

## Local areas of interest



**Devon Wildlife Trust** is the only charity that exists to protect all wildlife in Devon and to safeguard Devon's unique natural environment. DWT manages some 50 nature reserves in Devon - vital havens for wildlife and places to be discovered and enjoyed by all. Our Wildlife Champions network engages and inspires 10,000 children a year to love wildlife, and take action for its benefit. [www.devonwildlifetrust.org](http://www.devonwildlifetrust.org)



**The Offwell Woodland & Wildlife Trust** is a British conservation and education charity. We manage the 50 acre Woodland Education Centre in East Devon, England, consisting of a wide variety of restored native wildlife habitats rich in wildlife. [www.britishcountryside.webplus.net](http://www.britishcountryside.webplus.net)

**Legacy to Landscape** is an exciting new community heritage project which aims to celebrate an area of rural landscape based on a 1780's map of the Shute estate in East Devon. This historic map covers the landscape of the Colyton and Shute area. Through a programme of wildlife and history walks and activities, Legacy to Landscape will reveal the rich heritage of this hidden landscape, which has remained virtually unchanged for centuries.

Full events programme: <https://t.co/iUp3avt9C5>

Contact: 01404 310012 or email [legacytolandscap@gmail.com](mailto:legacytolandscap@gmail.com)



The **East Devon Way** has had a makeover, this beautiful inland route had almost been forgotten but we have put it back on the map with a new guidebook and an interactive map listing businesses within easy reach of the path. Why not walk the route and discover Devon's hidden gems. [www.eastdevonaonb.org.uk/index.php?page=east-devon-way](http://www.eastdevonaonb.org.uk/index.php?page=east-devon-way)

**Seaton Wetlands Nature Reserve** - Nearly 4km of level trails and boardwalk through beautiful marshland and reed beds alongside the river Axe, home to an abundance of wildlife. Seaton Wetlands is made up of four main sites - Seaton Marshes, Black Hole Marsh, Colyford Common and Stafford Marsh. There is also a new 'Lookout'. The signposted trails at the Wetlands make them ideal for a peaceful stroll in the fresh air; you can also have fun pond dipping, or enjoying a picnic with family and friends as well as getting to see your wonderful local wildlife up close from the five hides. [eastdevon.gov.uk/countryside/countryside-sites/seaton-wetlands](http://eastdevon.gov.uk/countryside/countryside-sites/seaton-wetlands)



**Flip Flops or Wellies**  
Website and Blog  
Ideas for days out, walks, events & great cake stops in East Devon and Dorset  
[www.flipflopsorwellies.co.uk](http://www.flipflopsorwellies.co.uk)

# step right up



## East Devon Health Walks



**August 2018 - January 2019**

Meet at 10.15am for registration, walks starts at 10.30am

Supported by



[www.ledleisure.co.uk](http://www.ledleisure.co.uk)



[carsharedevon.com](http://carsharedevon.com)

## Grades Explained



### Grade 1

Approx. 20 - 30 Mins

For those just starting to exercise who would find hills a problem, on mostly flat level footpaths.



### Grade 2

Approx. 30 - 60 Mins

For those who can do a little exercise and cope with gentle on mostly flat and level footpaths but with some slight gradients.



### Grade 3

Approx. 60 - 90 Mins

For those able to walk at moderate speed, with slopes and uneven pathways. On footpaths and pavements with some gradients and hills. Steps with handrails and stiles in some places. It can be slippery under foot when wet.



Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

## Next Step

If you feel ready to take the next step with your exercise then please

**Contact Lottie on 01395 255083**

or email her at [outreach@ledleisure.co.uk](mailto:outreach@ledleisure.co.uk)



## Exmouth Tuesday Walks



## Saturday Walks



Date	Walk	Grade	Date	Walk	Grade
07/08/18	Gunfield	1, 2, 3	04/08/18	Foxholes	1, 2, 3
14/08/18	Orcombe Point	1, 2, 3	11/08/18	Marina Way	1, 2, 3
21/08/18	Madeira/Admiral	1, 2, 3	18/08/18	Belshar	1, 2, 3
28/08/18	Special Walk	1, 2, 3	25/08/18	Orcombe Point	1, 2, 3
04/09/18	Belshar	1, 2, 3	01/09/18	Esplanade	1, 2, 3
11/09/18	Foxholes	1, 2, 3	08/09/18	Special Walk	1, 2, 3
18/09/18	Marina Way	1, 2, 3	15/09/18	Gunfield	1, 2, 3
25/09/18	Special Walk	1, 2, 3	22/09/18	Madeira/Admiral	1, 2, 3
02/10/18	Belshar	1, 2, 3	29/09/18	Esplanade	1, 2, 3
09/10/18	Orcombe Point	1, 2, 3	06/10/18	Special Walk	1, 2, 3
16/10/18	Gunfield	1, 2, 3	13/10/18	Foxholes	1, 2, 3
23/10/18	Madeira/Admiral	1, 2, 3	20/10/18	Esplanade	1, 2, 3
30/10/18	Special Walk	1, 2, 3	27/10/18	Special Walk	1, 2, 3
06/11/18	Foxholes	1, 2, 3	03/11/18	Orcombe Point	1, 2, 3
13/11/18	Marina Way	1, 2, 3	10/11/18	Gunfield	1, 2, 3
20/11/18	Esplanade	1, 2, 3	17/11/18	Madeira/Admiral	1, 2, 3
27/11/18	Belshar	1, 2, 3	24/11/18	Foxholes	1, 2, 3
04/12/18	Gunfield	1, 2, 3	01/12/18	Marina Way	1, 2, 3
11/12/18	Madeira/Admiral	1, 2, 3	08/12/18	Belshar	1, 2, 3
18/12/18	Foxholes	1, 2, 3	15/12/18	Orcombe Point	1, 2, 3
25/12/18	CHRISTMAS DAY	1, 2, 3	22/12/18	CHRISTMAS BREAK	1, 2, 3
01/01/19	NEW YEARS DAY	1, 2, 3	29/12/18	CHRISTMAS BREAK	1, 2, 3
08/01/19	Esplanade	1, 2, 3	05/01/19	Foxholes	1, 2, 3
15/01/19	Orcombe Point	1, 2, 3	12/01/19	Madiera/Admiral	1, 2, 3
22/01/19	Gunfield	1, 2, 3	19/01/19	Belshar	1, 2, 3
29/01/19	Foxholes	1, 2, 3	26/01/19	Marina Way	1, 2, 3

## Exmouth Meeting Places



All walks meet at the Manor Gardens Performance Stage – Behind the old Tourist Information. The Walk Leaders may vary or change a listed walk at short notice also due to adverse weather conditions.

## Friday Walks Axminster

Date	Walk	Grade	Meeting Place
03/08/18	Kilminster	1,2,3	New Inn car park, Kilminster
10/08/18	Cloakham	2,3	Outside Axminster Tescos (2hrs free parking only)
17/08/18	East Hill	2,3	Hare & Hounds car park
24/08/18	Hawkchurch	2,3	Village Hall car park
31/08/18	Dalwood	2,3	Opposite Tuckers Arms Dalwood
07/09/18	Blackbury Honey Farm	1,2,3	Sign posted off Seaton to Hare & Hounds Road
14/09/18	Lamberts Castle	2,3	NT Car Park on B3165 from Raymonds Hill. Turn right after turning for fishponds
21/09/18	Uplyme	2,3	Talbot Arms car park
28/09/18	Chardstock	2,3	George Inn car park
05/10/18	Seaton	1,2,3	Tescos car park (2hrs free parking only)
12/10/18	Chard Reservoir	2,3	From Chard take the A30 towards Crewkerne. Take 2nd turning on left & follow signs. No dogs allowed around lake
19/10/18	Coombefields	2,3	Coombe Lane car park, Axminster
26/10/18	Branscombe	2,3	Village Hall Branscombe
02/11/18	Musbury	1,2,3	Golden Hind car park
09/11/18	Donkey Sanctuary	2,3	on A3052 between Sidford & Seaton follow the brown signs
16/11/18	The Byes	2,3	Warren Lane, Byes Lane, Sidford. Park at rugby club
23/11/18	Foxhill	2,3	Coombe Lane car park, Axminster
30/11/18	Kilminster	2,3	New Inn car park, Kilminster
07/12/18	Woodbury	1,2,3	Outside Axminster Tescos (2hr free parking only)
14/12/18	Wootton Woods	2,3	Take the B.3165 from Raymonds Hill. Turn right at the White Gates, on County Border, bear right, where road forks. Car Park on left
21/12/18	NO WALK		MERRY CHRISTMAS
28/12/18	NO WALK		HAPPY NEW YEAR
04/01/19	Uplyme	1,2,3	New Year carvery. Talbot Arms car park
11/01/19	Hunthay	2,3	Outside Axminster Tescos (2hrs free parking)
18/01/19	Seaton	2,3	Tescos car park (2hrs free parking only)
25/01/19	Wyke	2,3	Coombe Lane car park, Axminster

## Monday Walks Sid Valley

Date	Walk	Grade	Meeting Place	OS Ref
06/08/18	Shute Hill Woods	3	Park around village triangle, Shute Barton	SY262974
13/08/18	Sidmouth Observatory	3	National Trust car park or on road	
20/08/18	Otterton Coastal	3	Maunders Hill	SY081853
27/08/18	Aylesbere Common	3	Joney's Cross off A3052	SY057897
03/09/18	Budleigh Salterton	3	Free car park, Station Road	
10/09/18	Bovey Down	3	Park Southleigh turn, Hangmans Stone	SY204909
17/09/18	Blackbury Camp	3	Car park, Blackbury Camp	
24/09/18	Branscombe Village	3	Park in Village Hall, small donation expected	
01/10/18	Harpford Woods	3	Park in layby, west of Bowd Inn	
08/10/18	Squabmoor	3	Four Firs car park off B3180	SY032864
15/10/18	Dalwood (New walk)	3	Park around village	
22/10/18	Woodbury Castle	3	Woodbury Fort off B3180	SY034875
29/10/18	Peak Hill	3	Car park, Peak Hill, Sidmouth	SY109874
05/11/18	Musbury (New)	3	Park around village	SY275945
12/11/18	Oxhill	3	Car park, picnic area top of Hillhead, Colyton	SY245,9345
19/11/18	Broadhembury	3	Park around village or car park if spaces are available	
26/11/18	East Budleigh	3	Car park, East Budleigh	
03/12/18	Venn Ottery	3	Newton Popleford playing field, Station Rd	SY088899
10/12/18	Tipton St John	3	Park around village or car park if spaces are available	
17/12/18	Black Hill Quarry	3	Four Firs car park off B3180	SY032864
24/12/18	NO WALK	3	MERRY CHRISTMAS	
26/12/18	Boxing Day Walk	3	Car park Mutters Moor, Sidmouth	SY109874
01/01/19	New Years Day Walk	3	Rugby Club Sidbury for the Byes	SY135897
07/01/19	Donkey Sanctuary	3	Park in main visitors car park	
14/01/19	Otterton Coastal	3	Park Maunders Hill, Otterton	SY081853
21/01/19	Blackbury Camp	3	Car park, Blackbury Camp	
28/01/19	Sidmouth Observatory	3	National Trust car park or on the road	

## Wednesday Walks Sid Valley

Date	Walk	Grade	Meeting Place
08/08/18	Donkey Sanctuary	1, 2, 3	Donkey Sanctuary car park near restaurant
15/08/18	Sidford Byes	1, 2, 3	Warrens Lane, Byes Lane Sidford. Park at the Rugby Club
22/08/18	Seaton, Wetlands	1,2, 3	Cemetery car park
29/08/18	Kilminton	3	New Inn car park, Kilmington village
05/09/18	Core Copse	1,2,3	Park on bridleway between East Hill Strips Road and gate to woods
12/09/18	Mutters Moor	1,2, 3	Peak Hill car park, Sidmouth
19/09/18	Escot	1,2, 3	Park and meet in the public car park
26/09/18	White Cross	2, 3	White Cross car park end of East Strips road
03/10/18	Colyton	1, 2, 3	Pubic car park in town centre (pay and display)
10/10/18	Branscombe	1, 2, 3	Village Hall car park (donations)
17/10/18	Newton Poppleford	2, 3	Newton Poppleford sports field car park, Back Lane
24/10/18	Otterton Mill	2, 3	Mill car park, leader ask cafe as there may be a problem
31/10/18	Sidmouth Observatory	2, 3	Salcombe Hill car Park, Sidmouth EX10 ONY. NT, donation box
07/11/18	Hembury Fort	2, 3	Park on site right turn off A373 at Hembury Fort Cross
14/11/18	Aylesbury Common	1, 2, 3	Car park, Joney's Cross, just off the A3052. EX10 0BL
21/11/18	Ottery St Mary	1, 2, 3	Main car park, Canaan Way. (pay and display)
28/11/18	Escot	1, 2, 3	Park and meet in the public car park
05/12/18	Sidford Byes	1, 2, 3	Warrens Lane, Byes Lane Sidford. Park at the Rugby Club
12/12/18	Colyton	2, 3	Public car park in town centre (pay and display)
19/12/18	Honiton	1, 2, 3	The Beehive, Honiton
26/12/18	CHRISTMAS BREAK		
02/01/19	Sidmouth Seafront	1, 2, 3	Pubic car park near Swimming baths (pay and display)
09/01/19	Kilmington	3	New Inn car park, Kilmington village car park
16/01/19	NEW YEAR LUNCH Sidmouth Observatory	2, 3	Salcombe Hill car park, Sidmouth EX10 ONY
23/01/19	Escot	1, 2, 3	Park and meet in the public car park
30/01/19	Musbury	2, 3	Village Hall car park
06/02/19	Donkey Sanctuary	1, 2, 3	Donkey Sanctuary car park near restaurant
13/02/19	Honiton, new walk	1, 2, 3	The Beehive, Honiton

## Wednesday Walks Colyton/Seaton

Date	Walk	Grade	Meeting Place
01/08/18	Uplyme & Lunch	1,2,3	Talbot Arms car park or Uplyme Village Hall, off B3165
08/08/18	Seaton	1,2,3	Tesco Entrance (2hrs free)
15/08/18	Harpford Woods	2,3	The Bowd Inn, off A3052, EX10 0DN
22/08/18	Colyton - River Walk	1,2,3	Dolphin St car park (pay & display)
29/08/18	Harcombe Hill	2,3	Blackbury Honey Farm, signposted off Seaton/Hare & Hounds Rd
05/09/18	Seaton Heritage	1,2,3	Tesco Entrance (2hrs free)
12/09/18	Otterton Mill	1,2,3	Otterton Mill car park, EX9 7HG
19/09/18	Mutters Moor	1,2,3	Mutters Moor car park, top of Peak Hill Rd, Sidmouth
26/09/18	Beer	2,3	Beer Head car park, EX12 3AH (pay & display)
03/10/18	Seaton	1,2	Tesco Entrance (2hrs free)
10/10/18	Donkey Sanctuary	1,2,3	A3052, between Seaton & Sidford, follow Brown Tourist Signs
17/10/18	Lyme Regis	1,2,3	Horn Bridge, Colway Lane, Lyme Regis, DT7 3HA
24/10/18	Colyton	1,2,3	Dolphin St car park (pay & display)
31/10/18	Shute Pillars	2,3	Shute Pillars car park, off road from A35, heading for Shute
07/11/18	Sidmouth Observatory	1,2	Salcombe Hill car park, Sidmouth, EX10 ONY (donation)
14/11/18	Seaton Wetlands (no dogs)	1,2	Park through Seaton Cemetery, off Colyford Rd, EX12 2SP
21/11/18	Blackbury Camp	1,2	Signposted off Seaton/ Hare & Hounds Road
28/11/18	Colyton	1,2,3	Colyton Picnic Area, Hillhead
05/12/18	Lyme to Uplyme	1,2	Horn Bridge, Colway Lane, Lyme Regis, DT7 3HA
12/12/18	Kilmington	1,2,3	Kilmington Village Hall, EX13 7RF
19/12/18	Seaton Walk & Christmas Lunch	1,2,3	The Ship, Axmouth, EX12 4AF
26/12/18	CHRISTMAS BREAK		
02/01/19	Colyton	1,2	Dolphin St car park (pay & display)
09/01/19	Sidford Byes	1,2,3	Warrens Lane, Byes Lane, Sidford, park at Rugby Club, EX10 9PY
16/01/19	Donkey Sanctuary	1,2	A3052, between Seaton & Sidford, follow Brown Tourist Signs
23/01/19	Seaton	1,2,3	Tesco Entrance (2hrs free) or free on seafront
30/01/19	Colyton	1,2	Dolphin St car park (pay & display)