday 11th June 2010	Burrington Coombe and Beacon Batch	Burrington Inn car park on B3134 OS Grid Ref: ST476588	 ✘
Monday 14th June 2010	Combwich River Walk (Beginners Walk)	Park Combwich Common meet at Anchor Inn. OS Grid Ref: ST260423	



## ALL WALKS LEAVE THE MEETING PLACE AT 10.00am

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Tuesday 15th June 2010	West Huntspill River Walk	Clyce Road, Higbridge, Limited parking.	
Friday 18th June 2010	Kilve Chantry Circular Walk	Kilve Beach car park OS Grid Ref: ST483544	
Tuesday 22nd June 2010	Black Rock Nature Reserve	Limited lay-by parking by the reserve entrance OS Grid Ref: ST408477	
Friday 25th June 2010	Bicknoller Post	Hodders Coombe village green car park. OS Grid Ref: ST154411	
Tuesday 29th June 2010	Fyne Court, Broomfield	Fyne Court car park OS Grid Ref: ST223321	
Friday 2nd July 2010	Great Wood Circular Walk	Great Wood Camp car park Adcombe OS Grid Ref: ST174374	
Tuesday 6th July 2010	Bridgwater Canal and Docks	Mount Street short stay car park Pay and display (2hrs)	
Friday 9th July 2010	Rowberrow Warren	Swan Inn car park, Rowberrow OS Grid Ref: ST451583	
Monday 12th July 2010	Apex Park, River Brue and Burnham Beach (Beginners Walk)	Apex Park car park Highbridge	
Tuesday 13th July 2010	Enmore Circular Walk	Enmore Parish Church OS Grid Ref: ST240352	
Friday 16th July 2010	Westonzoyland and Battlefield	Roadside parking near church and Village Inn.	
Tuesday 20th July 2010	Cheddar Reservoir	Bristol Yacht Club, Cheddar Road Axbridge. OS Grid Ref: ST447545	
Friday 23rd July 2010	Nether Stowey	Library car park, Castle Street OS Grid Ref: ST190396	
Tuesday 27th July 2010	Crooks Peak	Kingswood car park off A38 OS Grid Ref: ST421559	
Friday 30th July 2010	Stear Point National Nature Reserve Nether Stowey	Dowels Farm car park, Steart OS Grid Ref: ST275459	

**Walk leaders:** Richard Lane, Paul Holtam, Jessica Vale, Julie Raven, Lianne Mason, Dominique Beach and John Holland.

### Ratings:

-  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, inclines and 2 - 3 hours.

-  Toilet facilities at or near departure point
-  Refreshment stop may be included in walk

**No walks in  
August 2010.  
New programme  
for September 2010  
coming soon.**




# Sedgemoor Health Walks







## Open to all - FREE OF CHARGE






### Who are the target audience of Sedgemoor Health Walks?

-  Those recovering from illness or injury, the elderly or the inactive. The walks are approximately 2 to 4 miles in length, and last from 1 to 2 hours.

### Why take part in the Sedgemoor Health Walks?

-  Walking at a 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 the Sedgemoor Health walks?

-  There is no membership as such. All you need to do is meet at the designated meeting point, for a 10.00am departure.
-  You will find all the relevant information on the programme of walks.
-  Please be mindful of the environment and help to reduce carbon emissions by car sharing whenever possible.
-  Please bring a drink with you on walks.
-  Please wear suitable clothing and footwear.

### For further information, please contact Lianne Mason on 01278 435715

Sedgemoor Health Walks are led by qualified walk leaders. The walk leaders are:- Richard Lane, Paul Holtam, Jessica Vale, Julie Raven, Lianne Mason, Dominique Beach and John Holland.

If you are interested in becoming a walk leader, free training is offered. For more information, contact Lianne Mason on 01278 435715 or visit [www.sedgemoor.gov.uk/health](http://www.sedgemoor.gov.uk/health)

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