

Totnes Programme of Walks August to October 2019

MONDAY WALKS

<i>Date</i>	<i>Level</i>	<i>Time</i>	<i>Meeting Point</i>	<i>Location of walk</i>
Mon 5 Aug	2/3	10:10am	Bus stop opposite Seven Stars Gold @ 10:18am Arr 10:40	Paignton - Goodrington Return bus every 30 mins
Mon 12 Aug		11:00am	Totnes Pavilion	Dartington Hall & return
Mon 19 Aug	3	11:00am	Steamer Quay	Bridgetown Bye-ways
Mon 26 Aug			Bank Holiday - No Walk	
Mon 2 Sep	2/3	11:20am	Coronation Road bus stop Bus 92 @ 11:30am Arr 12.15	Dartmouth & Castle Return 14:25 Arrive Totnes 15:09
Mon 9 Sep	2/3	10:10am	Bus stop opposite Seven Stars Gold @ 10:18am Arr 10:50am	Cockington Return buses every 30 mins
Mon 16 Sep	3	11:00am	Totnes Pavilion	Dartington Gardens & Cider Press
Mon 23 Sep	2/3	10:30am	Coronation Road bus stop Country Bus 165 @ 10:40 Arr 10:50	Week
Mon 30 Sep	2/3	11:00am	Near Steam Packet Car Park	Sharpham Estate
Mon 7 Oct	2/3	11:00am	Totnes Pavilion	Dartington Cider Press & return
Mon 14 Oct	2/3	10:00am	Coronation Road bus stop Bus 88 @ 10:10 Arr 10:32	Buckfastleigh to Buckfast Abbey Return bus 13:20 Arrive Totnes 13:50
Mon 21 Oct	2	11:00am	Totnes Pavilion	Longmarsh
Mon 28 Oct	2/3	10:30am	Coronation Road bus stop Country Bus 165 @ 10:40 Arr 10:50	North Woods & Cycle Path

WEDNESDAY WALKS

Wed 7 Aug	1 & 2	11:00am	Steamer Quay	Longmarsh
Wed 14 Aug	2	10:30am	Coronation Road bus stop Country Bus 165 @10:40am Arr 10:50	Week
Wed 21 Aug	1 & 2	10:20am	Bus stop opposite Seven Stars Bus 100 @ 10:30am Arr 10:43	Goodrington
Wed 28 Aug	1 & 2	11:00am	Totnes Pavilion	Entrance to Dartington
Wed 4 Sep	1, 2, 3	10:20am	Bus stop opposite Seven Stars Bus 100 @ 10:30am Arr 10:47	Paignton
Wed 11 Sep	2	11:00am	Market Square	Totnes Garden Walk
Wed 18 Sep	1 & 2	10:25am	Coronation Road bus stop Tally Ho 164 @ 10:35am Arr 11:21	Kingsbridge
Wed 25 Sep	2	11:00am	Totnes Pavilion	Dartington Shops
Wed 2 Oct	1 & 2	10:20am	Coronation Road bus stop Gold bus @10.30am Arr 11:08	Ivybridge (New Walk)
Wed 9 Oct	2	11:00am	Totnes Pavilion	Weirfields
Wed 16 Oct	1 & 2	10:05am	Bus stop opposite Seven Stars Bus 7 @ 10:15am Arr 10:30	Bakers Park, Newton Abbot
Wed 23 Oct	2	10:30am	Coronation Road bus stop Country Bus 165 @10:40am Arr 10:50	Dartington Hall Gardens to Dartington Shops
Wed 30 Oct	2	10:05am	Bus stop opposite Seven Stars Bus 7 @ 10:15am Arr 10:30	Jetty Marsh or Hackney Marsh

Additional Information

- All walkers are asked to complete a Walker Registrtrtion Form before their first walk, please arrive ten minutes before the walk in order to do this
- Dogs are welcome on the walks (apart from some restrictions on the Dartington Estate). Please clear up after them and ensure they are kept under control at all times
- Please bring medication with you if required
- Wear suitable footwear – comfortable and supportive



Levels explained

Level 1

Up to 30 minutes: Suitable for those who do little or no physical activity at present. Using mostly flat, hard surfaced paths, with no steep hills or steps and 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 levels. The walk uses footpaths and pavements with some gradients and uneven pathways.

Level 1 and 2

These walks, described in the programme overleaf, means that there is a Level 1 option (up to 30 minutes) available as well as a Level 2 walk, on each of the occasions shown.

Level 3

60 – 90 minutes: Suitable for those who do a certain amount of physical activity but who wish to improve their general fitness. 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.

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

For further information, please contact:

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or

Barbara Phillips

Email: berp@bandrphillips.plus.com

Tel: 01803 868434

There are also walks in....

Ivybridge

Tuesday and Thursday mornings – 10.00am

South Brent

Wednesday mornings – 10.30am

Friday afternoons – 2.15pm

Kingsbridge

Monday mornings 9.45am

Wednesday mornings 10.00am

Wednesday afternoons 2.00pm

Dartmouth

Thursday mornings 10.00am

Modbury

Tuesday mornings 10.00am



BAY HORSE INN

8 Cistern Street, Totnes, TQ9 5SP

www.bayhorsetotnes.com

Telephone: 01803 862088

The little pub with the big garden

Real Ales and Ciders, great music

Supporting Totnes Walk & Talk



walk&talk

Totnes

August to October 2019

Weekly short walks
Weekly moderate walks

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, medication if needed, suitable clothing (layers are best) and comfortable, supportive footwear.

Supported by Sport England
and the National Lottery
Community Fund