



walking for health

Walking is great for your health and puts a spring in your step. With Walking for Health, you can join a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. The walks are led by friendly, knowledgeable volunteers, specially trained for the job. Along with fellow walkers, the walk leaders provide all the advice and encouragement a new walker needs to build fitness and confidence.

Run by The Ramblers and Macmillan Cancer Support, Walking for Health is England's largest network of health walk schemes with 600 groups

and has helped thousands of people to lead a more active lifestyle over the past twelve years. There are six active groups in and around Dartmoor. Each group meets at least once weekly and offers a range of walks to suit different fitness levels and abilities.

LEVELS EXPLAINED

LEVEL 1

Approx 30 – 40 minutes.
Up to 1½ miles.

SUITABLE FOR:

Those who do little or no physical activity at present.
People restricted by mobility problems who walk slowly, finding hills a struggle.

WALK DETAIL:

Flat, level, hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs and buggies.

LEVEL 2

Approx 30 – 45 minutes.
1 – 2 miles.

SUITABLE FOR:

People that do a small amount of physical activity but need to increase their activity level.
Those with minor mobility problems who walk at a moderate speed and are able to cope with moderate gradients.

WALK DETAIL:

Footpaths and pavements with some gradients, sometimes steps or uneven terrain.

LEVEL 3

Approx 1 – 1½ hours.
2 – 4 miles.

SUITABLE FOR:

People who already do a certain amount of physical activity.
Those who walk at a faster pace and are able to cope with hills.

WALK DETAIL:

Footpaths, tracks and pavements, possibly uneven terrain and a few moderate to steep gradients. May include the use of stiles or steps. Can possibly be wet/muddy underfoot depending on the weather.

WANT TO BE INVOLVED?

The schemes are always keen to hear from anyone who is interested in joining the friendly team of volunteers – you can give as much time as you can spare.
FREE WALK LEADER TRAINING is offered along with ongoing support.

Further information;

Kate Wright on 01822 813571 or kwright@westdevon.gov.uk
Walk this Way Teignbridge on 01626 215603 or walk.this.way@teignbridge.gov.uk

www.walkingforhealth.org.uk



HORRABRIDGE WALK AND TALK

Walks start and finish at the London Inn.

Short Walks (Level 2)
weekly – Tuesdays 10am

Moderate Walks (Level 3)
fortnightly – Wednesdays 10am

Further Information:
Jean Coulthard 01822 853130 or
Ruth Pain 01822 853333.



IVYBRIDGE WALK AND TALK

Walks start and finish at Ivybridge Leisure Centre.

Short Walks (Level 1)
weekly – Tuesdays 10am

Moderate Walks (Levels 2 - 3)
weekly – Thursdays 10am

Further Information:
Kate Wright 01822 813571.

OKEHAMPTON WALK AND TALK

Short Walks (Levels 1 – 2)
weekly – Tuesdays 10.30am
meet outside Waitrose

Moderate Walks weekly (Level 3)
Wednesdays 10am
meet opposite the Post Office

Moderate Afternoon Walks monthly (Level 3)
Sundays 1.30pm meet
outside the Post Office (check
programme for dates)

Further Information:
Kate Wright 01822 813571 or
Olive Hennessey 01837 659257.

SOUTH BRENT WALK AND TALK

Walks start outside the newsagents in the centre of South Brent.

Weekly – Fridays 2.30pm

Further Information:
Kate Wright 01822 813571.



MORETONHAMPSTEAD WALK THIS WAY

Walks start from the bus shelter in Court Street car park.

Level 1-2 walks
weekly – Tuesdays 10.30am

Further Information:
01626 215603.

TAVISTOCK WALK AND TALK

Walks start outside The Wharf.

Short Walks (Levels 1 – 2)
weekly – Tuesdays 10.30am

Moderate Walks (Level 3)
weekly – Thursdays 10am

Mystery Walks
second and last Thursday each
month

Further Information:
Kate Wright 01822 813571.