

Health Walks in Sedgemoor

July 2019

What is a health walk?

A health walk is a brisk and purposeful walk undertaken on a regular basis for wellbeing. It can help you to feel good, have more energy, sleep better and manage your weight. All walks are free of charge and led by a team of volunteer health walk leaders. We advise you contact the relevant leader before attending for the first time. All walks are under 6 miles and last no longer than 2.5 hours.

Sedgemoor
IN SOMERSET



WWT Steart Marshes



Day and date	Location	Walk and meeting place	Time	Leader	Difficulty and other
Monday 1st	Bridgwater	Bleak Bridge Walk (meet at Bleak Bridge car park ST30742 44866)	10:00am	Jeff	
	Bridgwater	Wilstock Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	2:00pm	Ralph	
Tuesday 2nd	Bridgwater	Combwich Walk (meet outside the Anchor Inn TA5 2RA)	10:00am	Ken	
	Bridgwater	Seven Wells Wood (meet in the car park ST174374) ** ***	11:00am	Elisabeth	
Wednesday 3rd	Burnham-on-Sea	Burnham-on-Sea (meet inside Marine Cove Gardens on sea front)	10:00am	Alison	
	Bridgwater	Redgate Medical Centre (meet inside reception)	12:30pm	Kathy	
Friday 5th	Bridgwater	Spaxton (meet at Spaxton Village Hall car park TA5 1BS)	10:00am	Tony	
	Bridgwater	Cranleigh Gardens Medical Centre (meet inside reception)	11:00am	Keith	
Saturday 6th	Cheddar	Cheddar (meet outside Cheddar Library)	10:30am	Adrian	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	11:15am	Stuart	
Monday 8th	Bridgwater	Bridgwater Canal (meet at Morrisons car park by the canal)	10:00am	Jeff	
	Bridgwater	Wilstock Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	2:00pm	Ralph	
Tuesday 9th	Bridgwater	Fyne Court (meet at Fyne Court car park TA5 2EQ) ***	10:00am	Ken	
	Bridgwater	Quantock Medical Centre (meet inside reception)	11:00am	Elisabeth	
Wednesday 10th	Burnham-on-Sea	Burnham-on-Sea (meet inside Marine Cove Gardens on sea front)	10:00am	Alison	
	Bridgwater	Bridgwater Canal & Town (meet at Morrisons car park drop off zone)	11:00am	Peter	
Friday 12th	Bridgwater	Pawlett (meet at Pawlett Pavillion TA6 4SB)	10:00am	Tony	
	Bridgwater	Cranleigh Gardens Medical Centre (meet inside reception)	11:00am	Keith	
Saturday 13th	Burnham-on-Sea	Burnham & Highbridge (meet at bus shelter by B&M)	10:30am	Alison	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	11:15am	Lorraine	
Monday 15th	Burnham-on-Sea	Berrow Nature Reserve (meet at Nature Reserve car park TA8 2LW)	10:00am	Jeff	
	Bridgwater	Wilstock Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	2:00pm	Ralph	
Tuesday 16th	Other	Glastonbury (meet at Rural Life Museum car park BA6 8DB)	10:00am	Ken	
	Bridgwater	Keeper's Combe (meet in Quantock Lodge car park ST188375) **	11:00am	Elisabeth	
Wednesday 17th	Burnham-on-Sea	Burnham-on-Sea (meet inside Marine Cove Gardens on sea front)	10:00am	Alison	
	Bridgwater	Somerset Bridge Medical Centre (meet inside reception)	12:30pm	Kathy	
Friday 19th	Other	Westhay Heath (meet at Wedmore to Westhay Road ST45635 43723)	10:00am	Tony	
	Bridgwater	Cranleigh Gardens Medical Centre (meet inside reception)	11:00am	Keith	
Saturday 20th	Cheddar	Cheddar (meet outside Cheddar Library)	10:30am	Adrian	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	11:15am	Stuart	
Monday 22nd	Bridgwater	Fyne Court (meet at Fyne Court car park TA5 2EQ) ***	10:00am	Jeff	
	Bridgwater	Wilstock Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	2:00pm	Ralph	
Tuesday 23rd	Cheddar	Cheddar (meet at Cliff Street car park BS27 3PS) ***	10:00am	Ken	
	Bridgwater	The Parsons Round (meet in Quantock Medical Centre reception)	11:00am	Helen	
Wednesday 24th	Burnham-on-Sea	Burnham-on-Sea (meet inside Marine Cove Gardens on sea front)	10:00am	Alison	
	Bridgwater	Bridgwater Canal & Town (meet at Morrisons car park drop off)	11:00am	Peter	
Friday 26th	Other	Creech St Michael (meet at Vicarage Lane beside canal ST27501 25550)	10:00am	Tony	
	Bridgwater	Cranleigh Gardens Medical Centre (meet inside reception)	11:00am	Keith	
Saturday 27th	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	11:15am	Lorraine	
Monday 29th	Other	Burrowbridge (meet at Burrow Mump car park TA7 ORB)	10:00am	Jeff	
	Bridgwater	Wilstock Buggy Walk (meet at Wilstock play park) *	10:30am	Emmaline	
	Bridgwater	Steart Marshes, WWT (meet at Steart car park TA5 2PU)	2:00pm	Ralph	
Tuesday 30th	Bridgwater	Chedzoy (meet at King Sedgemoor Drain car park)	10:00am	Ken	
	Bridgwater	Cockercombe Forrest (meet in Cockercombe Forrest office) ***	11:00am	Elisabeth	
Wednesday 31st	Burnham-on-Sea	Burnham-on-Sea (meet inside Marine Cove Gardens on sea front)	10:00am	Alison	
	Bridgwater	Redgate Medical Centre (meet inside reception)	12:30pm	Kathy	

* subject to change, contact walk leader in advance

** lift share available leaving Quantock Medical Centre at 10:30am. Contact walk leader the day before walk to arrange *** parking charges apply

Volunteer Health Walk Leaders

Adrian Male	07733 444850	Keith Fishlock	07557 952294
Alison Crump	01278 783074	Ken Cooper	07770 721954
Elisabeth	01278 733293	Peter Radford	07901 888288
Emmaline Kay	07939 021507	Ralph Hammond	07969 777325
Jeff Hiseman	07919 814924	Stuart Holden	07827 521946
Kathy Bartley	01278 411522	Tony Palmer	07748 474854

	Refreshments near end of the route		Toilets near start, during or end of route	Key
	Suitable for wheelchair users		Buggy walks: buggies/childrens scooters and bikes/walkers all welcome	
	Short walks on flat routes, easy pace. 60-90 minutes			
	Short walks, mostly flat, some stile, easy pace. 90-120 minutes			
	Intermediate walks, some inclines and stiles, moderate pace. 90-120 minutes			
	Intermediate walks including all of the above, steeper inclines. 120 minutes			
	Challenging walks including all of the above. 120-180 minutes			
	Bridgwater and surrounding villages		Burnham-on-Sea and surrounding villages	
	Cheddar and surrounding villages		Outside of Sedgemoor	