



Walk & Talk Okehampton

October - December 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. Grade 1 walks can be made wheelchair friendly if required.

Weekly Short Walks - Tuesday 10:30am Grade 1 & 2

Date	Date	Date	Location	Grade
2 nd Oct	13 th Nov		Oaklands	2
9 th Oct	20 th Nov		Old Mill/Simmons Park	1 &
16 th Oct	27 th Nov		The Castle & Clapps Wood	2
23 rd Oct	4 th Dec		Pig Bridge / Simmons Park	1 &
30 th Oct	11 th Dec		The Castle	2
6 th Nov	18 th Dec		Simmons Park / Pig Bridge	1 &

Weekly Moderate Walks - Wednesday 10:00am Grade 3

Date	Date	Location	Venue for refreshments
3 rd Oct	5 th Dec	Park & River Trail	Toast
10 th Oct	12 th Dec	Golf Course / Granite Way	Station
17 th Oct	19 th Dec	Park & Tramlines Wood	Pavilion
24 th Oct		Park & Oaklands	Pavilion
31 st Oct		Rivers & Woods	Station
7 th Nov		Fatherford & Tramway	Station
14 th Nov		Okehampton Vista	Station
21 st Nov		Two Lanes/Parish Church	Toast
28 th Nov		Higher Old Park	Station

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

Grade 1	Grade 2	Grade 3
Approximately up to 30 minutes Suitable for: -Those that do little or no physical activity at present. -People restricted by mobility problems and walk slowly, finding hills a struggle. Walk details: Flat, level, hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs & buggies.	Approximately 50-60 minutes 1 - 2 miles. Suitable for: -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. Walk details: Footpaths & pavements with some gradients, sometimes steps or uneven terrain.	Approximately 60 - 90 minutes 2 - 4 miles. Suitable for: -People that already do a certain amount of physical activity, can walk at a faster pace and are able to cope with hills. Walk details: 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.

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

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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

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.



WEST DEVON WALK & TALK OKEHAMPTON

October - December 2018
PROGRAMME

FREE

Weekly short walks
Weekly moderate
walks



www.walkingforhealth.org.uk

Facebook page

[www.facebook.com/
walkandtalkokehampton](https://www.facebook.com/walkandtalkokehampton)