

Balsam Centre Health Walks




April 2017 - September 2017

PLEASE NOTE: you can just turn up on the day for the short walks but it is VITAL for you to book on to the long walks - even if it's on the morning of the walk. It enables us to contact you if the walk has to be cancelled, and if we have no bookings walk leaders will postpone their walks. Call 01963 31842 to book.

What is a Health Walk?

Health Walks promote walking as an achievable, non-competitive and enjoyable way to improve health and increase physical activity. There are a variety of walks to accommodate absolute beginners to the more experienced. They are a great way to increase your fitness levels, enjoy local natural spaces and meet new people. The walks are all free of charge, but donations are welcome. Walks are led by either Balsam Centre staff or Volunteers, all are trained Health Walk Leaders.

This list of walks can be found on our website www.balsamcentre.org.uk/adult-activities.html#walking and further updates are posted on our Facebook page <https://www.facebook.com/balsamcentre>. 

Which walk is right for me?

There are different types of Health Walks designed to accommodate a range of walking experiences and fitness levels, these are described in more detail below:



Short 30 min Health Walks from Wincanton Medical Centre

*For people who are new to walking, or can't walk far or for long, this 30 minute walk is the perfect start. The walks are on pavements and are planned to avoid the hills so they are all on the level. The Short 30 min walks run every Tuesday, 11:30am, starting and ending at the Wincanton Medical Centre on Dyke's Way. **These walks are highlighted in green italics on the list of walks with a blue foot.***



Health Walks from the Balsam Centre

*These walks are approximately 50 to 60 minutes, 2 - 2.5 miles long, following paths and tracks around Wincanton and the surrounding fields. They are aimed at people who might be less able to take the 2 hour long walks or who have progressed from the Short 30 walks. The walks do include some inclines - because this is Wincanton! These walks run every Tuesday 10am, starting and ending at the Balsam Centre, usually finishing with a cup of tea or coffee in the Centre. **These walks are highlighted in green italics on the list of walks with two green feet.***



Stourhead Buggy Walks (with or without buggy!)

Buggy Walks run every other Thursday, starting 10:30am at the Visitors Centre at Stourhead during term time. (During the holidays other buggy walks will be planned - call 01963 31842 for more information). This is a lovely walk around the beautiful gardens at Stourhead. Entry is free for every adult with a child - extra adults will have to pay the garden entry fee or be National Trust members, (please note that there is a car park fee). All buggy walkers will need to register and collect a pass at The Balsam Centre before the first walk, passes will only be issued to people living within a 10 mile radius of The Balsam Centre, so please take a proof of address with you to register. The paths are level and ideal for buggies, but you can bring your babe in a sling or baby backpack instead! The walks last about 45 minutes, and you can end it in the cafe at Stourhead if you wish. **These walks are highlighted in purple with a blue foot.**



Balsam Walking Group

These are “progression walks” and are aimed at those who have a reasonable level of fitness and are comfortable with walking. The walks start at 10am but the start location varies from week to week. To help you decide which walks are suitable for you a description of each walk is provided with the walk length and number of stiles, etc.. There is no charge

but you are welcome to make a donation at the end of the walk. **These walks are highlighted in bold blue print on the list of walks.**

How do I join a Health Walk?

If you would like to participate in any of the Health Walks please drop into the Centre and complete a registration form before attending your first walk. We are not able to accept walkers without registration.

Walks are free of charge and once you have registered you can join any walk in the programme. Please book a place on the walks you wish to attend. If no one has pre-booked on to the walk, it will be cancelled; leaders will not travel to the walk to inform walkers so if you don't want to waste your journey, let us know you want to attend. Likewise, if a walk has to be cancelled due to flooding etc, we will only contact those who have pre-booked.

We advise that you only attend walks that are at a level you feel comfortable with. If you have not participated in much exercise recently or are worried about your health, please make sure you check with your doctor before increasing your physical activity levels.

Please wear practical clothing and comfortable footwear which provides support and is waterproof. For longer walks please bring drinking water.

An adult must supervise any children under the age of 16. If you wish to bring a child please phone and book your place as some walks may not be suitable for very young children.

Dogs are not allowed on the walks - apart from those belonging to walk leaders.

If you provide us with your email, we will send out information about the conditions of the walk a few days beforehand - and we won't email you about anything else other than the walks (nor will we pass your email on to anyone else).

Are you interested in becoming a Health Walk leader?

You will see that we have some weeks with no longer walk, this is due to a shortage of volunteers. If you would like to help new walkers discover walking, or lead walking enthusiasts on longer walks, please contact Annette at the Balsam Centre on 01963 31842 / email annette@balsamcentre.org.uk

Walk Notes

Using the place references

Short Health Walks start from the Balsam Centre or the Wincanton Medical Centre. Long walks have a grid reference and a postcode. The postcode will get you to the meeting point if you have a satnav but be aware that the postcode is often just the nearest and doesn't pinpoint the place exactly. The grid references refer to the Ordnance Survey maps and give the map number as well as the grid reference. If you want to look up the grid reference online beforehand, go to <http://www.gridreferencefinder.com> and put in the grid letters and numbers. You can then see a map with the reference pinpointed.

Week 1



Tuesday 4th April. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 4th April. 11.30am - Short 30 Medical Centre Walk. Easy/beginner.

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Friday 7th April, 10am. Leaders Peter/Trevor

Charlton Horethorne - Whitcombe (L). A 2 hour walk over open countryside with fine views, several stiles and a short stretch on a minor road. Meet at Charlton Horethorne village shop.

Grid ref: ST 664232, postcode DT9 4NL.

Week 2



Monday 10th April, 10am. Leader Mark

Bruton Combes is a 4.5 miles walk around and above beautiful town of Bruton, a typical Somerset town, built in the early wealth of the wool industry. The walk should take approx 2½ hrs, starting off either across Packhorse Bridge or for the more adventurous the Stepping Stones, then along Lower Backway across some of the Bartons (narrow medieval streets, some no more than enclosed passageways) leading up to the High Street and winding our way up to an ascent of 500ft (150m), through enclosed tracks, open fields, grassy hills and combes. Meet by St Mary's church at 10am. You'll need to park either in the small free parking off Silver Street 50yds west of the church or a larger car park about 300metres to the East (near Bean Shot Coffee and The Godminster Shop).

Grid ref: ST 684348, postcode BA10 0EB



Tuesday 11th April. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 11th April. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.

Week 3



Tuesday 18th April. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 18th April. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Wednesday 19th April, 10am. Leader Lu

Shillingstone & the North Dorset Trailway. 6 miles along the trailway to Stourpaine and back. This is a level, fairly easy walk. After the walk you may wish to explore the Shillingstone Railway Project and the cafe should be open on Wednesdays. Park and meet in the car park just off the A357 on Bere Marsh road.
Grid ref: ST 822119, nearest Postcode DT11 0QX.



Thursday 20th April, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 4



Tuesday 25th April. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 25th April. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Friday 28th April, 10am. Leader Mark

Edge of the Levels Walk is a 4.5 miles walk along Polden's edge near Street, heading south down and onto the Somerset Levels, through Compton Dundon and a steady climb back up Monument Hill and along Collard Hill – on the Polden Way. This walk should take approx 2 ½ hrs and is assessed as a Medium Level of difficulty where the paths are initially steep but then become easy tracks and paths. There's only about 3 stiles, with a mix of well-maintained paths, some muddier than others, some tarmac through Compton Dundon and plenty of woodland trails. Meet in the National Trust car park, adjacent to the Youth Hostel (The Chalet) along Cockrod Road just off Ivythorn Hill on the B3151 to Street. Access to the car park is tight but there is another car park on the opposite (south) side of the road.
Grid ref: ST 480345, nearest postcode BA16 0TZ.

Week 5



Monday 1st May, 10am. Leader Lynda.

King Alfred's Tower. A 4 mile circular walk on the Stourhead Estate forest track and through open countryside, meet in King Alfred's Tower car park on Tower Road.
Grid ref: ST 748353, nearest postcode BA10 0JS.



Tuesday 2nd May. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 2nd May. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 4th May, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 6



Monday 8th May, 10am. Leader Mike.

Yeovil Marsh. Just over two hours of walking. Meet at Yeovil Recreation Centre Car Park, Chilton Grove, Yeovil.
Grid reference ST553173, nearest postcode BA21 4AW.



Tuesday 9th May. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 9th May. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.

Week 7



Tuesday 16th May. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 16th May. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 18th May, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF



Friday 19th May, 10am. Leader Mark.

Burrow Mump and the Levels is a 5.2 miles walk which circumnavigates the iconic landmark and follows the River Parrett and tracks across fields and over 6 stiles around the levels. Meet and park in the National Trust free car park by Burrow Mump. Grid ref: ST 360305, nearest postcode TA7 0RB (The car park is on the far side (North East) of the hill. I suggest you approach Burrowbridge on the A361 from the Othery (North) side.)

Week 8



Tuesday 23rd May. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 23rd May. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 25th May, 10am. Leaders Peter/Trevor

Alfred's Tower/Brewham (L). A countryside walk of nearly 5.5 miles, passing through woods and fields to North Brewham before returning. It includes a steep ascent and several stiles. Meet at Alfred's Tower car park.
Grid ref: ST 748353, nearest postcode BA10 0JS.

Week 9



Tuesday 30th May. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 30th May. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Friday 2nd June, 10am. Leader Mark

'In the Doghouse at Purse Caundle' is a 5 miles (8km) medium difficulty walk over little green hills and valleys with scattered settlements, across field paths, farm tracks, country roads, wet bridleway (wellies recommended), 13 stiles and an ascent gradient of 427ft (130m). Meet outside St Peter's Church, next to the war memorial in Purse Caundle, parking is limited.

Grid ref: ST 695175, nearest postcode DT9 5DY.

Week 10



Monday 5th June, 10am. Leader Lynda

The Parrett between Langport and Muchelney. This 4 mile walk features a riverside path, quiet lanes and footpaths taking us past Muchelney Abbey. Meet outside the Langport library.

Grid ref ST419267, postcode TA10 9RA.



Tuesday 6th June. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 6th June. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 8th June, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 11



Tuesday 13th June. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 13th June. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Wednesday 14th June, 10am. Leader Mark

Day Trip Long Walk - Golden Cap, Jurassic Coast near Seatown. Exact route is yet to be finalised but it will entail a moderate 5-6 mile walk from Seatown (and not Seaton) along the South West Coast Path with the aim of walking up The Golden Cap. There are some steep sections and with the heat at this time of year the walk could prove challenging, but with a sense of humour and steady pace, entirely achievable.

Meet in Seatown Car Park opposite Anchor Inn.

Grid ref: SY 420917, nearest post code DT6 6JX

A mini bus will be leaving The Balsam Centre at 9am at a cost of £9.00 per person, seats are limited, so please book early.

Week 12



Tuesday 20th June. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 20th June. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Wednesday 21st June, 10am. Leader Wendy

Starting from The Balsam Centre walk to Charlton Musgrove church via Whitehall and back via Bayford. Parking in the Memorial car park.

Grid reference ST 715285, nearest postcode BA9 9PA.



Thursday 22nd June, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 13



Tuesday 27th June. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 27th June. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 29th June, 10am. Leaders Peter/Trevor

Compton Abbas. (L). A two hour walk over Fontmell and Melbury nature reserves through Compton Abbas, with very fine views on a clear day. There are some stiles and steep climbs. Park and meet at the off-road car park on the B3081 at the top of Spread Eagle Hill, 200 metres north of the turning to Compton Abbas airfield.

Grid ref ST886187, nearest postcode SP5 5AP.

Week 14

Week beginning 3rd July - there is no long walk in this week.



Tuesday 4th July. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 4th July 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 6th July, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 15



Tuesday 11th July. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 11th July. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Friday 14th July, 10am. Leader Annette

Hambledon Hill. A lovely 5 mile route on good paths with very little road walking. Wonderful views from the top of the hill and its ancient fort - in fact there are 2 old forts on this walk. One steeper incline at the start. Meet and park in the little car park off the road.

Grid reference: ST853112, nearest postcode DT11 8PS

Week 16



Tuesday 18th July. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 18th July. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Wednesday 19th July, 10am. Leader Lu

Castle Cary, Deep lanes to Knap Hollow. This 4 mile walk has mild gradients, tarmac, fields (which may be muddy if we have had rain) and some stiles. Meet at the Market House in the town centre. Parking can be found at Millbrook Gardens or Catherines Close free car parks.

Grid ref ST641323, Postcode BA7 7AL.



Thursday 20th July, 10:30am. 45 minute Buggy Walk.

Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 17



Monday 24th July, 10am. Leader Mike

Hardington Moor. Just over two hours of walking. Meet in West Coker at junction of Ryefields Close, Halves Lane and Font Lane. Parking on road.
Grid reference ST522133, nearest postcode BA22 9BW.



Tuesday 25th July. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 25th July. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.

Week 18



Tuesday 1st August. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 1st August. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.

Friday 4th August, 10am. Leaders Trevor/Peter

Manors and Mills on the banks of the Stour (L). This 5.3 mile walk starts mildly enough following the River Stour south of Sturminster Newton to Fiddleford Mill and Fiddleford Manor. Then, after crossing the busy A357, rises through the nature reserves of Piddles Wood to Broad Oak before dropping down again to Newton and returning to Newton Mill. The route follows woodland tracks which can be muddy, grass paths as well as pavement and tracks. This is a varied walk with something for everyone. This is an area steeped in history and, if you have the whole day free, it is worth returning to Fiddleford Manor which is held by English Heritage. Park by Sturminster Mill, signposted “Newton” off the A357.
Grid ref ST 782135, postcode DT10 2DQ.

Week 19



Monday 7th August, 10am. Leader Lynda

Compton Dundon. 4 - 5 miles. The high point of this walk is a modest ascent of Lollover Hill rewarded by panoramic views. Meet and park at St. Andrew’s Church in Compton Dundon.
Grid ref: ST 479325, postcode TA11 6TE.



Tuesday 8th August. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 8th August. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.

Week 20



Tuesday 15th August. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 15th August. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Friday 18th August, 10am. Leader Annette

St. Mary's Church, Hardington Mandeville. A 4.5 mile walk with spectacular views of South Somerset and Dorset, taking in two churches and a National Nature Reserve en route. There is a steep ascent to Coker Ridge and gentle slopes. A mix of lane and field walking. Meet and park at St. Mary's Church, Hardington Mandeville (the village side where there is parking).

Grid ref: ST512119, nearest postcode BA22 9PQ

Week 21



Tuesday 22nd August. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 22nd August. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 24th August, 10am. Leaders Trevor/Peter

South Cadbury. A 2 hour walk from near-historic Cadbury Castle around the north of that site (and sight) to Sutton Montis and near Weston Bampfylde returning over fields near Whitcombe, with some stiles and lane walking. Park and meet in the public car park for Cadbury Castle.

Grid ref ST 632253, postcode BA22 7HA.

Week 22



Tuesday 29th August. 10am – Balsam Centre Health Walk. Moderate.

Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 29th August. 11.30am - Short 30 Medical Centre Walk. Easy/beginner

Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Wednesday 30th August, 10am. Leader Wendy

Walk from Bourton up the Stour river valley past Pen Pits to Bottle's Hill and back via Zeals Row. Parking on the roadside at the junction of the B3092 and High Street.

Grid reference ST778309, nearest postcode SP8 5AT (The White Lion Inn).

Week 23



Tuesday 5th September. 10am – Balsam Centre Health Walk. Moderate.
Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 5th Sept. 11.30am - Short 30 Medical Centre Walk. Easy/beginner
Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 7th September, 10:30am. 45 minute Buggy Walk.
Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF



Thursday 7th September, 10am. Leader Annette
Odcombe parish walk, 5 miles. This walk has some good views of the surrounding countryside with archaeological points of interest such as a mediaeval village, ramparts, a tower and a stately home. The walk has several ascents and descents as it explores the local valleys but nothing too taxing! Meet and park at Odcombe Village Hall.
Grid ref: ST509153, nearest postcode BA22 8XP

Week 24

Week beginning 11th September - there is no long walk in this week.



Tuesday 12th September. 10am – Balsam Centre Health Walk. Moderate.
Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 12th Sept. 11.30am - Short 30 Medical Centre Walk. Easy/beginner
Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.

Week 25



Tuesday 19th September. 10am – Balsam Centre Health Walk. Moderate.
Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 19th Sept. 11.30am - Short 30 Medical Centre Walk. Easy/beginner
Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Wednesday 20th September, 10am. Leader Lu
Bruton Hauser & Wirth. This is approximately 4 miles through woods and countryside. Meet and park at the Hauser & Wirth Gallery car park.
Grid ref ST 686345, postcode BA10 0NL.



Thursday 21st September, 10:30am. 45 minute Buggy Walk.
Meet at Stourhead Visitors Centre. 10am. Postcode BA12 6QF

Week 26



Tuesday 26th September. 10am – Balsam Centre Health Walk. Moderate.
Starting and ending at the Balsam Centre. Walks are 2 to 2.5 miles long and typically 50 minutes long. Postcode BA9 9PA.



Tuesday 26th Sept. 11.30am - Short 30 Medical Centre Walk. Easy/beginner
Starting and ending at Wincanton Medical Centre, Dykes Way. A 30 minute level walk on pavements. Postcode BA9 9FQ.



Thursday 28th September, 10am. Leaders Trevor/Peter

Charlton Horethorne and Poyntington. (L). A mixed terrain walk over open country with views to the nearby village with some stiles. Meet near Charlton Horethorne village shop and next door pub.

Grid ref: ST665232, nearest postcode DT9 4NL.



PLEASE READ THE FOLLOWING INFORMATION ON LYMES DISEASE.

Carried by ticks, Lyme Disease has become more prevalent in the UK, and we may be walking in areas where these ticks are found. There can be nasty consequences if you are bitten and don't realise it, so read the following information so you know what to look for and what to do if you are bitten.

Lyme disease is a bacterial infection spread to humans by infected ticks. They feed on the blood of birds and mammals, including humans. Lyme disease can often be treated effectively if it's detected early on. But if it's not treated or treatment is delayed, there's a risk you could develop severe and long-lasting symptoms.



The classic bite looks like a bulls-eye rash. If you suspect you have been bitten, visit your doctor. Diagnosing Lyme disease is often difficult as many of the symptoms are similar to other conditions.

A spreading rash some days after a known tick bite should be treated with appropriate antibiotics without waiting for the results of a blood test.

However, around one in three people with Lyme disease won't develop this rash. Flu-like symptoms, extreme tiredness and headaches may occur and if left untreated the disease may spread throughout the body to the nervous system, joints, skin, heart and eyes, causing a range of symptoms eg. Facial palsy and nerve root pain.

Prevention

The best way to prevent the condition is to take sensible precautions.

- **wear appropriate clothing** (a long-sleeved shirt and trousers tucked into your socks)
- **wear light-coloured fabrics** that may help you spot a tick on your clothes
- **use insect repellent** on exposed skin
- **inspect your skin for ticks**, particularly at the end of the day, including your head, neck and skin folds (armpits, groin, and waistband) – remove any ticks you find promptly
- **make sure ticks are not brought home** on your clothes



If you find a tick on your skin, remove it by gently gripping it as close to the skin as possible, preferably using fine-toothed tweezers. Pull steadily away from the skin without twisting or crushing the tick. Wash your skin with water and soap afterwards, and apply an antiseptic cream to the skin around the bite. Don't use a lit cigarette end, a match head or substances such as alcohol or petroleum jelly to force the tick out. Some veterinary surgeries and pet shops sell inexpensive tick removal devices.

Awareness is key - do not stop enjoying outdoor activities!

A BIG thanks to.....

.... all the volunteer walk leaders; Ali, Annette, Dave, Diane, Erica, Karen, Lu, Lynda, Mark, Mike, Owain, Paul, Peter, Poppy, Simon, Terri, Trevor and Wendy. They have all planned the many varied walks in our programme and continue to come up with new and interesting walks each year. We would also like to welcome Tony and Lynn to our team.