

WALK & TALK

OKEHAMPTON

APRIL-SEPTEMBER 2007



WEEKLY SHORT WALKS

Walks take between 30 – 40 minutes. They are local, on fairly even ground, pushchair friendly and finish at a local café. All walks are on a **Tuesday** and start outside **Waitrose** starting at **10.30am**. Levels 1 & 2.

April 3rd	May 1st	June 5th	July 3rd	August 7th	Sept 4th
April 10th	May 8th	June 12th	July 10th	August 14th	Sept 11th
April 17th	May 15th	June 19th	July 17th	August 21st	Sept 18th
April 24th	May 22nd	June 26th	July 24th	August 28th	Sept 25th
	May 29th		July 31st		

WEEKLY MODERATE WALKS

Walks take 1–1½ hrs. They can be muddy and on uneven ground with some steep inclines. All walks are on **Wednesdays** and start outside the **Post Office** at **10.00 am**. Level 3.

April 4th	May 16th	June 27th	August 8th	Sept 19th	Tarka Trail
April 11th	May 23rd	July 4th	August 15th	Sept 26th	Two Lanes/Parish Church
April 18th	May 30th	July 11th	August 22nd		Granite way/Golf course
April 25th	June 6th	July 18th	August 29th		Fatherford/Tramway
May 2nd	June 13th	July 25th	Sept 5th		Old Park
May 9th	June 20th	August 1st	Sept 12th		Mystery walk + minibus £1

MONTHLY SUNDAY AFTERNOON WALK

Walks take between 1- 1½ hrs. They can be muddy and on uneven ground with some steep hills. All walks start at **2.00pm**, meet outside the **Post Office** to share transport. Level 3

April 1st	Belstone walk	July 1st	Belstone Cleeve walk
May 6th	Chagford walk	Aug 5th	Walk from Bridestowe
June 3rd	Walk at Cullever Steps	Sept 2nd	Sourton walk

SUMMER EVENING WALKS MAY-AUGUST

Walks take between 1-1½ hrs. They can be muddy and on uneven ground with some steep inclines. All walks are on **3rd Thursday**, meet outside the **Post Office** at **7.00pm**. Level 3

	May 17th	June 21st	July 20th	August 19th	
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**For further information, please contact Helen Buxton-Smith, Walk Co-ordinator, 07792 717719
helen.buxton-smith@middevon-pct.nhs.uk**

LEVEL 1

Approx 30 – 40 mins.
Up to 1½ miles.

SUITABLE FOR:

- Those that do little or no physical activity at present.
- People restricted by mobility problems and walk slowly, finding hills a struggle.

WALK DETAIL:

Flat, level, hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs & buggies.

LEVEL 2

Approx 30 – 45 mins.
1 – 2 miles.

SUITABLE FOR:

- People that do a small amount of physical activity but need to increase their activity level.
- Those with minor mobility problems that walk at a moderate speed and are able to cope with moderate gradients.

WALK DETAIL:

Footpaths & pavements with some gradients, sometimes steps or uneven terrain.

LEVEL 3

Approx 1 – 1½ hours.
2 – 4 miles.

SUITABLE FOR:

- People that already do a certain amount of physical activity.
- Those who walk at a faster pace and are able to cope with hills.

WALK DETAIL:

Footpaths, tracks & pavements, possibly uneven terrain and a few moderate-steep gradients. May include the use of stiles or steps. Can possibly be wet/muddy underfoot depending on weather.

DO YOU KNOW WALKING CAN....

- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Strengthen your heart
- Reduce blood pressure
- Help manage your weight
- Achieve better mobility
- Help make new friends

WANT TO BE INVOLVED?

The 'Walk & Talk' scheme is operated by very enthusiastic and friendly volunteers, without whom it would be impossible to promote walking for health within your community in this way. With the scheme growing in ALL areas of Mid Devon, we are always keen to hear from anyone who is interested in joining our friendly team of volunteers – you can give as much time as you can spare. We offer FREE WALK LEADER TRAINING and on-going support. For further information about becoming involved with this beneficial scheme please contact Helen Buxton-Smith on 07792 717719

email travwise@devon.gov.uk
Public Transport and Car Sharing
For all public transport enquiries in South West England call



www.carsharedevon.com is a free service which links drivers and passengers to share car journeys and could save you money. It's free to use and you don't have to own a car to take part. For further information about car sharing register at www.carsharedevon.com
Telephone 08700 111199

Inclement weather

The Walk Leaders reserve the right to change or cancel the listed walk, at short notice, should inclement weather make walking conditions unsuitable or hazardous.

FANCY A CHANGE WALK & TALK

For further information, please contact:

Helen Buxton-Smith

Walk Co-ordinator

07792 717719

helen.buxton-smith@middevon-pct.nhs.uk

or

Olive Hennessey

Volunteer walk leader

01837 659257

WE HAVE LED WALKS IN....

Broadwoodkelly

Fridays 10.00am level 2/3

Crediton

Wednesdays 10.00am level 1 & 2

Thursdays 10.00am level 3

Cheriton Fitzpaine

Eggesford Forest

Cullompton

Tuesdays 10.00am level 3

Thursdays 10.30am level 1 & 2

Wednesdays 6.30pm level 3

Sundays 2.00pm level 3

Moretonhampstead

Tuesdays 10.30am level 1,2 & 3

Okehampton

Tuesdays 10.30am level 1 & 2

Wednesdays 10.00am level 3

Sundays 2.00pm level 3

Silverton

Tuesdays 10.00am level 3

Wednesdays 10.00am level 1 & 2

Tiverton

Wednesdays 10.30am level 3

Fridays 10.30am level 1 & 2

Thursdays 6.30pm level 3



WALK & TALK OKEHAMPTON

APRIL - OCTOBER 2007
PROGRAMME

Weekly short walks
Weekly moderate walks
Monthly Sunday walks
Summer evening walks

FREE

All Led Walks Are Absolutely Free, all we ask is that you bring enough money to join us for refreshments at the end if you would like to...
Please bring a bottle of water on warm days.
Please wear suitable clothing (layers are best) and comfortable, supportive footwear.
Where transport is used for walks, there may be a small charge.