



Tuesday Walk	Walk	Level
February 7 th	Belshar	2
February 14 th	Foxholes	2
February 21 st	Belshar	2
February 28 th	Madeira	2
March 6 th	Orcombe point	2
March 13 th	Madeira	2
March 20 th	Esplanade	2
March 27 th	Belshar	2
April 3 rd	Foxholes	2
April 10 th	Madeira	2
April 17 th	Gunfield	2
April 24 th	Foxholes	2

All walks meet at:

Manor Gardens Performance Stage - Behind the old Tourist Information.

Saturday Walk	Walk	Level
February 4 th	Orcombe point	2
February 11 th	Esplanade	2
February 18 th	Gunfield	2
February 25 th	Orcombe point	2
March 3 rd	Esplanade	2
March 10 th	Belshar	2
March 17 th	Foxholes	2
March 24 th	Orcombe point	2
March 31 st	Gunfield	2
April 7 th	Esplanade	2
April 14 th	Orcombe point	2
April 21 st	Belshar	2
April 28 th	Esplanade	2



East Devon

Area of Outstanding Natural Beauty

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

A level 1 walk will be available to accompany all the stated walks, if requested.

Registration at 10.15am.

Walks start at 10.30am



Levels Explained

Level 1—Approximately 30 - 40 mins

For those just starting to exercise who would find hills a problem, on flat level footpaths.

Level 2—Approximately 40 – 75 mins

For those who can do a little exercise and cope with gentle slopes, on 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. On footpaths and pavements with some gradients and hills. Steps with handrails & stiles in some places. It 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

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



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**



walk 4 life



It's free and easy

**Free walks every
Tuesday & Saturday in
Exmouth.**

Feb 1st 2012 – April 30th 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

