



walk&talk

Dartmouth Thursday walks May – August 2017



Date	Time	Walk level	Location of walk (£=bring money for ferry)	Meeting point
4th May	10.33 or 11.00	2	Berry Head, Brixham circular (£)	10.33 – 18A bus from Kingswear Banjo or 11.00 Bank Lane Brixham
11th May	10.15	1 or 2	Above Old Mill Creek – scenic coastal and river valley views	Dartmouth Leisure Centre, Townstal
18th May	10.00 or 10.10	3	Churston Greenway circular walk (£)	10.00 – 120 bus from the Banjo Kingswear or 10.10 Churston Bridge by the Steam Train station
25th May	10.15	2	Hoodown Woods Kingswear via higher and lower ferries (£)	The Bandstand, Royal Avenue Gardens
1st June	10.15	1 or 2	Dartmouth Castle & coves circular	The Bandstand, Royal Avenue Gardens
8th June	10.15	2	Sandquay Wood and Old Mill Creek circular	Sandquay Wood car park Old Mill Lane Townstal
15th June	10.00 or 10.10	3	Churston to Brixham via SW Coast Path (£)	10.00 – 120 bus from Kingswear Banjo or 10.10 at Churston Bridge by the steam railway station
22nd June	9.35 or 10.16	3	Dart riverside walk and the Dartington Estate & Garden	09.25 – X64 bus from Dartmouth Pontoon or 10.10 Totnes railway station (Plymouth side)
29th June	10.20 or 10.35	2	Stoke Fleming to Dartmouth Castle via Warren Point	10.20 – no 3 bus from Dartmouth pontoon or 10.35 Stoke Fleming village hall bus stop
6th July	10.00 or 10.20	1	Paignton Seaside circular (£)	10.00 – 120 bus from Kingswear Banjo or 10.20 Paignton bus station
13th July	10.15	2	Blackpool Sands via Venn Lane	Dartmouth Leisure Centre, Townstal Return from Blackpool Sands on no 3 bus
20th July	10.30	3	Froward Point Kingswear (£)	Kingswear railway station
27th July	10.15	2	Dartmouth Town walk: always full of surprises	The Bandstand, Royal Avenue Gardens
3rd Aug	10.20 or 10.55	3 + 3	Torcross to Beesands circular Torcross to Stokenham	10.20 – no 3 bus from Dartmouth Pontoon or 10.55 at Torcross Post Office
10th Aug	10.30	2	Fountain Violet Farm (£)	Kingswear railway station
17th Aug	10.00 or 10.15	2	Broadsands Beach to Brixham via golf course and The Grove (£)	10.00 – 120 bus from Kingswear Banjo or 10.15 Broadsands/Churston Library
24th Aug	10.30	3	Regatta Walk: South West Coast Path via Little Dartmouth circular	10.30 at Dartmouth Castle Tea Rooms
31st Aug	10.15	1 or 2	Dartmouth & Kingswear riverside walk via higher & lower ferries (£)	The Bandstand, Royal Avenue Gardens

Additional Information:

- All walkers are asked to complete a short health questionnaire before their first walk, please arrive a few minutes before the walk in order to do this
- Dogs are welcome on the walks. Please clear up after them and ensure they are on a lead at all times.
- Please bring medication with you if required

For more information about the walks please contact one of the walk coordinators: David Rodd on 01803 835585 or John Salmon on 07570 848446; or email walkandtalk@talktalk.net.

Levels explained

Level 1

Up to 30 minutes. Suitable for those who do little or no physical activity at all. Using mostly flat, hard surfaced paths with no steep hills or steps, is suitable for wheelchairs and pushchairs.

Level 2

30 – 60 minutes. Suitable for those who do a small amount of exercise but need to increase their activity level. The walk uses footpaths and pavements with some gradients and uneven pathways.

Level 3

60 – 90 minutes. Suitable for those who do a certain amount of physical activity but who wish to improve their general fitness and heart rate. The walk uses a variety of footpaths, roads and tracks. Some of which may be uneven, muddy and slippery. These walks may involve steps, inclines and stiles.

Level 2 + slightly more strenuous than Level 2.

Level 3 + longer than 90 minutes.

Level '1 or 2' walks cater for walkers of both abilities.

Do you know walking can....

- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Strengthen your heart
- Reduce blood pressure
- Help manage your weight
- Achieve better mobility
- Help make new friends

Have you considered joining the local Ramblers group? New members are always welcome.

www.ramblers.org.uk

Inclement weather

The Walk Leaders reserve the right to change or cancel the listed walk, at short notice, should inclement weather make walking conditions unsuitable or hazardous.

Fancy a change walk&talk

Dartmouth Walk & Talk Coordinators

David Rodd

01803 835585 or 07976 620748

John Salmon

07570 848446

email: walkandtalk@talktalk.net

We also have walks in....

Ivybridge

Tuesday and Thursday mornings – 10.00a.m.

Kingsbridge

Monday mornings - 9.45a.m.

Wednesday mornings - 10.00a.m.

Wednesday afternoons - 2.00p.m.

Modbury

Tuesday mornings - 10.00am (twice a month)

South Brent

Wednesday mornings – 10.30am

Friday afternoons – 2.30p.m.

Totnes

Monday and Wednesday mornings – 11.00a.m

Volunteers are always needed to help with Dartmouth Walk and Talk, please talk to any of the walk leaders for more information.



WE ARE
MACMILLAN
CANCER SUPPORT



Supporting you to
get active and stay active



walk&talk

Dartmouth

May - August 2017
Programme

Weekly walks on Thursday mornings

It's free!

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...

Please bring a bottle of water on warm days. Please wear suitable clothing (layers are best) and comfortable, supportive footwear.



www.walkingforhealth.org.uk