



Balsam Centre Health Walks October 2017 - March 2018

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 Volunteers who are trained Health Walk Leaders.

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 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 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.***



Short Health Walks from the Balsam Centre

These walks are approximately 50 to 60 minutes long, and average 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 at Stourhead every other Thursday, starting at 10:30am from the Visitors Centre at Stourhead. 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.

We now have a Wincanton Buggy Walk, every Tuesday, 1.30pm, starting and finishing at the Centre - stay for a cuppa afterwards!

The paths are level and ideal for buggies, but you can bring your babe in a sling or baby backpack instead, or toddlers who want to walk on their own also welcome. 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 on 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?

We need more walk leaders and back stops to ensure we can put on these walks. If you enjoy our walks, perhaps you might like to consider becoming a walk leader. The Walking for Health scheme offer free training, and you can choose which walks and how many walk you would like to assist with. For full details, contact Annette 01963 31842, email annette@balsamcentre.org.uk

Walk Notes

Using the place references

Short Health Walks start from the Balsam Centre or the 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 3rd October, 10am – Short Balsam 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 3rd October, 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.



Tuesday 3rd October, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Wednesday 4th October, 10am. Leaders Owain and Paul

Fonthill : A 4.2 mile walk around the beautiful Fonthill Estate through parkland and fields.

Meet and park at the Beckford Arms car park.

Postcode SP3 6PX, grid ref ST 931 312.



Thursday 5th October, 10:30am. 45 minute Buggy Walk.

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

Week 2



Tuesday 10th October, 10am – Short Balsam 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 10th October, 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.



Tuesday 10th October, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Wednesday 11th October, 10am. Leader Wendy

Tintinhull House (NT) : This is a fairly level walk to Montacute House (N.T.), back via Icicle Barn and Stoneshells Farm.

Meet and park at Tintinhull House Car Park.

Postcode BA22 8PZ, grid ref ST 504 196.

Week 3



Monday 16th October, 10am. Leader Lynda

Ham Hill & Montacute : A 4.5 mile walk with great views some ups and downs but only one steep ascent.

Meet outside Prince of Wales pub, parking at Ham Hill Country car park. Postcode TA14 6RW, grid ref ST 478 168.



Tuesday 17th October, 10am – Short Balsam 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 17th October, 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.



Tuesday 17th October, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 19th October, 10:30am. 45 minute Buggy Walk.

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

Week 4



Tuesday 24th October, 10am – Short Balsam 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 24th October, 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.



Tuesday 24th October, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 26th October, 10am. Leader Trevor and Peter

Bruton - Redlynch : A 5 mile walk over undulating country to the south and east of Bruton, over fields, lanes and tracks with some road walking and some stiles.

Meet at St Mary's Church, Bruton.

Postcode BA10 0EB, grid ref ST 685 348.

Week 5



Tuesday 31st October, 10am – Short Balsam 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 31st October, 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.



Tuesday 31st October, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 2nd November, 10:30am. 45 minute Buggy Walk.

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



Friday 3rd November, 10am. Leaders Lynn and Tony

White Horse Westbury : An exhilarating 4 mile walk to a famous white horse. Field paths and downland tracks.

Meet at Jubilee Hall Bratton (Hall car park or nearby on street parking).

Postcode BA13 4RW, grid ref ST 914 523

Week 6



Tuesday 7th November, 10am – Short Balsam 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 7th November, 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.



Tuesday 7th November, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Tuesday 7th November, 10am. Leader Annette

East Knoyle : A lovely 4.2 mile walk through woods and a nature reserve, with beautiful views.

Meet and park at a rough car park on Wise Lane, as you come up the hill, there is a clearing on the left and a track just past it leads to an area used for parking.

Postcode SP3 6BN, grid ref ST 871 310.

Week 7



Monday 13th November, 10am. Leader Mike

Jack the Treacle Eater : A 2 hour circular tour on the Barwick Estate, a look at several follies and fine views to the south on a clear day. Some stiles and a little road walking. One field might have cows.

Meet at the Cineworld Overflow car park in Yeovil (charges apply).

Postcode BA20 1NJ, grid ref ST 563 159.



Tuesday 14th November, 10am – Short Balsam 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 14th November, 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.



Tuesday 14th November, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 16th November, 10:30am. 45 minute Buggy Walk.

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

Week 8



Tuesday 21st November, 10am – Short Balsam 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 21st November, 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.



Tuesday 21st November, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 23rd November, 10am. Leaders Peter and Trevor

Mere - Whitesheet Hill : A 5.5 mile walk with a fairly steep climb up to Whitesheet Hill then down to Stourton with a gentle return to Mere, over fields and tracks with a few stiles.

Meet at Manor Farm on Manor Road, north of A303, approach via road from village centre.

Postcode BA12 6HS, grid ref ST 810 330.

Week 9



Tuesday 28th November, 10am – Short Balsam 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 28th November, 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.



Tuesday 28th November, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Wednesday 29th November, 11:15am. Leader Lu

Bath and Christmas Market : A 4.5 mile walk explores the beautiful and historic City of Bath. Passing Sham Castle and taking in the views from Bathampton Down, then returning via the canal. The walk will start outside the Bath Spa train station and end at Pulteney Bridge, where you will then be able to make your own way around the Christmas Market. Meet at Bath Spa Train Station.

Postcode BA1 1SU, grid ref ST 752 643



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

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

Week 10



Tuesday 5th December, 10am – Short Balsam 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 December, 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.



Tuesday 5th December, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 7th December, 10:30am. 45 minute Buggy Walk.

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



Saturday 9th December, 10am. Leader Lu

King Alfred's Tower : A 4 mile circular walk on the Stourhead Estate forest trek and through open countryside.

Meet in King Alfred's Tower car park on Tower Road.

Postcode BA10 0JS, grid ref ST 748 353

Week 11



Tuesday 12th December, 10am – Short Balsam 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 December, 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.



Tuesday 12th December, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Friday 15th December, 10am. Leaders Lynn and Tony

Marnhull : A level 4 mile walk through pastures that owe their presence to mechanised farming.

Meet at village centre (Post Office) Burton Street, Marnhull. On street parking

Postcode DT10 1PP, grid ref ST 774 193

Week 12



Tuesday 19th December, 10am – Short Balsam 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 December, 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.



Tuesday 19th December, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 21st December, 10:30am. 45 minute Buggy Walk.

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



Thursday 21st December, 10am. Leaders Paul

The Christmas Walk : A 3 mile walk in the countryside around Wincanton, starting at the Balsam Centre and returning there for some mince pies and mulled wine.

Meet in the Balsam Centre Cafe, park in the Memorial Hall car park.

Postcode BA9 9PA, grid ref ST 715 285.

Week 13

Week beginning 25th December - no Long, Short or Buggy walks in this week

Week 14



Tuesday 2nd January, 10am – Short Balsam 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 January, 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.



Tuesday 2nd January, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Wednesday 3rd January, 10am. Leader Wendy

Babcary : A fairly level walk to Lower Foddington and back along the River Cary.

Meet and park at The Red Lion Inn car park.

Postcode TA11 7EB, grid ref ST 565 286.

Week 15



Tuesday 9th January, 10am – Short Balsam 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 January, 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.



Tuesday 9th January, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 11th January, 10:30am. 45 minute Buggy Walk.

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



Thursday 11th January, 10am. Leaders Trevor and Peter

Stourhead - Norton Ferris : A 5.5 mile walk over Wiltshire downland over fields, tracks and lanes with some stiles. An early climb up to the downs and a gentler return via Norton Ferris.

Meet in Stourhead NT car park (non members to pay).

Postcode BA12 6QF, grid ref ST 779 339.

Week 16



Monday 15th January, 10am. Leader Lynda

Martock : 4 mile easy walk on farm paths, tracks and country roads across open countryside with views of South Petherton and the River Parrett valley.

Meet and park at Martock recreation grounds.

Postcode TA12 6JX, grid ref ST 458 185.



Tuesday 16th January, 10am – Short Balsam 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 January, 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.



Tuesday 16th January, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.

Week 17



Tuesday 23rd January, 10am – Short Balsam 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 January, 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.



Tuesday 23rd January, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 25th January, 10:30am. 45 minute Buggy Walk.

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



Friday 26th January, 10am. Leaders Lynn and Tony

Coleford / Vobster : A 5 mile walk through Somerset countryside going through remnants of the Somerset coal mining industry.

Meet and park at the Kings Head car park, The Green, Coleford.

Postcode BA3 5LU, grid ref ST 687 487.

Week 18



Tuesday 30th January, 10am – Short Balsam 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 January, 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.



Tuesday 30th January, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Wednesday 31st January, 10am. Leader Wendy

Wincanton to Charlton Musgrove : Starting from the Balsam Centre walk to Charlton Musgrove via Whitehall and back via Bayford.

Meet outside the Balsam Centre and park in the Memorial car park. Postcode BA9 9PA, grid ref ST 715 285



Thursday 1st February, 10:30am. 45 minute Buggy Walk.

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

Week 19



Tuesday 6th February, 10am – Short Balsam 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 February, 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.



Tuesday 6th February, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 8th February, 10am. Leaders Owain and Paul

Stert Coast : A very flat 5 mile walk around the north Somerset Coast and River Parrett Trail. Hopefully with lots of wildlife to see. Expect it to be windy. If the weather is good, bring a picnic.

Meet and park at Stert Drove. Follow the signs for WWT Stert Marshes, but drive past and about a mile further, on the left, is a car park by the coast. Note that toilet facilities can be found at the WWT car park that you will drive past.

Postcode TA5 2PU, grid ref ST 261 453

Week 20



Tuesday 13th February, 10am – Short Balsam 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 February, 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.



Tuesday 13th February, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 15th February, 10:30am. 45 minute Buggy Walk.

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



Friday 16th February, 10am. Leaders Peter and Trevor

Charlton Horethorne and environs : A 5 mile stroll over South Somerset countryside, including a short incline, fields, tracks, with some stiles, muddy in places.

Meet at village pub and shop area in village centre, park in road.

Postcode DT9 4NL, grid ref ST 664 232.

Week 21



Tuesday 20th February, 10am – Short Balsam 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 February, 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.



Tuesday 20th February, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Friday 23rd February, 10am. Leader Mark

Bruton Combes : A 4.5 miles walk around and above the 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).

Postcode BA10 0EB, grid ref: ST 684 348

Week 22



Tuesday 27th February, 10am – Short Balsam 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 February, 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.



Tuesday 27th February, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 1st March, 10:30am. 45 minute Buggy Walk.

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



Saturday 3rd March, 10am. Leader Lu

South Cadbury - Corton Denham Ridge : A 5 mile walk taking in the views of South Somerset.

Meet in the Cadbury Castle Car Park.

Postcode BA22 7HA, grid ref ST 632 253.

Week 23



Tuesday 6th March, 10am – Short Balsam 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 March, 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.



Tuesday 6th March, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Friday 9th March, 10am. Leaders Lynn and Tony

Kingsbury Episcopi : A 4.5 mile walk along the banks of the River Parrett and through apple orchards.

Meet at the car park adjacent to Church School room, Church Street, Kingsbury Episcopi.

Postcode TA12 6AU, grid ref ST 436 210.

Week 24



Monday 12th March, 10am. Leaders Trevor and Peter

Sherborne - Longburton : A varied 5.5 mile walk to Longburton and Lillington starting with a steep climb then a relaxed undulating ramble over fields, tracks and lanes, some stiles.

Meet at The Terrace playing field car park south of Sherborne, off the Dorchester road.

Postcode DT9 6NS, grid ref ST 642 158.



Tuesday 13th March, 10am – Short Balsam 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 March, 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.



Tuesday 13th March, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 15th March, 10:30am. 45 minute Buggy Walk.

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

Week 25



Monday 19th March, 10am. Leader Lynda

White Sheet Hill : A 5 mile walk through parklands and open Chalk Downs.

Meet and park in the Stourhead National Trust Car Park, this is a pay and display car park, unless you are a National Trust member.

Postcode BA12 6QF, grid ref ST 779 340.



Tuesday 20th March, 10am – Short Balsam 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 March, 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.



Tuesday 20th March, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.

Week 26



Tuesday 27th March, 10am – Short Balsam 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 March, 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.



Tuesday 27th March, 1.30pm. 45 minute Buggy Walk.

Meet at The Balsam Centre Centre. Postcode BA9 9HB.



Thursday 29th March, 10:30am. 45 minute Buggy Walk.

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



Thursday 29th March, 10am. Leaders Owain and Paul

Sherborne - Charlock Hill : A 2.5 hour walk to the north of Sherborne, some climbs, stiles, tracks and country lanes.

Meet and park at Quarr Nature Reserve.

Postcode DT9 4JD, grid ref ST 636 174

A new brochure will be coming out at the end of March!

PLEASE READ THE FOLLOWING INFORMATION ON LYME 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, Erica, Karen, Lu, Lynda, Lynn, Maggie, Mark, Mike, Owain, Paul, Peter, Poppy, Simon, Terri, Tony, 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 June to our team.

This list of walks can also 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>



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