



Balsam Centre Health Walks April 2018 - September 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 and the Wincanton Buggy 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:


 **Level 1 Health Walks from Wincanton Medical Centre**
This is a 30 minute walk for people who are new to walking, or can't walk far or for long. The walks are on pavements and are planned to avoid the hills so they are all on the level. These walks run every Tuesday at 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.***

 **Level 2 Health Walks from Wincanton Chiropractic Clinic**
These 30 minutes walks will be at a mid-pace. Walks will mainly be on pavements but will have some small inclines. These walks run every Tuesday at 11.00am, starting and ending at the Wincanton Chiropractic Clinic, 75 High Street, ending with a cup of tea or coffee in the clinic. Further enquiries for this walk telephone (01963) 32986. ***These walks are highlighted in green italics on the list of walks with a blue foot.***

 **Level 3 Health Walks from the Balsam Centre**
These walks are approximately 50 to 60 minutes long, and average 2.5 to 3 miles, 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.***

 **Wincanton Buggy Walks**
Buggy Walks will be starting on 10th April and will run every Tuesday afternoon, starting at 1:30pm from the Balsam Centre. (Booking essential as if no-one has booked the walk will be cancelled) These walks will be mostly on pavements and last approximately 45 to 60 minutes. Babies and children will have to be in pushchairs or in a baby carrier. **These walks are highlighted in purple with a blue foot.**

 **Stourhead Buggy & Toddler Walks**
Buggy Walks run every other Thursday, starting at 10:30am from the Visitors Centre at Stourhead. This is a lovely walk around the beautiful gardens at Stourhead, with or without pushchairs. 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 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 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 and in warm weather 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 walks 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 April – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Thursday 5th April, 10:30am. Stourhead Buggy & Toddler Walk.
Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF



Friday 6th April, 10am. Leaders Lynda & Pamela

Martock : An easy 4 mile walk on farm paths, tracks and country roads with views of South Petherton and the River Parrett valley.
Park at Martock Recreation Ground.
Postcode TA12 6JY, grid ref ST 458 185.

Week 2



Monday 9th April, 10am. Leaders Mike & June

Pilsdon and its Pen : A 1.5 hour walk, with a chance of spotting some deer, a unicorn and sea views.

Meet in the parking space at the south-eastern end of Pilsdon Pen, on the Broadwindsor-Marshwood road B3164. Take the B3163 from Beaminster to Broadwindsor. Drive through the village and at the end of the one-way system, just past the White Lion, turn left by the village shop to Marshwood and Axminster. Continue for 2 miles to the parking space on the left, just past the turning signed to Pilsdon and Shave Cross.
Postcode DT6 5NX, grid ref ST 414 009.



Tuesday 10th April – Health Walks

10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 10th April, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Remember to book). Postcode BA9 9PA

Week 3

Tuesday 17th April – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 17th April, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 19th April, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF



Friday 20th April, 10am. Leaders Peter & Trevor

Charlton Horethorne and Poyntington : A mixed terrain 5 mile 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.

Week 4

Tuesday 24th April – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 24th April, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 27th April, 10am. Leaders Lynn & Tony

Ham Hill/Montacute : A generally easy 4.2 mile walk exploring Ham Hill and meandering around Montacute.

Meet and park at the Prince of Wales Pub car park, (there is a small car park straight off the road as you approach , keep going to the Prince of Wales).

Postcode TA14 6RW, grid ref ST 477 168.

Week 5

Tuesday 1st May – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 1st May, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 3rd May, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF



Thursday 3rd May, 10am. Leaders Paul & Owain

Bayford and Stoke Trister: A 4 mile route through woods and farmland to the east of Wincanton. Mostly gentle with just a short steep hill and a few stiles.

Meet at the Balsam Centre, park in the Wincanton Memorial car park. Postcode BA9 9PA, grid ref ST 714 286.

Week 6

Tuesday 8th May – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 8th May, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Tuesday 8th May, 10am. Leaders Izzy & June

Bluebell Walk at Stourhead : This 4 mile walk follows a route around the Stourhead Estate and through a section that is known to be the best place to see bluebells, fingers crossed! This walk goes through a couple of fields which may include sheep.

Meet outside the visitors centre and park in the National Trust Car Park (there are parking charges or free for members)
Postcode BA12 6QF, grid ref ST 778 340.

Week 7

Tuesday 15th May – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 15th May, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Wednesday 16th May, 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.



Thursday 17th May, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 8



Monday 21st May, 10am. Leaders Lu & Annette

Nunney Combe : A 4 mile walk taking you through gently rolling countryside on the eastern slopes of the Mendips. The first half of the route is mostly through the delightful, steep-sided Nunney Combe, the second half is across fields. Muddy conditions can be expected in places.

Meet in the car park off Castle Hill Road.

Postcode BA11 4LW, grid ref ST 736 456.



Tuesday 22nd May – Health Walks

10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 22nd May, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA

Week 9

Tuesday 29th May – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 29th May, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 31st May, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF



Thursday 31st May, 10am. Leaders Peter & Trevor

Alfred's Tower/Brewham : A 5.5 mile countryside walk, 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 (please note the postcode does not take you to the exact location).

Grid ref: ST 748353, nearest postcode BA10 0LB.

Week 10

Tuesday 5th June – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 5th June, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 8th June, 10am. Leader Mark

A Mere fort to fort walk : A 5.5 mile circular walk from Mere Fort, past Zeals Knoll, Search Farm and up to White Sheet Hill Fort and back via the Mid Wilts Way.

Meet at Castle Street Car Park in Mere.

Postcode BA12 6JF, grid ref ST 810 323.

Week 11



Monday 11th June, 10am. Leaders Mike & June

Pilsdon and its Pen : A 1.5 hour walk, with a chance of spotting some deer, a unicorn and sea views.

Meet in the parking space at the south-eastern end of Pilsdon Pen, on the Broadwindsor-Marshwood road B3164. Take the B3163 from Beaminster to Broadwindsor. Drive through the village and at the end of the one-way system, just past the White Lion, turn left by the village shop to Marshwood and Axminster. Continue for 2 miles to the parking space on the left, just past the turning signed to Pilsdon and Shave Cross. Postcode DT6 5NX, grid ref ST 414 009.

Tuesday 12th June– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 12th June, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 14th June, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 12

Tuesday 19th June – Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 19th June, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 22nd June, 10am. Leaders Izzy & Wendy

King Alfred's Tower : A 5 mile circular walk on the Stourhead Estate forest track and through open countryside.

Park and meet in King Alfred's Tower car park on Tower Road (please note that this postcode will not take you to the exact location).

Grid ref: ST 748 353, nearest postcode BA10 0LB.

Week 13



Monday 25th June, 10am. Leaders Lynda & Pamela

The Parrett between Langport and Muchelney : This 4 mile walk features a riverside path, quiet lanes and footpaths taking us past Muchelney Abbey, The Priest House and Muchelney Church.

Meet outside the Langport Library. Park in the long stay car park.

Postcode TA10 9RA, grid ref ST 419 267.

Tuesday 26th June– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 26th June, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 28th June, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 14

Tuesday 3rd July– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 3rd July, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 5th July, 10am. Leaders Paul & Owain

Win Green: A 5.3 mile walk with spectacular views from the top of Cranborne Chase, covering part of the Wessex Ridge Way. A coffee break is available in Tollard Royal halfway round!

Park and meet in the National Trust Win Green Car Park between Ludwell and Ashmore. (Take A30 towards Salisbury. In Ludwell, turn right towards Ashmore. The access road to Win Green car park is on your left, before you reach the B3081)

Postcode SP7 0ES, grid ref ST 923 204.

Week 15

Tuesday 10th July– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 10th July, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Wednesday 11th July, 10am. Leader Izzy

Woodland walk at Alfred's Tower: This 4 mile route follows the woodland tracks through Gasper and Stourton Woods.

Park and meet in King Alfred's Tower car park on Tower Road (please note that this postcode will not take you to the exact location).

Grid ref: ST 748 353, nearest postcode BA10 0LB.



Thursday 12th July, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 16

Tuesday 17th July– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 17th July, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 20th July, 10am. Leaders Tony & Lynn

Westbury White Horse: This is a re-run of the exhilarating 4 mile walk we did in the Autumn which was enjoyed by all but as this is a walk with great views the fact that it was a misty/foggy day did spoil some of the enjoyment, so hopefully doing this in July should reveal the splendour of the Wiltshire/Somerset countryside.

Meet and park at The Duke Pub, Melbourne St, Bratton, Westbury.

Postcode BA13 4RW, grid ref ST 915 524.

Week 17

Tuesday 24th July– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 24th July, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 26th July, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF



Thursday 26th July, 10am. Leaders Peter & Trevor

Baltonsborough: A riverside walk of 5 miles on the Levels to Baltonsborough Flights.

Meet at St. Dunstan's Church, roadside parking.

Postcode BA6 8RL, grid 541 348.

Week 18

Tuesday 31st July– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 31st July, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 2nd August, 10am. Leaders Mark & Tony

DAY TRIP to Lulworth: Starting at Lulworth Cove this 7.5 mile walk will capture amazing views along the South West Coastal Path to Durdle Door and White Nothe. Bring a packed lunch.

Full details will be provided closer to the time.

The mini bus will be leaving at 8:30am from the Balsam Centre, Wincanton, (cost to be confirmed) but if you prefer to drive yourself meet at Lulworth Cove Car Park.

Postcode BH20 5RJ, grid ref SY 821 800.

Week 19



Monday 6th August, 10am. Leaders Lynda & Pamela

Cross Dykes from Mere: A 4.5 mile walk starting from the Square by the Clock Tower in Mere. The walk includes some moderate climbs and descents across chalk downlands.

Meet at the Clock Tower, opposite the George Inn, parking nearby.
Postcode BA12 6DL, grid ref ST 812 323.

Tuesday 7th August– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 7th August, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 9th August, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 20

Tuesday 14th August– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 14th August, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 17th August, 10am. Leaders Tony & Lynn

Mells and Great Elm: A walk taking in the pretty villages of Mells and Great Elm with a slice of 18th Century industrial history as we walk through the remains of the Fussell's Ironworks alongside the Mells river. Details of start point/parking will be sent out nearer the time of the walk.

Week 21

Tuesday 21st August– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 21st August, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 23rd Aug, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF



Thursday 23rd August, 10am. Leaders Paul & Owain

Duncliffe Wood : A 4 mile walk through Duncliffe Wood, an ancient hilltop woodland mentioned in the Domesday book.

Park at the Woodland Trust car park on New Lane near East Stour, (the postcode will take you to New Gate Farm some twenty yards north of the car park).

Postcode SP8 5LT, grid ref ST 817 223.

Week 22

Tuesday 28th August– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 28th August, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 30th August, 10am. Leaders Peter & Trevor

Hammoon: A generally level 5.5 mile walk through fields with some stiles, country lanes, tracks along a section of the railway/abandoned railway and the River Stour.

Meet at the crossroads in the centre of Hammoon.

Nearest postcode DT10 2DB, grid ref ST 818145.

Week 23

Tuesday 4th September– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 4th September, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Wednesday 5th September, 10am. Leader Wendy

Stourton Caundle: A gentle 5 mile ramble in the Dorset countryside. Park along the roadside and meet opposite the Trooper Inn. Postcode DT10 2JW, grid ref ST714149..



Thursday 6th Sept, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 24

Tuesday 11th September– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 11th September, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 14th September, 10am. Leaders Lu & Annette

Old and New Wardour Castle: A ruined medieval castle and its 18th-century successor are linked by this undulating and interesting 4 mile walk near the northern edge of Cranbourne Chase. The route passes through a varied and attractive landscaped parkland, farmland and woodland.

Meet and park at Old Wardour Castle (The free car park is located approximately 70 meters from the site entrance).

Postcode SP3 6RR, grid ref ST 938 264.

Week 25



Monday 17th September, 10am. Leaders Lynda & Pamela

Polden Hill: A 4.5 mile walk which is initially steep then follows easy tracks and paths, with beautiful views of Watermeadows of the Somerset Levels and wooded heights above.

Meet and park at the Youth Hostel just off the B3151.

Postcode BA16 0TZ, grid ref ST 480 345.

Tuesday 18th September– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 18th September, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Thursday 20th Sept, 10:30am. Stourhead Buggy & Toddler Walk.

Meet at Stourhead Visitors Centre at 10:15am. Postcode BA12 6QF

Week 26

Tuesday 25th September– Health Walks



10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2.5 to 3 miles and 50-60 minutes long. Postcode BA9 9PA



11:00am - Level 2 - Starting and ending at Wincanton Chiropractic Clinic. These mid-pace walks are approximately 30 min long. Postcode BA9 9JZ



11:30am - Level 1 - Starting and ending at Wincanton Medical Centre, Dykes Way. A short 30 min level walk on pavements. Postcode BA9 9FQ



Tuesday 25th September, 1:30pm. Wincanton Buggy Walk.

Meet at The Balsam Centre (Please book). Postcode BA9 9PA



Friday 28th September, 10am. Leaders Tony & Lynn

A walk along the top of the gorge : This is a 3.5 - 4 mile walk along the top of the Gorge from Cheddar village walking on the south side and then crossing over to walk back to Cheddar on the northern side. Boots rather than wellies advised (some tracks stony/narrow) Due to the nature of the Gorge there are short steep ascents and descents.

Meet at the Cliff Street Car Park (Pay & Display - £3.50 for 4 hrs).

Postcode BS27 3PS, grid ref ST 460 535.

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

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, June, Kelly, Lu, Lynda, Lynn, Mark, Mike, Owain, Paul, Peter, Poppy, Russel, Simon, Tony, Trevor and Wendy, and Robert our walking buddy. We would also like to welcome Izzy, Michelle, Pamela and Sian to our team.

They have all planned the many varied walks in our programme and continue to come up with new and interesting walks each year.

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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