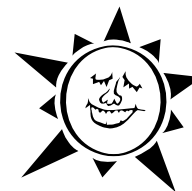
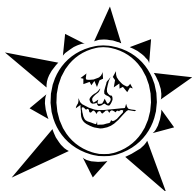


# 'WALK THIS WAY' EXMOUTH 'SUMMER EVENING SPECIALS' PROGRAMME' OF WALKS



5<sup>TH</sup> MAY 2010 UNTIL 1<sup>ST</sup> SEPTEMBER 2010

DAYS:	WALK:	MEETING POINT:	LEVEL
<b>Wednesday</b>			
05/05/10	Exmouth/ Lympstone	Park at Exmouth Football Club	3
12/05/10	Topsham	Free car park Holman Way	3
19/05/10	Lympstone	Lympstone village car park	3
26/05/10	Lanes Walk around Ide	Park at back of Huntsman Inn	3
02/06/10	Budleigh cliff tops	Budleigh Rolle Mews car park	3
09/06/10	East Budleigh	Car park at rear of church	3
16/06/10	Tipton St John	Car park opposite school	3
23/06/10	River Exe walk	Park by the Tally Ho pub	3
30/06/10	Budleigh Circular	Budleigh Rolle mews car park	3
07/07/10	Lympstone	Lympstone village Car Park	3
14/07/10	Topsham	Free car park Holman Way	3
21/07/10	Otterton	Park at bottom of Maunders hill	3
28/07/10	Ludwell Valley	Park by the Tally Ho pub	3
04/08/10	Budleigh	Budleigh Rolle Mews car park	3
11/08/10	Colaton Raleigh	Park at the Otter Inn	3
18/08/10	Buzzard Route	Park behind Littleham Church	3
25/08/10	Topsham - 7.15 start	Free car park Holman Way	3
01/09/10	Lympstone - 7.15 start	Lympstone Village Car Park	3

### Parking Information:

Topsham - Meet at free car park by the Station, (Holman Way, next to the doctor's surgery)

Budleigh Rolle Mews Car Park is found just past the Rover Garage, Fore Street, Budleigh Salterton.

Lympstone Car Park is found in the centre of the Village under the railway bridge on the left.

### \*\* WEDNESDAY EVENING WALKS \*\*



ALL WALKS START AT 7:30pm PROMPT, PLEASE ARRIVE AT 7:15pm TO ALLOW FOR  
REGISTRATION TO TAKE PLACE.

Please note even in the height of summer, there can be wet and muddy areas.

PLEASE REFER TO WALK LEVELS ON THE NEXT PAGE FOR FURTHER DETAILS

Refreshments: All walks ending at a local Hostelry for those that wish to join us for  
refreshments afterwards.

\*\* We look forward to walking with you \*\*

\*\*To all walkers please wear appropriate footwear either boots or walking shoes \*\*

\*\*Flat soles, sandals or trainers are not suitable \*\*

### Who to contact for further details?


Robert Jackson

Leisure East Devon, Bicton College, East Budleigh, Budleigh Salterton, EX9 7BY

Tel: 01395 562439

**Take the first step today.....and 'Walk This Way'**

<b>Level</b>	<b>Length</b>	<b>Aimed at:</b>	<b>Walk detail:</b>
<b>1</b>	1½ miles, maximum	<ul style="list-style-type: none"> <li>○ Those who do little or no physical activity at present.</li> <li>○ People restricted by mobility problems and walk slowly finding hills a struggle.</li> </ul>	<ul style="list-style-type: none"> <li>○ Short 30-40 minutes fairly level terrain, no stiles or steps.</li> </ul>
<b>2</b>	1 – 2 miles	<ul style="list-style-type: none"> <li>◆ People that do a small amount of physical activity but need to increase their activity level.</li> <li>◆ People with minor mobility problems that walk at a moderate speed and are able to cope with slight gradients. Possible uneven terrain if using local footpaths.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Medium 40mins. - 1¼hours, mainly level terrain</li> <li>◆ But with some slight gradients possible. NO STILES, a few steps acceptable.</li> </ul>
<b>3</b>	2 – 4 miles	<ul style="list-style-type: none"> <li>◆ People that already do a certain amount of physical activity.</li> <li>◆ People who walk at a faster pace who are able to cope with moderate gradients.</li> <li>◆ For those progressing from level 2 walks who want to improve their fitness level and take part in a more challenging walk.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Long, 1-2 hours.</li> <li>◆ Possible stiles, steps and gradients.</li> </ul>

<p><u><b>FREE.</b></u></p> <p><u>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...</u></p>	<p><b><u>Volunteers wanted!</u></b></p> <p><u>The Walk This Way scheme is operated by very enthusiastic &amp; dedicated volunteers. We are always keen to hear from anyone who is interested in joining our team. We offer FREE training and ongoing support.</u></p> <p><i>Interested?</i> Please contact: Robert Jackson Leisure East Devon Ltd Bicton College, East Budleigh Budleigh Salterton EX9 7BY Tel: 01395 562439 Email: info@ledleisure.co.uk</p>	<p><b><u>Public transport and car sharing.</u></b></p> <p>carsharedevon.com is a free service that links drivers and passengers to share car journeys and could save you money. <b>It's free to use and you don't have to own a car to take part!</b></p> 
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Weekly walks in:  
Axminster, Sidmouth  
Honiton, Ottery  
Exmouth

Please phone for a programme.

