



Walk & Talk Okehampton

April - June 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
3 rd April	15 th May	26 th June	The Castle	1
10 th April	22 nd May		Simmons Park / Pigs Bridge	1 & 2
17 th April	29 th May		Oaklands	1
24 th April		5 th June	Old Mill/Simmons Park	1 & 2
	1 st May	12 th June	The Castle & Clapps Wood	1
	8 th May	19 th June	Pigs Bridge / Simmons Park	1 & 2




Weekly Moderate Walks - Wednesday 10:00am Grade 3				
Date	Date	Date	Location	Venue for refreshments
4 th April		6 th June	Golf Course/Granite Way	Station
11 th April		13 th June	Park & Tramlines Wood	Pavilion
18 th April		20 th June	Park & Oaklands	Pavilion
25 th April		27 th June	Rivers & Woods	Station
	2 nd May		Fatherford & Tramway	Station
	9 th May		Okehampton Vista	Station
	16 th May		Two Lanes/Parish Church	Toast
	23 rd May		Higher Old Park	Station
	30 th May		Park & River Trail	Pavilion

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
8 th April	Broadwood Kelly
6 th May	Meldon Bluebell Walk
3 rd June	Germansweak

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

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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

April - June 2018
PROGRAMME

FREE

Weekly short walks
Weekly moderate walks
Monthly Sunday walks



www.walkingforhealth.org.uk