



Walk & Talk Okehampton

January – March 2018

Grade 1 Walks have now been merged with the Tuesday Grade 2 walks. They take up to 30 minutes and will still take place fortnightly, as indicated below.

Weekly Short Walks - Tuesday 10:30am Grade 1 & 2				
Date	Date	Date	Location	Grade
2 nd Jan	13 th Feb	27 th March	Pigs Bridge / Simmons Park	1 & 2
9 th Jan	20 th Feb		The Castle	2
16 th Jan	27 th Feb		Simmons Park / Pigs Bridge	1 & 2
23 rd Jan		6 th March	Oaklands	2
30 th Jan		13 th March	Old Mill	1 & 2
	6 th Feb	20 th March	The Castle & Clapps Wood	2




Weekly Moderate Walks - Wednesday 10:00am Grade 3				
Date	Date	Date	Location	Venue for refreshments
3 rd Jan		7 th March	Okehampton Vista	Station
10 th Jan		14 th March	Two Lanes / Parish Church	Dovecote
17 th Jan		21 st March	Higher Old Park	Station
24 th Jan		28 th March	Park & River Trail	Dovecote
31 st Jan			Golf Course / Granite Way	Station
	7 th Feb		Park & Tramlines Wood	Pavilion
	14 th Feb		Park & Oaklands	Pavilion
	21 st Feb		Rivers & Woods	Station
	28 th Feb		Fatherford & Tramway	Station

Monthly Afternoon Walk Sunday 1:45pm Grade 3

These walk can be muddy and on uneven ground with some steep hills. Contact Roy or Pat on 01837 83487 for more info

Date	Location
7 th Jan	Chagford
4 th Feb	South Zeal
4 th March	Abbeyford Woods

Please Note – Tuesday and Wednesday walks now start opposite the Post Office

Grade 1 	Grade 2 	Grade 3 
<p>Approximately up to 30 minutes</p> <p>Suitable for:</p> <ul style="list-style-type: none"> -Those that do little or no physical activity at present. -People restricted by mobility problems and walk slowly, finding hills a struggle. <p>Walk details:</p> <p>Flat, level, hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs & buggies.</p>	<p>Approximately 50-60 minutes</p> <p>1 – 2 miles.</p> <p>Suitable for:</p> <ul style="list-style-type: none"> -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. <p>Walk details:</p> <p>Footpaths & pavements with some gradients, sometimes steps or uneven terrain.</p>	<p>Approximately 60 – 90 minutes</p> <p>2 – 4 miles.</p> <p>Suitable for:</p> <ul style="list-style-type: none"> -People that already do a certain amount of physical activity, can walk at a faster pace and are able to cope with hills. <p>Walk details:</p> <p>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.</p>

All walks will normally finish close to a local café.

Dogs are welcome on the walks, please clear up after them and ensure they are kept on a lead at all times.

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

For further information, please contact

David Arney

01837 861829

Email - Darney382@aol.com

WALKING FOR HEALTH

WANT TO KNOW WHERE TO WALK?

Visit www.walkingforhealth.org.uk for lots of information on walks all over the South West and the UK. How to start a walk or **Volunteer**. Volunteer Walk Leaders are always needed to help with all West Devon Walk and Talk - gain a walking leaders qualification.

Why not consider joining a Ramblers group? New walkers are always welcome www.ramblers.org.uk

Public Transport and Car Sharing

For all public transport enquiries in South West England call 0871 200 22 33 or email- travelwise@devon.gov.uk

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

It's 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.

Programmes available to download from the Walking for Health Website

Please note : The walks are designed to suit all abilities, and as such the pace will be variable.

Always consider those who walk slower than yourself.

WE ALSO HAVE WALKS IN....

NORTH TAWTON - fantastic variety of walks

Last Saturday of each month – meet at the Clock Tower in North Tawton - 10.30am Grade 2/3 walks



WEST DEVON WALK & TALK OKEHAMPTON & North Tawton

January – March 2018
PROGRAMME

FREE

Weekly short walks
Weekly moderate walks
Monthly Sunday walks



www.walkingforhealth.org.uk