

## Torrige Walk and Talk Programme 2017

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 July to December 2017**



### **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**    **JUL > DEC 2017 – -----\* No Walk December 26th**

**TUES**

Torrington DC	20 Jun	1 Aug	12 Sep	24 Oct	5 Dec
Northam Square	27 Jun	8 Aug	19 Sep	31 Oct	12 Dec
Torrington Car Pk	4 Jul	15 Aug	26 Sep	7 Nov	19 Dec
Instow Estuary	11 Jul	22 Aug	3 Oct	14 Nov	-----*
Torrington PB	18 Jul	29 Aug	10 Oct	21 Nov	2 Jan
Westward Ho!	25 Jul	5 Sep	17 Oct	28 Nov	9 Jan

**WEDS**

<b>Instow Fortnightly 11.00 am Start</b>	21 Jun	2 Aug	13 Sep	25 Oct	6 Dec
	5 Jul	16 Aug	27 Sep	8 Nov	20 Dec
	19 Jul	30 Aug	11 Oct	22 Nov	3 Jan

<b>Fremington Fortnightly 11.00 am Start</b>	28 Jun	9 Aug	20 Sep	1 Nov	13 Dec
	12 Jul	23 Aug	4 Oct	15 Nov	27 Dec
	26 Jul	6 Sep	18 Oct	29 Nov	10 Jan

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

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

**TUES:** Steve (SD) 01237 421528

John (JL) 07554708679

**WEDS: – Instow & Fremington** Elizabeth (EF) 01271 860780

Carole (CJ) 07886805522

John (JW) 01805938567

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

**THURS:** Louis (LB) 01237 422093

Mike (MD) 07771425285

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 & MD**

**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