How you can get involved

Walk & Talk Plymouth is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you’d like to take part, all you have to do is turn up at the meeting point or by contacting the scheme Co-ordinator on the telephone number or email address below to find out where the next walk meets. Then you’re free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch on dean.blagdon@nhs.net or call 07919690630 or call the Wellbeing Team on 01752437177

Visit www.walkingforhealth.org.uk

Please dress appropriate for the weather forecast. Sturdy footwear/boots recommended for woodland and nature reserves. It’s also a good idea to bring a bottle of water.

Walk grades/levels key:

- **Walking for Health grade 1 walk** – suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

- **Walking for Health grade 2 walk** – suitable for people who are looking to increase their activity levels. They are between 30 - 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

- **Walking for Health grade 3 walk** – for people looking for more challenging walks and increasing their level of physical activity. They are generally 45 – 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

Walks are organised in partnership with Plymouth City Council’s Plymotion team, Sports Development and Active Neighbourhoods. Thanks also go to our fantastic volunteer walk leaders.
Regular Health Walks

Suitable for people who have not walked much recently, and are looking to be more active, or are returning from illness or injury.

Victoria Park & Stonehouse Creek
Every 2nd Wednesday of the month
11th Oct, 8th Nov, 13th Dec - 10:30am
up to 30 mins (Grade 1) or 60 mins (Grade 2)
Meeting point: Meet by the café at the centre of the park, PL1 5LZ.
This walk is mostly flat and is suitable for those wanting to start increasing their walking activity; it is suitable for buggies and wheelchairs.

Central Park
Every 4th Wednesday of the month
25th Oct, 22nd Nov - 10:30am
up to 30 mins (Grade 1) or 60 mins (Grade 2)
Meeting point: Meet outside the main entrance to the Life Centre, PL2 3DG.
This walk is on good paths, and has some moderate slopes. Wheelchair and buggy friendly.

Plymstock
Fortnightly on Thursday’s at 11am
12th, 26th Oct, 9th, 23rd Nov, 7th, 21st Dec
60 mins (Grade 2)
Meeting point: Plymstock Library, Horncross Road, PL9 9BU

Tamar View Walk, Talk & Tea
Fortnightly on Friday’s at 11am
13th, 27th Oct. 10th, 24th Nov. 8th, 22nd Dec.
60 mins (Grade 2)
Meeting Point: Meet outside Tamar View Community Centre (next to the Co-op), Poole Park Rd, PL5 1DJ.

Woolwell Walk, Talk & Tea
Every Saturday at 10:30am
10-30 minutes (Grade 1)
Meeting Point: Devonshire House Care Centre car park, Woolwell Road, PL6 7JW.

Wembury Walk, Talk & Tea
Every Wednesday – 10am
20 mins (Grade 1)
Meeting point: Playing field car park end, Barton Close, Wembury, PL9 0LF

Explorer Walks
These walks can take in woodland, nature reserves, and parks and can be a little more challenging.

Plymbridge Woods
Saturday 14th Oct - 10:30am
90+ mins (Grade 3)
Meeting point: Meet at Coypool Park & Ride, PL7 4TB. Long walk up to Plymbridge and back.

Hoee to Mountbatten
Wednesday 18th Oct – 10:30am
90 mins (Grade 3)
Meeting point: Bus stop at Hoee Green, Hoee Road, PL9 9RG. Linear walk, you can return to the start point by bus.

Breakwater Hill
Saturday 28th Oct - 10:30am
Up to 60 minutes (Grade 2)
Meeting point: Mayflower Steps, Barbican, PL1 2LR

Woodland Wood Upper
Saturday 23rd Dec - 10:30am
60 mins (Grade 2)
Meeting point: Meet at Whitleigh Green Shopping Centre, Budshead Road, PL5 4DE.

For information on which Buses to get to the meeting points contact:
Traveline: 0871 200 22 33