

## Torrige Walk and Talk Programme 2018

The Torrige Walk and Talk initiative is aimed at helping you to enjoy the benefits of walking and enable you to become fitter for life. Walking is the best form of exercise available to everyone, young and old and for all abilities. It has the benefit of being safe, free and low impact. It is also a great way to meet people, make new friends and enjoy the open air.

### Walk levels

Torrige Walk and Talk is offering a varied range of walks in and around your local area. All walks are led by trained volunteer Walk Leaders and are graded from level 1 to level 3. Our aim is to cater for all ages and abilities and we hope that you will discover a walk suited to you.

**Level 1:** Approximately 15 to 30 minutes up to 1 mile. Suitable for those that do little or no physical activity at present and people restricted by mobility problems who may walk slowly. The walk uses flat, level, hard surfaced paths and pavements with no steep hills or steps and is suitable for wheelchairs and buggies.

**Level 2:** Approximately 30 to 60 minutes up to 2 miles. Suitable for those that do a small amount of physical activity but need to increase their activity level and those people with minor mobility problems but who are able to walk at a moderate pace. The walk uses footpaths and pavements with some gradients, steps and uneven pathways.

**Level 3:** Approximately 60 to 90 minutes up to 3 miles. Suitable for those that 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, tracks and pathways some of which may be uneven, muddy and slippery when wet. These walks may involve steps, inclines, stiles and narrow pathways.

**Inclement weather:** We walk in all weathers so if you want to walk there will always be someone there to lead (some walks may be cancelled at the discretion of the Walk Leader, but they will always be there to share a coffee whatever the weather!) In hot weather it is advisable to bring something to drink and sun protection

**Spread a little health** We try to encourage walking in your local area without the need to travel far first but for some travelling may not be an option. Before jumping in the car why not consider using public transport or car sharing to help reduce traffic on our roads.

## **Torrige Walk and Talk Programme of Walks January to June 2018**



### **Walking....the way to Health**

The Torrige Walk and Talk scheme is provided by very enthusiastic and dedicated volunteers, without whom, we would be unable to promote and deliver walks for health within your local community. We want the community to take ownership of this project and with the scheme growing we are always keen to hear from anyone who is interested in joining our friendly team of volunteers, as a walk leader or in any other way that you think would help us develop. We provide **FREE WALK LEADER TRAINING** and on going support.

**For the latest walking programme and more information go to:-**

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

**and follow the links to Torrige Walk & Talk or please contact any of the Walk Leaders at the numbers shown overleaf**



Walking for Health is all about working in partnership. At a national level, we are run by [the Ramblers](#) and [Macmillan Cancer Support](#), while at a local level our scheme is run by dedicated volunteers

**DAY WALK JAN > JUN 2018 Please arrive 10 mins. early for Registration**

**TUES  
10.30  
Start**

Torrington DC	5 Dec	16 Jan	27 Feb	10 Apr	22 May
Northam Square	12 Dec	23 Jan	6 Mar	17 Apr	29 May
Torrington Car Pk	19 Dec	30 Jan	13 Mar	24 Apr	5 Jun
Instow Estuary	No Walk	6 Feb	20 Mar	1 May	12 Jun
Torrington PB	2 Jan	13 Feb	27 Mar	8 May	19 Jun
Westward Ho!	9 Jan	20 Feb	3 Apr	15 May	26 Jun

**WEDS  
11.00  
Start**

<u>Instow</u>	6 Dec	17 Jan	28 Feb	4 Apr	16 May
<u>Fortnightly</u>	20 Dec	31 Jan	14 Mar	18 Apr	30 May
<u>11.00 am Start</u>	3 Jan	14 Feb	28 Mar	2 May	13 Jun

**11.00  
Start**

<u>Fremington</u>	13 Dec	24 Jan	7 Mar	25 Apr	6 Jun
<u>Fortnightly</u>	27 Dec	7 Feb	21 Mar	9 May	20 Jun
<u>11.00 am Start</u>	10 Jan	21 Feb	11 Apr	23 May	6 Jul

**10.30  
Start**

<u>Bideford Victoria Park</u>	<u>Every Week – 10.30 am Start</u>
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**THURS  
10.30  
Start**

<u>Bideford East, Tarka Trail</u>	<u>Every Week – 10.30 am Start</u>
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**Walk Leaders**

**TUES:** Steve (SD) 01237 421528  
John (JL) 07554708679

**WEDS: – Instow & Fremington -** Elizabeth (EF) 01271 860780  
John (JW) 01805938567

**Victoria Park** Steve - (SD) 01237 421528

**THURS:** Louis (LB) 07837 322673  
Richard (RE) 01237 239129  
Heather (HT) 07780713210

**ALL WALKS START AT 10.30 unless stated – please arrive early for registration**

Unless otherwise stated in the walk description there is:-

Parking nearby Toilets nearby Refreshments Bus stop nearby

**Tuesdays**

**Walk Leaders SD, JL, LB & HT**

**Torrington Dartington Crystal Meet at Car Park Level 3 <3 miles**

Round walk on tarmac/gravel paths via woodland, Tarka Trail and Commons.

Woodland and countryside views. Some steep gradients. Bus Stop

**Northam Meet at St Margarets Church, Northam Square Level 3. 3 miles**

Round walk on lanes and paths to River Torridge and return via lanes.

River and countryside views. Some stiles and gradients. no public toilets Bus Stop

**Torrington Meet at Sydney House Car Park. Level 2/3 <3 miles.**

Round walk on tarmac/gravel paths via Old Bowling Green, Commons, Puffing Billy and Station Hill.

Countryside views. Some steep gradients. Bus Stop

**Instow Meet at Entrance to Sandhills Car Park. Level 3 3 miles**

Round walk incorporating Tarka Trail and Coast Path. Estuary views.

Mostly level but Coast Path cuts through sand dunes. Bus Stop

**Torrington Puffing Billy Meet at Puffing Billy Level 2/3 3 miles**

Linear walk on Tarka Trail to Watergate or towards Bideford then return to Puffing Billy.

Woodland/countryside views. no public toilets Bus Stop

**Westward Ho! Meet at The Green below bus stop Nelson Road Level 3 3 miles**

Linear walk on Coast Path to viewpoint overlooking Abbotsham Cliffs then return to Westward Ho!

Sea/coastal views. Tarmac/gravel. Slight gradients. Bus Stop

**Wednesdays Walk Leaders EF & JW (Instow) CJ & JW (Fremington) SD (Victoria Park)**

**Instow Meet at Entrance to Sandhills Car Park NB Fortnightly at 11.00 am**

Variety of walks of differing levels between levels 2&3 but all about 2.5 miles.

Paths, lanes, Tarka Trail and Coast Path. Estuary and countryside views.

Some gradients on some of the walks. Bus Stop

**Fremington Meet at New Inn Car Park NB Fortnightly at 11.00 am**

Variety of walks of differing levels between levels 2&3 but all about 2.5 miles.

Paths, lanes, Tarka Trail. Estuary and countryside views. no public toilets Bus Stop

**Victoria Park, Bideford Every Week Meet at Café du Park Level 1 <1 mile**

Round walk within park. All on footpaths and only slight gradients. Bus Stop

**Thursdays**

**Walk Leaders LB RE & HT**

**Bideford, East-the Water, Tarka Trail Level 2/3 2.5 miles**

**Meet at bus shelter by Clarence Wharf Car Park, East-the-Water, Bideford**

Linear walk along Tarka Trail, approximately a one hour walk alongside the River Torridge.

Woodland and estuary views. Tarmac throughout. no public toilets Bus Stop