

Date	Walk	Meeting Point	Level
Feb. 3 rd	Kilmington	New Inn, Kilmington	2/3
Feb. 10 th	Cloakham	Ax. Tesco – front entrance	1/2
Feb. 17 th	Seaton	Yacht-Club end of esplanade	1/2
Feb. 24 th	Woodbury	Ax. Tesco – front entrance	2/3
March 2 nd	Kilmington	New Inn, Kilmington	2/3
March 9 th	Foxhill	Ax. Tesco – front entrance	2
March 16 th	Chardstock	The George Inn car-park	2/3
March 23 rd	Cloakham	Ax. Tesco – front entrance	1/2
March 30 th	Beer Head	Beer Head car park	2
April 6 th	Good Friday	Uplyme	2/3
April 13 th	Woodbury	Ax. Tesco – front entrance	2/3
April 20 th	Wootton Woods	Take the B3165 from Raymonds Hill and turn right through the white gates on the County border. Continue along here and bear right where the road forks. The car-park is on the left further along.	1/2
April 27 th	Combe Fields	Old Market Car park, Ax.	2/3
May 4 th	Seaton Black Hole Marsh	Car park behind Seaton Cemetary	1
May 11 th	Monk's Way	Ax. Tesco – front entrance	2/3
May 18 th	Trinity Hill	2 nd car park on left as you turn into Trinity Hill frpm Axminster	2/3
May 25 th	Chard Reservoir	From Chard take the A30 towards Crewkerne. Take the 2 nd turning left after the hospital and follow signs.	1/2/3
June 1 st	Maidenhayne Lane	Entering Musbury road from Axminster take the 1 st right after the 40mph sign near Musbury.	1
June 8 th	Cloakham	Ax. Tesco – front entrance	1/2
June 15 th	Midsummer Walk	Hare & Hounds car park	2
June 22 nd	Woodbury	Ax. Tesco – front entrance	2/3
June 29 th	Lambert's Castle	NT carpark on B3165 just after turning for Fishponds	1/2
July 6 th	Kilmington	New Inn, Kilmington	2/3
July 13 th	Monk's Way	Ax. Tesco – front entrance	2/3
July 20 th	Uplyme	Talbot Inn, Uplyme	2/3
July 27 th	Combe Fields A&B	Old Market Carpark, Ax.	2/3

Levels Explained

Level 1—Approximately 30 - 40 mins

For those just starting to exercise or with limited mobility who would find hills a problem. Flat, level footpaths.

Level 2—Approximately 40 – 75 mins

For those who can do a little exercise and cope with gentle slopes. Mostly flat and level footpaths but with some slight gradients.

Level 3—Approximately 1 – 2 hours

For those able to walk at moderate speed, with slopes and uneven pathways. Footpaths and pavements with some gradients and hills. Steps with handrails & stiles in some places. Can be slippery under foot when wet.

Why join your local Walking for Health group?

- ♥ Almost everyone can do it
- ♥ It's a chance to make new friends
- ♥ It's FREE and you don't need special equipment
- ♥ You can start slowly and build up gently

Walking can....

- ♥ Make you feel good
- ♥ Give you more energy
- ♥ Reduce stress and help you sleep better
- ♥ Keep your heart 'strong'
- ♥ Reduce blood pressure
- ♥ Help to manage your weight

The Walk Leaders may need to cancel or change a listed walk at short notice due to adverse weather conditions.

All walkers walk at their own risk.

For more information please contact

Andrew Dare

(Walk Scheme Co-ordinator)

On 01404 814317

Or email

outreach@ledleisure.co.uk

walk 4 life

East Devon Walk This Way could not happen without the support and commitment given by our Volunteer Walk Leaders.

If you think you would like to be involved we are always keen to recruit new volunteers to become Walk Leaders. Free training is provided.

Contact Andrew Dare on **01404 814317**



East Devon

Area of Outstanding Natural Beauty

EAST DEVON  **WALK THIS WAY**

It's free and easy

Free Walks every Friday in the Axminster Area

FEB 1st – JULY 31st 2012

Weekly short & moderate health walks.

All walks start at 10.30am, please arrive 15 mins before for registration.

All LED walks are free of charge. We simply ask that you bring enough money to join us for refreshments at the end if you would like to.

Please wear suitable clothing and strong, supportive footwear and bring a bottle of water on warm days.

Everyone welcome



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