

A-Z of Somerset Health Walks



Our FREE health walks are walks done on a regular basis, ranging from: beginner, gentle, moderate to advanced. Walks are for all abilities and ages.

Which walk is suitable for me?

Beginner Walks: Under 1 mile, flat and even ground, no stiles, gentle pace and frequent stops, Ideal for those new to walking or living with health conditions that impact fitness or mobility.

Level 1: 1 - 1.5 miles, flat or gentle slopes, no stiles and ideal for those able to complete 30-40 mins with minimal stops.

Level 2: 2 - 2.5 miles, tracks and some hills or moderate pace. Ideal for those looking to develop their walking fitness and able to complete 45-60 mins with minimal stops.

Level 3: 3-4 miles, fields and hills, quicker pace and possible stiles. Intermediate walks, ideal for those with good walking fitness and able to complete 60-90mins with minimal stops.

Level 4: 3-5 miles, fields and steep hills, quicker pace and stiles. Advanced walks, ideal for those with very good mobility and fitness and able to complete 90mins + with minimal stops.

Where dogs are permitted they must remain on a short lead at all times. It is the dog owners responsibility to pick up after their dog.

Please register to access any Somerset Health Walk across county:

<https://www.sasp.co.uk/health-walks>

Somerset Health Walks may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or walks@sasp.co.uk.

Walk Details Key



Toilets Available



Accessible Walk



Dogs are permitted and must remain on a short lead at all times.



Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.



Suitable for buggies



Option for Paid Refreshments

A-Z of Somerset Health Walks

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KEY



Nature Walks



Soul Walks

*Only walk you need to
book*









Blue Spaces

A B












A Avalon Marshes



















Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Avalon Marshes Thursday Fortnightly 10am</p> <p>28/05/26 11/06/26, 25/06/26 09/07/26, 23/07/26 06/08/26, 20/08/26, 03/09/26, 17/09/26, 01/10/26, 15/10/26, 29/10/26</p>	<p>Avalon Marshes Centre Shapwick Road, Westhay, Glastonbury, Somerset BA6 9TT</p>	<p>Level 1 Assistance dogs only</p> <p>      </p>	<p>Kate, Jane, & Teresa walks@sasp.co.uk In partnership with</p> <p>  </p>

B Bridgwater - Bruton - Burnham-On-Sea






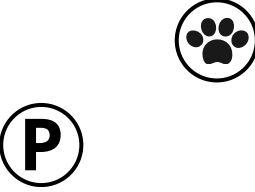
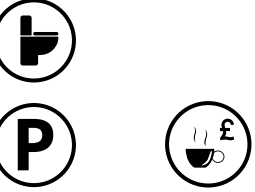
<p>Bridgwater Wednesdays Fortnightly 11am</p> <p>27/05/26, 10/06/26, 24/06/26, 08/07/26, 22/07/26, 05/08/26, 19/08/26, 02/09/26, 16/09/26, 30/09/26, 14/10/26, 28/10/26</p>	<p>Somerset Bridge Medical Centre</p> <p>Stockmoor Park Estate TA6 6LD</p>	<p>Level 1 Assistance dogs only</p> <p>     </p>	<p>Kathy & Gemma 01278 411520</p>
<p>Bridgwater Wednesdays Fortnightly 11am</p> <p>20/05/26, 03/06/26, 17/06/26, 01/07/26, 15/07/26, 29/07/26, 12/08/26, 26/08/26, 09/09/26, 23/09/26, 07/10/26, 21/10/26</p>	<p>Bridgwater Town Centre Morrisons, Bridgwater TA6 3LN</p> <p>Meet at drop off/pick up bay</p> <p><i>This walk is along canal paths, the meads eco park and ending at Westfield cafe the walk lasts around an hour and covers 1.5miles at a gentle pace</i></p>	<p>Level 1 Assistance dogs only</p> <p>      </p>	<p>Ray 07871 253291 walks@sasp.co.uk</p>


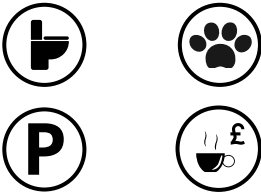
Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Bridgwater 2nd Thursday 1pm</p> <p>11/06/26, 09/07/26 13/08/26, 10/09/26 08/10/26, 12/11/26, 17/12/26</p>	<p>Wilstock & Stockmoor Outside Stockmoor Cafe on Nokoto Drive, Stockmoor, TA6 6WU</p> 	<p>Level 2</p>    	<p>Nick & Julia discoverwild @somerset.gov.uk</p>
<p>Bridgwater Fridays 10am</p> <p>Not Bank Holidays</p>	<p>Cranleigh Gardens Medical Centre TA6 5JS</p> <p>No parking at Cranleigh, suggested parking at Morrisons, where the walk will end TA6 3LN</p>	<p>Level 2</p>    	<p>Keith & Sue walks@sasp.co.uk</p>
<p>Bruton Thursdays at 10am</p>	<p>Bruton Health Walk The Green at Church Bridge BA10 0EQ</p> <p>parking along the high street is restricted to 2 hours, further parking near the station</p>	<p>Level 2</p> <p>A shorter walk may be available, please contact the walk leader for more details.</p>  	<p>Pauline Dilly Louise Angela & Jocelyn</p> <p>01749 850650 paulinewills365@ gmail.com</p>
<p>Burnham-on-Sea Wednesdays 10.30am</p>	<p>Marine Cove, Sea Front, Nr St Andrews Church TA8 1AW</p>	<p>Level 1 & Level 2 Assistance dogs only</p>     	<p>Wendy & Joan 07914 752744</p>

CD



C Cannington - Chard - Creech - Crewkerne

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Cannington Wednesdays 10am</p> <p>2nd & 4th of the month 27/05/26, 10/06/26, 24/06/26, 08/07/26, 22/07/26, 12/08/26, 26/08/26, 09/09/26, 23/09/26, 14/10/26, 28/10/26</p>	<p>Cannington Phone Box, Brook Street TA5 2JL</p>	<p>Level 1 Assistance dogs only</p> 	<p>Steve & Vicki 07747 127334 steveatkinson@uwclub.net</p>
<p>Chard Wednesdays Fortnightly 10am</p> <p>20/05/26, 03/06/26, 17/06/26, 01/07/26, 15/07/26, 29/07/26, 12/08/26, 26/08/26, 09/09/26, 23/09/26, 07/10/26, 21/10/26</p>	<p>Summerfields Surgery Summerfields Road Chard Somerset TA20 2EW</p>	<p>Level 1 Assistance dogs only</p> 	<p>Carrie Saunders carrie.saunders1 @nhs.net In partnership with</p> 
<p>Creech St Michael First Wednesday of the month 10:30am</p> <p>03/06/26 01/07/26, 05/08/26 02/09/26, 07/10/26 04/11/26, 02/12/26</p>	<p>Creech St Michael Canal side car park TA3 5PR</p>	<p>Level 3</p> 	<p>Kathie & Chrissie walks@sasp.co.uk</p>
<p>Creech St Michael Last Thursday of the month 10:30am</p> <p>28/05/26, 25/06/26, 30/07/26, 27/08/26, 24/09/26, 29/10/26, 26/11/26 No walk in December</p>	<p>Creech St Michael Village Hall Car Park Creech St Michael Ryesland Way TA3 5QQ</p>	<p>Level 2 Assistance Dogs only</p> 	<p>Linda gettinglostwithlinda @gmail.com</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Crewkerne 4th Saturday of the month 9.45am for 10am</p> <p>23/05/26, 20/06/26, 25/07/26, 22/08/26, 26/09/26, 24/10/26</p>	<p>Crewkerne Family Health Walk Behind the Aqua Centre TA18 7LZ</p>	<p>Level 2</p> 	<p>Amy and Gareth</p> <p>amyjlongman@gmail.com</p>
<p>Crewkerne Tuesday 9.30am for 9.45am</p>	<p>Crewkerne Health Walk Behind the Aqua Centre TA18 7LZ</p>	<p>Level 2 & Level 3</p> 	<p>Sue and Mike Frackiewicz</p> <p>suefrack@btinternet.com 07761 441453</p>


D Dulverton

<p>Dulverton Every Tuesday at 10am</p>	<p>Dulverton Area</p> <p>Meeting points and routes change each week. Please get in touch to be added to the WhatsApp group for more information</p>	<p>Level 3 Assistance Dogs only</p> <p>A shorter walk may be available, depending on route. Please contact the walk leader for more information</p>	<p>Richards, Linda, and Louise</p> <p>walks@sasp.co.uk</p>
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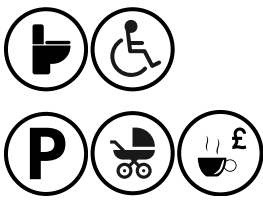
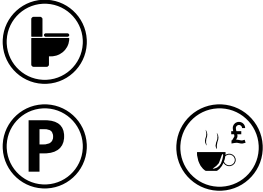
E F



E Edington

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Edington Mondays 1.30pm</p> <p>2nd & 4th of the month 25/05/26, 08/06/26, 22/06/26, 13/07/26, 27/07/26, 10/08/26, 24/08/26, 14/09/26, 28/09/26, 12/10/26, 26/10/26</p>	<p>Edington Surgery Quarry Ground Edington TA7 9HA</p>	<p>Level 1 Assistance dogs only</p> 	<p>Laura & Holly walks@sasp.co.uk</p>

F Frome



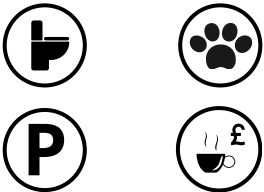
<p>Frome Mondays</p> <p>Excluding Bank Holidays</p> <p>10.15 for a 10.30am start</p>	<p>Cheese and Grain Frome BA11 1BE</p>	<p>Beginner & Level 1 Assistance dogs only</p> 	<p>Maggie, Peter, Vron, & Tracey</p>
<p>Frome Wednesdays</p> <p>9.15 for a 9.30am start</p>	<p>Frome Medical Practice Enos way BA11 2FH</p> <p>Please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH</p>	<p>Level 1 & Level 2 Assistance dogs only</p> 	<p>Sue, Vron, Maggie, Peter, Gayle, Martin & Linda</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Frome Fridays 10.15am for 10.30am	Meeting points change, please see separate schedule for information on each walk	Level 3/4 Assistance dogs only	Linda, Liz, Martin, Tricia, Fiona, Sue, Judith, & Terry


G H



G Glastonbury






Day/Time	Meeting place	Walk Level / Information	Walk Leader
Glastonbury Every Wednesday 10am for 10.15 start	Meet outside the Town Hall Magdalene Street BA6 9EL	Level 1 Assistance dogs only 	Health connections Team West Mendip walks@sasp.co.uk In partnership with 
Glastonbury Friday Fortnightly 10am for 10.15 start 22/05/26, 05/06/26, 19/06/26, 03/07/26, 17/07/26, 31/07/26, 14/08/26, 28/08/26, 11/09/26, 25/09/26 09/10/26, 23/10/26	Meet outside the Town Hall Magdalene Street BA6 9EL	Level 3 & 4 	Chris facebook.com/ GlastonburyandStreet HealthWalks

H Highbridge

Highbridge Thursdays 10am for 10.15 start	Purple Spoon Café Highbridge TA9 3DD	Level 2 Assistance dogs only 	Ian & Lindsay walks@sasp.co.uk
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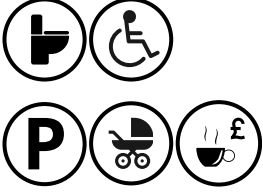
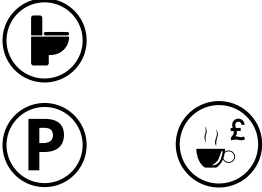
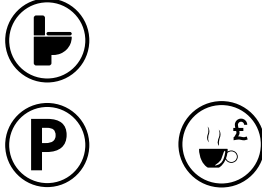
I



Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Iminster Monday 10am</p>	<p>Iminster Health Walk The Iminster Health Centre Canal Way, Iminster TA19 9FE</p>	<p>Level 2 Assistance dogs only</p>  	<p>Brian Hamilton notlimahjb@hotmail.com</p>
<p>Iminster Tuesday 10am</p>	<p>Iminster Health Walk The Iminster Health Centre Canal Way, Iminster TA19 9FE</p>	<p>Level 3</p>   	<p>Brian Hamilton notlimahjb@hotmail.com</p>
<p>Iminster Thursday 6.30pm</p> <p>Summer months only March to October</p>	<p>Iminster Evening Health Walk Various Meeting points in Town Please contact walk leader Brian</p>	<p>Level 3 Assistance dogs only</p>	<p>Brian Hamilton notlimahjb@hotmail.com</p>

L





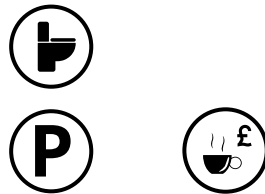
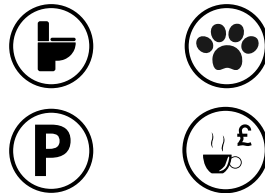
Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Langport Fortnightly Tuesdays 10.15 for 10.30am</p> <p>26/05/26, 09/06/26, 23/06/26, 07/07/26, 21/07/26, 04/08/26, 18/08/26, 01/09/26, 15/09/26, 29/09/26, 13/10/26, 27/10/26</p>	<p>Meeting in the Library</p> <p>TA10 9RA</p>	<p>Level 1 Assistance Dogs only</p> 	<p>Contact Sally Walk Leaders Sally, Bryan, Andy & David</p> <p>walks@sasp.co.uk</p>
<p>Langport 1st & 3rd Sunday of the month 11am</p> <p>07/06/26, 21/06/26, 05/07/26, 19/07/26, 02/08/26, 16/08/26, 06/09/26, 20/09/26, 04/10/26, 18/10/26</p>	<p>Eli's Rose and Crown Huish Episcopi Langport TA10 9QT</p>	<p>Level 2 Assistance dogs only</p> 	<p>Contact Andy Walk leaders Andy, Maggie, Sally & Sarah</p> <p>07377 512570 aknowles6011@gmail.com</p>
<p>Langport 2nd & 4th Monday of the month 10.30 for 10:45am</p> <p>26/05/26, 15/06/26, 29/06/26, 13/07/26, 27/07/26, 10/08/26, 24/08/26, 14/09/26, 28/09/26, 13/10/26, 27/10/26</p>	<p>Meeting in the Library</p> <p>TA10 9RA</p>	<p>Level 3 Walk Assistance Dogs only Please wear appropriate clothing and footwear</p> 	<p>Contact Lynn Walk leaders Lynn, Wendy, Bryan, Sheila & Sally</p> <p>01823 490318 lynnwheller@gmail.com</p>










M





Martock - Merriott - Minehead

Day / Time	Meeting Place	Walk Level / Information	Walk Leader
<p>Martock 2nd Tuesday of the month 10:30am</p> <p>09/06/26, 14/07/26, 11/08/26, 08/09/26, 13/10/26, 10/11/26, 08/12/26</p>	<p>Martock Wellbeing Health Walk Martock Recreation Ground TA12 6AF</p>	<p>Level 1</p> 	<p>Naomi community.support @martock-pc.gov.uk 07539 754413</p>
<p>Martock 4th Friday of the month 10:30am</p> <p>22/05/26, 26/06/26, 24/07/26, 28/08/26, 25/09/26, 23/10/26, 27/11/26</p>	<p>Martock Wellbeing Health Walk The Precinct Moorland Shopping Centre TA12 6DN</p>	<p>Level 1</p> 	<p>Naomi community.support @martock-pc.gov.uk 07539 754413</p>
<p>Martock 3rd Friday of the month 9:30am</p> <p>19/06/26, 17/07/26, 21/08/26, 18/09/26, 16/10/26, 20/11/26, 18/12/26</p>	<p>Martock Health Walk The Precinct Moorland Shopping Centre TA12 6DN</p>	<p>Level 2 Assistance dogs only</p> 	<p>Maggie maggieludbrook @yahoo.co.uk</p>
<p>Martock 1st Friday of the month at 9:30am</p> <p>05/06/26, 03/07/26, 07/08/26, 04/09/26, 02/10/26, 06/11/26, 04/12/26</p>	<p>Martock Hares Walk The Precinct Moorland Shopping Centre TA12 6DN</p>	<p>Level 3 / 4</p> 	<p>Paul paul@helyer.me.uk 07903904415</p>





Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Merriott 2nd & 4th Thursday 10:30am</p> <p>21/05/26, 11/06/26, 25/06/26, 09/07/26, 23/07/26, 13/08/26, 27/08/26, 10/09/26, 24/09/26, 08/10/26, 22/10/26</p>	<p>Merriott Health Walk ARK at Egwood Merriott TA16 5QN</p>	<p>Level 2</p> <p>   </p>	<p>Jackie Parsons jackie@ arkategwood.com 07974 658782</p>
<p>Minehead Every Thursday at 10am</p>	<p>Minehead Area</p> <p>Meeting points change, please get in touch with the walk leader for the schedule</p>	<p>Level 1 Assistance Dogs only</p> <p>  </p>	<p>Kay Bullen kaybullen@sky.com 01643 706125</p>
<p>Minehead Every Tuesday at 10am</p>	<p>Minehead Area</p> <p>Meeting points change, please get in touch with the walk leader for the schedule</p>	<p>Level 2 / Level 3 Assistance Dogs only</p> <p></p>	<p>Kay Bullen kaybullen@sky.com 01643 706125</p>
<p>Minehead Every Tuesday at 9.30am</p>	<p>Minehead Area</p> <p>Meeting points change, please get in touch with the walk leader for the schedule</p>	<p>Level 3 / Level 4 Assistance Dogs only</p> <p></p>	<p>Maggie 07938 235973</p>

Q

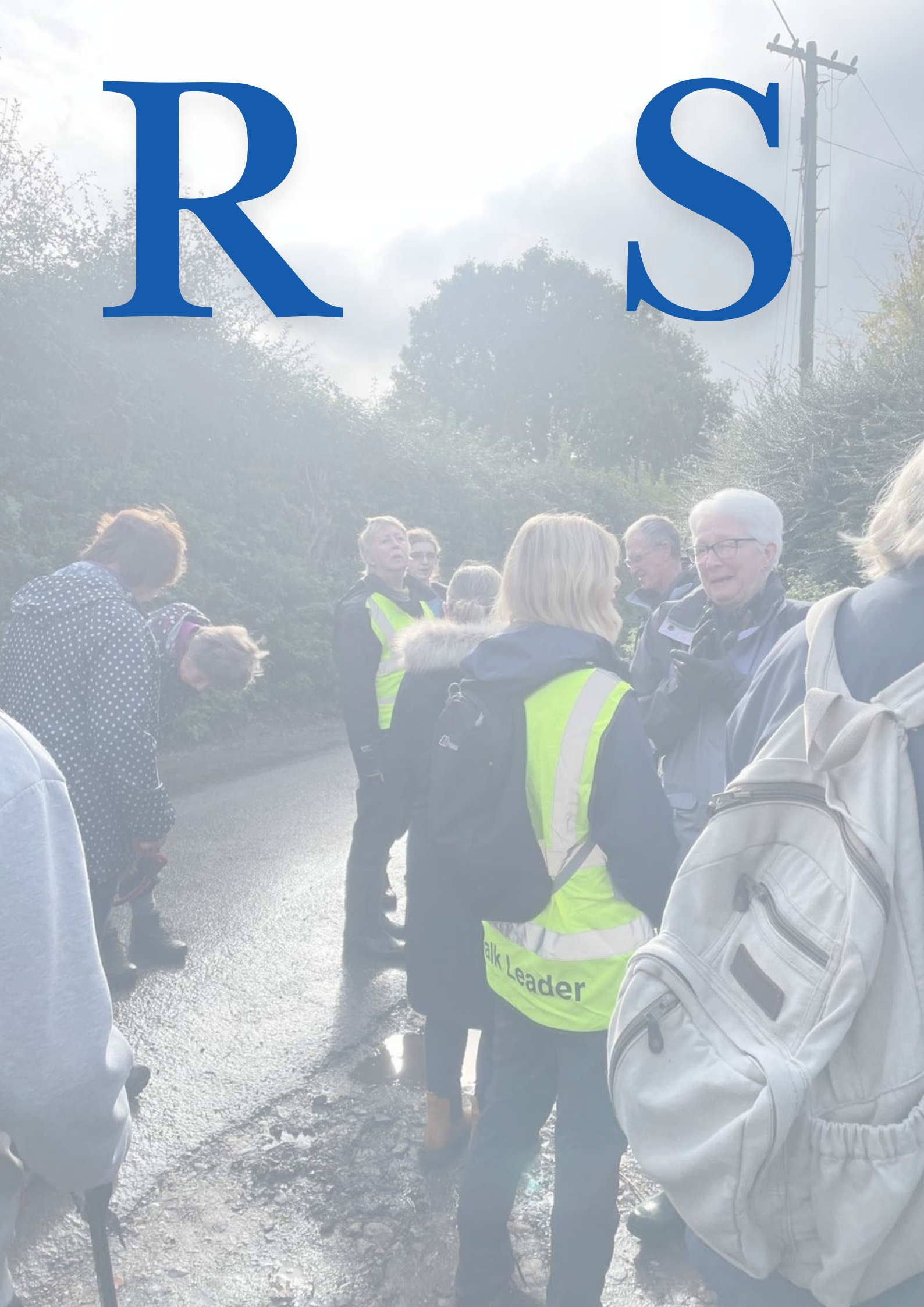


Q Quantocks - Queen Camel





Day/ Time	Meeting Place	Walk Level / Information	Walk Leader
<p>The Quantock Hills</p> <p>Thurs 21st May Sat 27th June Thurs 23rd July Sat 22nd August, Thurs 17th Sept, Sat 17th Oct, Thurs 19th Nov</p>	<p>Soul Walks on The Quantock Hills</p> <p>A mindfulness walk</p> 	<p>Walks will usually be around 2-3 hours</p>	<p>Contact Linda: gettinglostwithlinda@gmail.com</p> <p>Booking is essential</p>
<p>Queen Camel Fridays at 10 am</p>	<p>Queen Camel Health Walk</p> <p>The Old School external car park BA22 7NH</p>	<p>Level 3 Walk Assistance Dogs only</p>   	<p>Georgina Hainsby</p> <p>walks@sasp.co.uk</p>

R S



























R Ruishton










Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Ruishton Third Wednesday of the month 10:30am</p> <p>20/05/26, 17/06/26, 15/07/26, 19/08/26, 16/09/26, 21/10/26, 18/11/26 No walk in December</p>	<p>Ruishton Village Hall Car Park Cheats Rd TA3 5JD</p>	<p>Level 3</p> <p> </p>	<p>Pat</p> <p>walks@sasp.co.uk</p>

S Shepton Mallet - Somerton - Steart Marshes Stoke sub Hamdon - Street




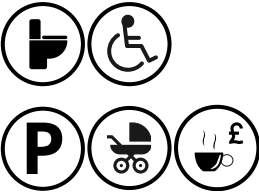
<p>Shepton Mallet 2nd & 4th Tuesday of the month 10am for 10.15am start</p> <p>26/05/26, 09/06/26, 23/06/26, 14/07/26, 28/07/26, 11/08/26, 25/08/26, 13/10/26, 27/10/26</p>	<p>Collett Park off Park road</p> <p>Meet by the café and toilets, suggested parking at Tesco BA4 5EG</p>	<p>Beginner Walk Assistance dogs only</p> <p>    </p>	<p>Caroline & Mandy</p> <p>somicb.healthconnection s.central@nhs.net</p> <p>In partnership with</p> <p> HEALTH CONNECTIONS MENDIP PCN <small>Your GP practice social prescribing and health coaching team</small></p>
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Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Shepton Mallet Wednesday fortnightly 10am for 10.15 start 27/05/26, 10/06/26, 24/06/26, 08/07/26, 22/07/26, 05/08/26, 19/08/26, 02/09/26, 16/09/26, 30/09/26, 14/10/26, 28/10/26</p>	<p>Collett Park off Park road Meet by the café and toilets, suggested parking at Tesco BA4 5EG</p>	<p>Level 2</p>    	<p>Frank, Steve, & Sheila walks@sasp.co.uk</p>
<p>Somerton 1st & 3rd Thursday of the month 11:30am 21/05/26, 04/06/26, 18/06/26, 02/07/26, 16/07/26, 06/08/26, 20/08/26, 03/09/26, 17/09/26, 01/10/26, 15/10/26</p>	<p>Somerton Library TA11 7PR</p>	<p>Level 1/2 Assistance Dogs only</p>   	<p>Mo & Peter 07718 920198 fletcher080@ btinternet.com</p>
<p>Stear Marshes Mondays 10am</p>	<p>Stear Marshes Car Park TA5 2PU</p>	<p>Level 1 Assistance dogs only</p>    	<p>Steve 07747 127334 steveatkinson @uwclub.net</p>
<p>Stear Marshes Thursdays 10am</p> 	<p>Stear Marshes Car Park TA5 2PU Last Thursday of the month the walk will leave from Otterhampton Village Hall Combwich TA5 2QZ</p>	<p>Level 2/3</p>      	<p>Jenny Jenny.McCubbin @wwt.org.uk In partnership with</p> 

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Stoke-sub-Hamdon 2nd & 4th Monday 10:00am</p> <p>08/06/26, 22/06/26, 13/07/26, 27/07/26, 10/08/26, 24/08/26, 14/09/26, 28/09/26, 12/10/26, 26/10/26</p>	<p>Stoke-sub-Hamdon Health Walk</p> <p>The Lighthouse Coffee Shop, All Saints Hall TA14 6PZ</p>	<p>Level 3 Walk</p> <p>* Level 1 Walk available</p> <p>Where there is bank holidays, walks move to 3rd Monday</p>    	<p>Sue Latimer suelatim@ gmail.com 07792 311736</p> <p>*please contact Sue for details. Assistance dogs only, and no toilets available for Level 1 walk</p>
<p>Street Mondays 10am for 10.15 start</p> <p>Excluding bank holidays</p>	<p>Crispin Community Centre</p> <p>Meet at the entrance (opposite the Parish offices) BA16 0HA</p>	<p>1st Monday - Beginner 2nd Monday - Level 1 3rd Monday - Level 2 4th Monday - Level 3 5th Monday - Level 4</p>     	<p>Adam & Anita</p> <p>facebook.com/ GlastonburyandStreetHe althWalks</p> <p>Beginner and L1 walks are accessible and assistance dogs only</p>

T



Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Taunton Mondays Fortnightly at 1:30pm</p> <p>01/06/26, 15/06/26, 29/06/26, 13/07/26, 27/07/26, 10/08/26, 24/08/26, 07/09/26, 21/09/26, 05/10/26, 19/10/26</p>	<p>The Cooper Associates County Ground Taunton Outside the Marcus Trescothick Pavilion TA1 1JT</p>	<p>Level 1 / Level 2</p> 	<p>Steve and Liz walks@sasp.co.uk</p>
<p>Taunton Tuesdays Fortnightly at 11am</p> <p>26/05/26, 09/06/26, 23/06/26, 07/07/26, 21/07/26, 04/08/26, 18/08/26, 01/09/26, 15/09/26, 29/09/26, 13/10/26, 27/10/26</p>	<p>Vivary Park The benches behind War Memorial TA1 3QF</p>	<p>Beginner Walk Assistance dogs only</p> 	<p>Helen walks@sasp.co.uk</p>
<p>Taunton Wednesdays 10.15am</p>	<p>Meeting points change, please see separate schedule for information on each walk</p>	<p>Level 1 / Level 2 Level 1 is an accessible walk Assistance Dogs only</p>	<p>walks@sasp.co.uk</p>




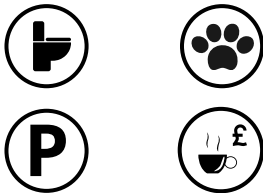
W


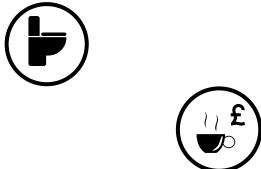





W

Wedmore - Wellington - Wells - Wincanton - Wiveliscombe - Woolavington






















Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Wellington Thursdays</p> <p>10:30am</p>	<p>Meeting points change, please see separate schedule for information on each walk</p>	<p>Level 1 / Level 3 L1 is an accessible walk</p> 	<p>walks@sasp.co.uk</p>
<p>Wellington Mondays</p> <p>10.30am</p>	<p>Meeting points change, please see separate schedule for information on each walk</p>	<p>Level 1 / Level 3 L1 is an accessible walk</p> 	<p>walks@sasp.co.uk</p>
<p>Wedmore Thursdays 10.15am for 10.30 start</p> <p>04/06/26, 02/07/26</p> <p>Please contact us for further dates</p>	<p>Sweets Tea Rooms, Blakeway, Wedmore, BS28 4UE</p> 	<p>Level 3</p> 	<p>Teresa walks@sasp.co.uk</p>

Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Wells Thursday fortnightly 10am for 10.15 start</p> <p>21/05/26, 04/06/26, 18/06/26, 02/07/26, 16/07/26, 30/07/26, 13/08/26, 27/08/26, 10/09/26, 24/09/26, 08/10/26, 22/10/26</p>	<p>Morrisons East Somerset Way BA5 1SQ</p>	<p>Level 1 Assistance dogs only</p> 	<p>Lynn walk@mendipmail.co.uk</p>
<p>Wells Tuesday fortnightly 10am for 10.15 start</p> <p>26/05/26, 09/06/26, 23/06/26, 07/07/26, 21/07/26, 04/08/26, 18/08/26, 01/09/26, 15/09/26, 29/09/26, 13/10/26, 27/10/26</p>	<p>Morrisons East Somerset Way BA5 1SQ</p> <p>At the far entrance, past lockers near bollards</p>	<p>Level 3</p> <p>Please note parking is restricted to 2 hours. Road parking nearby or option to purchase more</p> 	<p>Joel walks@sasp.co.uk</p>
<p>2nd Thursday of the month at 11.30am</p> <p>11/06/26, 09/07/26, 13/08/26, 10/09/26, 08/10/26, 12/11/26, 10/12/26</p>	<p>Wincanton Cale Park in the small car park BA9 9ED</p>	<p>Beginner Walk Assistance Dogs only</p> 	<p>Sophie 01963 824400 sophie.wadlow@freedom- leisure.co.uk</p>
<p>Wiveliscombe Wednesday 10:30am</p>	<p>Meet outside Wiveliscombe Rugby Club for a walk around the Recreation Ground (Wivey Rec) TA4 2TA</p>	<p>Beginner Walk Assistance Dogs only</p> 	<p>Valeria valeria@wiveycare.net 07733 183825</p>


Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Woolavington Tuesday 1st & 3rd 1.30pm</p> <p>02/06/26, 16/06/26, 07/07/26, 21/07/26, 04/08/26, 18/08/26, 01/09/26, 15/09/26, 06/10/26, 20/10/26</p>	<p>Polden Medical Practice</p> <p>Meet at Woolavington Village Hall</p> <p>TA7 8DY</p>	<p>Level 1 Assistance dogs only</p> 	<p>Anita & Bev walks@sasp.co.uk</p>

Y



Day/Time	Meeting place	Walk Level / Information	Walk Leader
<p>Yeovil Mondays 9.30am Hendford Lodge Medical Centre Health Walk</p>	<p>Meet outside Goldenstones Leisure Centre BA20 1QZ</p>	<p>Level 3</p>    	<p>Health Coaches 01935 470200 SOMICB.HENDFORDLODGE- HEALTHCOACHES@NHS.NET</p> <p>In partnership with</p> 
<p>Yeovil Tuesdays 10:30am</p>	<p>Meet outside Goldenstones Leisure Centre BA20 1QZ</p>	<p>Level 1 / 2 Assistance Dogs only</p>   	<p>Laura laura.morris@freedom- leisure.co.uk</p>
<p>Yeovil Tuesdays 2pm</p>	<p>The Gateway Café Yeovil BA20 1QN</p>	<p>Level 2</p>    	<p>Eileen, Noel, Sally and Elaine walks@sasp.co.uk</p>
<p>Yeovil Thursdays 2pm Hendford Lodge Medical Centre Health Walk</p>	<p>Meet outside Ninesprings Café BA20 1QZ</p>	<p>Level 1</p>      	<p>Health Coaches 01935 470200 SOMICB.HENDFORDLODGE- HEALTHCOACHES@NHS.NET</p> <p>In partnership with</p> 

For more information on any of the walks please contact Health Walks Co-ordinator Georgina Hainsby on:

 07599654679

 www.sasp.co.uk/health-walks

 walks@sasp.co.uk

 **SomersetHealthWalks**

*Interested in leading a walk?
You can also become a volunteer
health walk leader*

