

# Walks in Exeter

**Everyone welcome — no need to book, just turn up!**

Join us in Exeter for free group walks led by NHS trained volunteers. We walk with you at your **own** brisk pace—so you feel warmer, breathe a little harder with a slightly raised pulse but still able to talk with ease. At the end of the walk, we stop for a chat and optional drink (at your own expense) to recharge your batteries.

- Monday:** 2.15 pm: We meet outside the Visitor Centre on the Quay for this Level 2-3 walk along the waterside.
- Tuesday:** 10.30 am: Join us in the Car Park of the Railwayman Pub near Polsloe Bridge Station for a Level 2-3 walk through Heavitree & Whipton.
- Wednesday:** 10.30 am: Meet outside Boots in the High Street for some fascinating Level 3 walks around the City whilst discovering unknown places!
- Thursday:** 10.30 am: Starting at the Quayside Visitor Centre we will be taking a Level 1 stroll on the flat towards Trews Weir or Millers Bridge.
- Friday:** 10.30 am: We leave the King George V Playing Fields Car Park in Countess Wear Road for a Level 3 walk to explore some beautiful countryside in Countess Wear & the Riverside Valley Park.
- Saturday:** 11.00 am: Enjoy the countryside within Exeter on this Level 3 walk starting at the Twisted Oak Pub, Little Johns Cross Hill (off Dunsford Rd).
- Sunday:** 2.30 pm, THIRD Sunday every month: Had too much lunch? then walk it off with a Level 2-3 walk starting at the Quayside Visitor Centre.

**Whatever the weather, we walk all year round except Bank Holidays!**



To find out more call Amanda on  
01392 687268 or 207972 (mon/tues/wed) or  
Jean on 01392 356912.  
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- Level 1 - For those with limited mobility or new to exercise.
- Level 2 - For those who can cope with gentle slopes.
- Level 3 - A moderate pace to include some slopes & uneven pathways.