



# Free Wellbeing Walks Every Friday in East Devon

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

All LED walks are free of charge.

## Everyone Welcome

Please do not attend a walk if you have had a recent positive test for Covid, Covid symptoms or close contact with someone who has tested positive or had Covid symptoms recently.

**Contact: LED Community Team on 01395 562500**



## Axe Valley

Grade 1 - 20 to 30 Minutes, Grade 2 - 30 to 60 Minutes, Grade 3 – 60 to 90 Minutes

Friday	Walk	Meeting Place	Grade
4/02/2022	Lamberts Castle	Lamberts Car Park	2/3
11/02/2022	Seaton	Tesco	1,2,3
18/02/2022	Axminster	Tesco	2/3
25/02/2022	Colyton	Town Car Park	2/3
04/03/2022	Uplyme	Talbot Arms Car Park	2/3
11/03/2022	Chardstock	Village Hall Car Park	2/3
18/03/2022	Dalwood	Park by church	2/3
25/03/2022	Sidmouth Byes	Sidford Rugby Club	2/3
01/04/2022	Donkey Sanctuary	Meet by entrance	2/3
08/04/2022	Hawkchurch	Old Inn Car Park	1,2,3
15/04/2022	Uplyme	Talbot Arms Car Park	2/3
22/04/2022	Langdon Hill	National Trust Car Park	2/3
29/04/2022	Wooton Woods	Take the B3165 from Raymonds Hill. Take the B3165 from Raymonds Hill, turn right at the white gates on the county border, bear right where roadforks, car park on left	2/3
06/05/2022	Blackbury Camp	Blackbury Camp Car Park	2/3
13/05/2022	Trinity Hill	2 <sup>nd</sup> Car Park	1,2,3
20/05/2022	Axminster	Tesco	2/3
27/05/2022	Lamberts Castle	Car Park	2/3
03/06/2022	Colyton	Town Car Park	2/3
10/06/2022	Uplyme	Talbot Arms Car Park	2/3
17/06/2022	Dalwood	Park by Church	2/3
24/06/2022	Sidmouth Observatory	Park in National Trust Car Park	2/3
01/07/2022	Axminster	Tesco	2/3
08/07/2022	Seaton	Tesco	1,2,3
15/07/2022	Uplyme	Talbot Arms Car Park	2/3
22/07/2022	Lamberts Castle	Car Park	2/3
29/07/2022	Sidmouth Byes	Sidford Rugby Club	2/3

Please follow Covid-19 social distancing rules when walking. All walkers will need to complete a registration form and fill in a register for track and trace purposes. In the event of you testing positive for Covid-19 within 5 days of attending a walk please contact NHS Track and Trace.

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

Maximum group of 30.