

Level 1—Approximately 30-45 minutes

For those just starting to exercise or with limited mobility who would find hills a problem. Up to about 1-mile on flat, level footpaths.

Level 2—Approximately 30-50 minutes

For those who can do a little exercise and cope with gentle slopes. 1-2 miles on mostly flat and level footpaths but with some slight gradients.

Level 3—Approximately 40-60 minutes

For those able to walk at moderate speed, with slopes and uneven pathways. 2-3 miles on footpaths and pavements with some gradients. Steps with handrails & stiles in some places. Can be slippery under foot when wet.

ABOUT US!

At Stepping Out we want to encourage you to get the most out of walking with us. Our walks are designed to give you the opportunity to exercise for at least 30 minutes at your own moderate or brisk pace. This means you should feel a little warmer, breathe a little harder and your pulse is slightly faster but you will still be able to have a conversation! Our leaders are there to walk with you at your own pace and there will be no pressure on you to keep up although they may encourage you to push yourself slightly. There is the opportunity at the end of the walk for a drink and a chat to recharge your batteries but this is at your own expense. We ask that new walkers try to arrive a few minutes before the start of the walk for introductions. Please ensure you wear suitable clothing & sensible footwear.

VOLUNTEERING WITH STEPPING OUT

Stepping Out could not happen without the support and commitment of our Walk Leaders.

We are always looking for enthusiastic people who could encourage others to get fitter and enjoy being out of doors. Our volunteers enjoy working in a team, and give a regular commitment to the walks, be it weekly, fortnightly or monthly.

In return volunteer leaders are given training, including training in emergency resuscitation, payment of out of pocket expenses, and regular informative and social get-togethers.

To find out more call Amanda on 01392

687268 or Jean on 01392 356912.

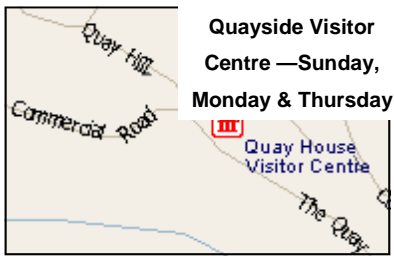
Email: d-pc.SteppingOut@nhs.net

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**Free Walks
In Exeter!
Programme
Jan-March 08**

**Everyone welcome
We walk whatever the
weather all year round
except Bank Holidays**

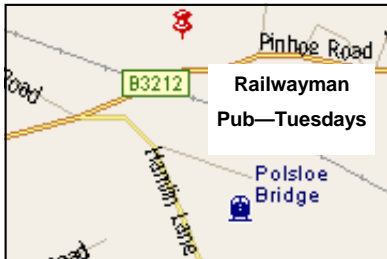
EXETER WALKS PROGRAMME



Monday—2.15 p.m.—Visitor Centre on the Quay—Level 2-3

This is a lovely walk along the Waterside to Riverside Country Park or Millers Bridge and back.

Take G bus to the Quay (last one back 15:30), B bus to Alphington Road or E/P/A/F1/F2 to St Thomas Shops and follow signs to The Quay where we meet outside the Visitors Centre which is near the Prospect Pub.



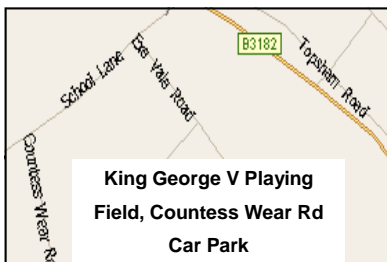
Tuesday—10.30 a.m.—Railwayman Pub Car Park, near Polslow Bridge Station, Pinhoe Road—Level 2-3

Walks through the green spaces of Heavitree and Whipton.

Take K bus to Pinhoe Road or G Bus to Polslow Road (1st one leaves High Street at 09:40) - the pub is beside the railway bridge.

Bad Weather Conditions

We walk in most weathers. In extreme conditions the leaders may decide not to proceed.



Wednesday—10.30 a.m.—Outside Boots in the High Street—Level 3

A variety of fascinating city centre walks where you're sure to discover previously unknown places.

Most buses arrive in the High Street or nearby i.e. Bus Station or Sidwell Street.

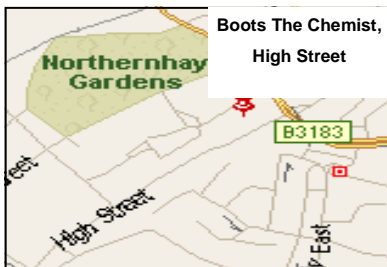
Bank Holidays

We will walk every day of the programme except Bank Holidays.

Thursday—10.30 a.m.—Visitor Centre on the Quay—Level 1

An easy walk on the flat towards Trews Weir or Millers Bridge.

Take G bus to the Quay (last one back 15:30), B bus to Alphington Road or E/P/A/F1/F2 to St Thomas Shops and follow signs to The Quay where we meet outside the Visitors Centre which is near the Prospect Pub.



Friday—10.30 a.m.—King George V Playing Field Car Park (Countess Wear Road entrance)—Level 3

Walks taking in a variety of paths in Countess Wear and the Riverside Valley Park.

Take the X or K bus to the Southbrook Road stop in Topsham Road & follow signs to the Tally Ho! Pub which is at the Junction of Countess Wear Road & the car park is half way along this road on the left.

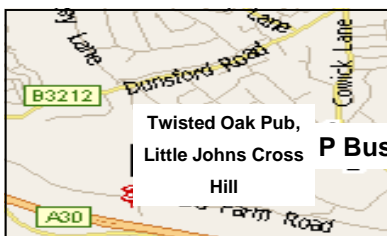
FREE Walks

There is no cost for taking part in the walk but there is the option to join us for a drink and a chat at the end of the walk at your own expense.

Saturday—11.00 a.m.—Twisted Oak Pub, Little Johns Cross Hill, Ide—Level 3

A real countryside walk in the City with some breathtaking views and lovely scenery.

Take the P bus to the shop at the junction of Dunsford Road & Little Johns Cross Hill (Crossmead) —turn down Little Johns Cross Hill until you get to the bottom then follow the road around to the right and the pub is in front of you.



Sunday (THIRD in the month)—2.30 p.m.—Visitor Centre on the Quay—Level 2-3

This is a lovely walk along the Waterside to Riverside Country Park or Millers Bridge and back.

Take the E/P/A/F1 or F2 bus to St Thomas Shops and follow signs to The Quay where we meet outside the Visitors Centre which is near the Prospect Pub.

We reserve the right to cancel any walk or refuse any walker should we deem it necessary.