Health Walks
January - December 2020
Exeter
Stepping Out Programme

For more information
Please contact Claire Ridge, Exeter Health Walks Coordinator on:
t: 01392 824752
e: claire.ridge@westbank.org.uk
www.walkingforhealth.org.uk
This leaflet is available in larger text format.
Please note, walks are subject to change.

Get involved
Stepping Out 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.
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Why walk?
Walking is truly accessible - almost everyone can do it anywhere and at anytime. It won’t cost you anything and you don’t need any fancy equipment to hit the pavement.
If you still need convincing, here are a few of the many positive things that walking can do for your health...
• Help your heart & lungs work better
• Lower your blood pressure
• Keep your weight down
• Reduce stress
• Keep your joints, muscles & bones strong
• Improve mobility
• Sleep better
• Have more energy
• Make new friends

Useful information
• We ask that new walkers arrive 15 minutes before the start of the walk for introductions and registration and that all other walkers arrive at least 5 minutes beforehand.
• The Walk Leaders may need to cancel or change a listed walk at short notice due to weather conditions.
• All led walks are free of charge, although we usually buy ourselves refreshments at the end of the walk.
• Well behaved dogs are welcome, but must be kept on a short lead.
• As these are Health Walks, we ask that you please do not smoke during them.
• All of these walks are accessible by the local bus service.
• For more information visit: www.stagecoachbus.com or t: 01392 427711

Westbank
Farm House Rise
Exminster, EX6 8AT
t: 01392 824752
Reg Charity: 1119541
Company No: 6243811
www.westbank.org.uk
**MONDAY – HEAVITREE**

- **G2 G3**
- Walks take place in and around the fascinating area of Heavitree Park.
- **WHEN:** Every Monday at 10.30am
- **LENGTH:** 60 - 90 minutes approx
- **START POINT:** Heavitree Park, Whipton Lane, Exeter. Entrance by the basketball courts.

**MONDAY – EXETER QUAY**

- **G2**
- Walks take place along the River Exe, Canal and surrounding area.
- **WHEN:** Every Monday at 10.30am
- **LENGTH:** 30 - 60 minutes approx
- **START POINT:** Benches opposite Exeter Quay Antiques, EX2 4AN

**TUESDAY – ISCA BOWLING**

- **G3**
- Walks take place around the green spaces of Whipton and Pinhoe.
- **WHEN:** Every Tuesday at 10.30am
- **LENGTH:** 60 - 90 minutes approx
- **START POINT:** Isca Bowling Centre, Whipton, Exeter, EX4 8NT

**TUESDAY – TOPSHAM**

- **G1**
- This is an easy, mostly flat walk that takes in some of the lovely views of Topsham.
- **WHEN:** 1st and 3rd Tuesday at 2.30pm
- **LENGTH:** Up to 30 minutes approx
- **START POINT:** Outside Matthews Hall, EX3 0HF

**TUESDAY – THE STROLLERS**

- **G1 G2 G3**
- *(Adjusted to accommodate participants)*
- The alternative city walks. On occasion we use public transport to vary the areas we walk and ask that participants bring their bus pass or a little money.
- **WHEN:** Every Tuesday at 10.30am
- **LENGTH:** 30 – 90 minutes approx
- **START POINT:** Debenhams Arcade, Exeter

**WEDNESDAY – CITY CENTRE**

- **G3**
- Fascinating City Centre walks taking in several of the green areas of the city.
- **WHEN:** Every Wednesday at 10.30am
- **LENGTH:** 60 - 90 minutes approx
- **START POINT:** Outside Boots, High Street, Exeter EX4 3QD

**WEDNESDAY – WONFORD**

- **G1**
- This is an easy, flat walk that takes in the pretty Ludwell Valley Park before returning to the Community Centre for refreshments.
- **WHEN:** Every Wednesday at 10.30am
- **LENGTH:** up to 30 minutes approx
- **START POINT:** Wonford Community Centre, EX2 6NF

**THURSDAY – EXETER QUAY**

- **G1**
- An easy, flat walk along the river taking in Trews Weir and Belle Isle Park.
- **WHEN:** Every Thursday at 10.30am
- **LENGTH:** up to 30 minutes approx
- **START POINT:** Benches opposite Exeter Quay Antiques, EX2 4AN

**WEDNESDAY – CITY CENTRE**

- **G3**
- A variety of walks around Countess Wear and the Riverside Valley Park.
- **WHEN:** Every Friday at 10.30am
- **LENGTH:** 60 - 90 minutes approx
- **START POINT:** At the rear of King George V playing field, Countess Wear Road, entrance along from the Tally - Ho Inn, EX2 6LR

**FRIDAY – COUNTESS WEAR**

- **G3**
- Saturday walks are in and around the picturesque grounds of Exeter University.
- **WHEN:** Every Saturday at 10.30am
- **LENGTH:** 60 - 90 minutes approx
- **START POINT:** Visitors’ Car park, Exeter University, EX4 4QB

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**Grade 1 - up to 30 minutes**

- Local walks on flat ground or gentle slopes with mainly firm surfaces, no steps or stiles.

**Grade 2 - approx 30 - 60 minutes**

- Walks may include moderate slopes, steps, uneven surfaces and possibly stiles.

**Grade 3 - approx 45 - 90 minutes**

- Walks may include steeper slopes, steps, uneven surfaces and stiles.