

East Devon - Walk This Way

EXMOUTH – Every Saturday

August 1st 2010 – 31st January 2011

SATURDAYS	WALK	MEETING POINT	LEVEL
Aug. 7 th	Maderia	All walks meet at: Manor Gardens Performance Stage - Behind tourist information. A level 1 walk will be available to accompany all the stated walks, if requested.	2
Aug. 14 th	Esplanade + Imperial Field		2
Aug. 21 th	Orcombe Point (Zig Zag optional)		3
Aug. 28 th	Gunfield		2/3
Sept. 4 th	Belshar + Imperial Field		2
Sept. 11 th	Special Walk: Approx 1 ½ hours (A Level 2 walk will be available)		3
Sept. 18 th	Foxholes		2
Sept. 25 th	Esplanade + Imperial Field		2
Oct. 2 nd	Orcombe Point (Zig Zag optional)		3
Oct. 9 th	Gunfield		2/3
Oct. 16 th	Maderia		2
Oct. 23 th	Belshar + Imperial Field		2
Oct. 30 th	Foxholes		2
Nov. 6 nd	Esplanade		2
Nov. 13 th	Orcombe Point		3
Nov. 20 th	Gunfield		2/3
Nov. 27 th	Maderia		2
Dec. 4 th	Belshar		2
Dec. 11 th	Foxholes		2
Dec. 18 th	Esplanade		2
Dec. 25 st Jan. 1 st	NO WALK		
Jan. 8 th	Gunfield	2/3	
Jan. 15 th	Maderia	2	
Jan. 22 th	Belshar	2	
Jan. 29 th	Foxholes	2	

IF YOU HAVE BEEN ADVISED TO START TAKING EXERCISE YOU NEED TO START WITH A LEVEL 1 WALK.

We offer a Level 1 walk each week, the venue of which is the same as the morning walks shown above, the leaders will ask you which level you want to do. The routes depend on weather conditions underfoot on the day and an alternative route will be taken if conditions are not considered suitable. Court shoes are not advised for these walks; stout walking shoes or boots should be worn.

Please arrive at 10.15 for morning walks. This is to allow for registration to take place. The walks will start at 10.30.

Take the first step today.....and 'Walk This Way'

Level	Length	Aimed at:	Walk detail:
1	1½ miles, maximum	<ul style="list-style-type: none"> ○ Those who do little or no physical activity at present. ○ People restricted by mobility problems and walk slowly finding hills a struggle. 	<ul style="list-style-type: none"> ○ Short 30-40 minutes fairly level terrain, no stiles or steps.
2	1½– 2 miles	<ul style="list-style-type: none"> ◆ People that do a small amount of physical activity but need to increase their activity level. ◆ People with minor mobility problems that walk at a moderate speed and are able to cope with slight gradients. Possible uneven terrain if using local footpaths. 	<ul style="list-style-type: none"> ◆ Medium 40mins. - 1¼hours, mainly level terrain. ◆ But with some slight gradients possible. NO STILES, a few steps acceptable.
3	3 – 3½ miles	<ul style="list-style-type: none"> ◆ People that already do a certain amount of physical activity. ◆ People who walk at a faster pace who are able to cope with moderate gradients. ◆ For those progressing from level 2 walks who want to improve their fitness level and take part in a more challenging walk. 	<ul style="list-style-type: none"> ◆ Long, 1-2 hours. ◆ Footpaths and pavements, which may be across uneven terrain and have some moderate gradients (steps with handrails in some areas.) Can possibly be wet underfoot. ◆ There may be stiles and sometimes a narrow waterway to cross by treading on stones.

<p>FREE.</p> <p>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...</p>	<p>Volunteers wanted!</p> <p>The Walk This Way scheme is operated by very enthusiastic & dedicated volunteers. We are always keen to hear from anyone who is interested in joining our team. We offer FREE training and ongoing support.</p> <p>Interested? Please contact: Andrew Dare, Ottery Leisure Centre Cadhay Lane, Ottery St Mary, EX11 1QW Tel: 01404 814317 Email: otterysportscentre@ledleisure.co.uk</p>	<p>Public transport and car sharing.</p> <p>Carsharedevon.com is a free service that links drivers and passengers to share car journeys and could save you money.</p> <p>It's free to use and you don't have to own a car to take part!</p> 
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Weekly walks in:
Axminster,
Sidmouth
Honiton,
Ottery and
Exmouth
Please phone for a programme.

