



Balsam Centre Health Walks
Autumn/Winter
Oct 2021 - Mar 2022

Why walk?

It's widely acknowledged that walking from A to B is better for the environment and air quality in our towns and villages than using our diesel and petrol powered cars.

Walking is undeniably good for us too. It may:

- improve your mood
- reduce **stress**
- manage **anxiety**
- help you sleep better
- increase your energy
- help you to cope with difficult times
- improve your confidence and self-esteem
- reduce the risk of **depression**

These points are explored in further detail on:

<https://www.bupa.co.uk/newsroom/ourviews/walking-health>

A *morning walk* specifically may have many potential benefits. “**Just one thing**” by Dr Michael Moseley first aired on BBC Radio 4 in March 2021. In the April 10th episode he explores why an **Early Morning Walk** is beneficial to our health, and on May 15th why **Green Spaces** could benefit your brain and body. The episodes are available on BBC Sounds App or <https://www.bbc.co.uk/programmes/p09by3yy/episodes/player?page=1>

And there's always NHS guidance:

<https://www.nhs.uk/live-well/exercise/walking-for-health/>

Any cited sources of information are given in good faith and are a small representation of what is available. The Balsam Centre is not advocating a particular viewpoint and individual judgement should be used when accessing such information.

Have you considered using walking poles..?

There are several reasons to use walking poles when out walking or trekking. Walking poles help you move across terrain quicker, provide additional support and reduce the amount of effort required thus allowing you to achieve more during your walks.

When used correctly walking poles can significantly increase your pace which has additional health benefits. Walking poles improve posture, especially important if you are carrying a load. There is a tendency to slump forward whilst going uphill which shifts your centre of gravity and may increase the chances of slipping or stumbling on uneven terrain. The poles will help you keep your body position more upright so you can use your arms and shoulders to propel yourself up the trail more easily. For more tips about walking poles:

<http://www.ramblers.org.uk/news/walk-magazine/reviews/2012/september/walking-poles-buyers-guide.aspx>

Interested in becoming a walk leader?

We welcome new walk leaders and back-markers. If the idea appeals, we provide free training. For details, telephone Jani 01963 31842 or email info@balsamcentre.org.uk

What is a Balsam Centre Health Walk?

Our Health Walks are a good way to increase your fitness levels, enjoy local natural spaces and meet new people. Trained Health Walk Leaders plan a variety of walks which are free of charge, though donations may be given at the end of the walk to support our work here at the Balsam Centre.

Which walk is right for me?

There are different types of Health Walks to accommodate a range of walking experiences and fitness levels.



“Short-Short” Walk – from/to The Balsam Centre @ 11.30am, Tuesdays

This is a 30-minute walk for people who are new to walking or can't walk far. This walk can be split into two groups, for slow paced and slightly faster paced walkers. The walks are on pavements and are planned to avoid the hills as much as possible.



“Short” Walk – from/to the Balsam Centre @ 10am, Tuesdays

These faster paced 1-hour walks aim to maintain or increase general fitness. This average walking pace is about 3mph, we therefore offer walkers the option after approximately half an hour to walk back with a leader at a slower pace. The walk follows pavements, paths and tracks around Wincanton and the surrounding fields and do include some inclines.

Long Walks - start location and day will vary each week



These walks are for those with a good level of fitness. The meeting point will be given when you book.

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.

Once you have registered, you can join any walk in the programme. **Booking is required for “Long” walks**, though not for “Short” or “Short-Short” walks. Walks of any length may be cancelled in exceptional circumstances or weather conditions and those who have booked to attend a long walk will be contacted. If in doubt, please contact the Centre.

We advise that you take part in walks appropriate for your health and fitness levels. If you have not participated in much exercise recently or are worried about your health, please consult your doctor before taking part or increasing your physical activity levels.

A waterproof coat, removable layers and supportive, waterproof footwear is recommended. Please bring a facemask, hand sanitiser and drinking water. You won't need to wear the mask on the walk if you can maintain social distancing.

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

Regrettably dogs are not allowed on the walks.

Covid guidelines:

Please do not attend a Health Walk or enter The Balsam Centre if you are feeling unwell or have been recently in contact with anyone who has tested positive for Covid 19. If you maintain social distancing, you don't need to wear a mask on the Health Walk, but we advise that you bring one, along with hand sanitiser for contact points. Walk Leaders will take your details for Track and Trace. Information will be destroyed after 3 weeks. New walkers need to fill in a Walkers Registration Form which outlines the Covid guidelines. Walks starting from The Balsam Centre will begin from the ramp outside the front door.

Week 1



Tuesday 5th October – Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leaders: Lynda & Wendy



Short-short Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.
Leader: Pauline



Long Walk – no walk this week

Week 2



Tuesday 12th October Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leader: Pamela



Short-short Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.
Leader: Lawny



Long Walk – no walk this week

Week 3



Tuesday 19th October “Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Owain & Ruth



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.
Leader: Pauline



Thursday 21st October – Long Walk, 10am

South Cadbury: Cadbury Castle as Camelot. 5.5 miles, views of Somerset and glimpse of pre-history. Some steep sided green hills and stiles.
Leaders: Lu & Maureen

Week 4



Tuesday 26th October

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Maureen & Wendy



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.
Leader: Lawny



Thursday 28th Oct,

Long Walk 10am

Westbury White Horse:
Leaders: Tony & Wendy

Week 5



Tuesday 2nd November

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Lynda & Lorraine



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.
Leader: Lorraine



Monday 1st November,

Long Walk 10am

A walk from Win Green to Tollard Royal and back
Leaders: Lorraine & Hilary

Week 6



Tuesday 9th November

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Pamela & Maureen



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.
Leader: Lawny



Tuesday 9th November,

Long Walk 10am

Gillingham, Kingscourt: 3 miles
Leaders: Tim & Annette

Week 7



Tuesday 16th November

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Lorraine & Bryony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Thursday 18th November,

Long Walk 10am

Shapwick: The Avalon Marshes Ctr, Shapwick Road, West Hay, BA6 9TT.
Near to Glastonbury.

Leaders: Chris & Maureen

Week 8



Tuesday 23rd November

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Maymie



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Monday 22nd November,

Long Walk 10am

Sherborne: A 5-mile walk from Sherborne to Osborne. Starting from Castle Gardens Garden Centre, car park post code, DT9 5NR. The route follows marked footpaths through woods and a deer park enjoying beautiful autumn colour. There is the opportunity to see plenty of wildlife including deer, egrets and heron. Some paths are muddy; one long incline then it's downhill and flat.

Leaders: Pamela & Lynda

Week 9



Tuesday 30th November

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.
Leaders: Lorraine & Briony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Wednesday 1st December,

Long Walk 10am

Stourhead: 5 miles. Park at the National Trust Car Park (parking charges for non-members). The walk will follow wider estate paths rather than the gardens,

going out past the House towards Alfred's tower, then through woods back to the car park. Paths can get muddy; there is one stile.

Leaders: Lorraine and Hilary

Week 10



Tuesday 7th December

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.

Leaders: Lynda & Maymie



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Tuesday 7th December,

Long Walk, 10am

Evershot: 5.5 miles, Melbury Park to Melbury Osmond, some stiles/inclines.

Leaders: Peter & Wendy

Week 11



Tuesday 14th December

“Short” Walk, 10am

From/to the Balsam Centre, BA9 9PA. Typically 2-3 miles, 40-60 minutes.

Leaders: Pamela & Bryony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Thursday 16th December,

Long Walk, 10am

North Cadbury: In anticipation of muddy fields, this is a road walk to Yarlington and Woolston. Duration approximately 2 hours.

Leaders: Lu & Annette

Week 12



Tuesday 21st December

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.

Leader: Owain & Lynda



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Monday 20th December

Long Walk, 10am

A 5.5 mile (2.5hrs) moderate circular walk from Horsington, starting with a gentle uphill walk west towards Stowell and Wilkinthoop, picking up the Monarch's Way and returning to Horsington via South Cheriton. Leader: Mark

Week 13



Friday 31st December

Long Walk, 10am

A 5.5 mile (2.5hrs) circular walk from Zeals along the Monarchs Way, returning via West Swainsford Farm and west through Bagmore Wood.

Leader: Mark

Week 14



Tuesday 4th January 2022

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.

Leader: Maureen & Owain



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE

No Long Walk, 10am

Week 15



Tuesday 11th January

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.

Leader: Pamela & Bryony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Thursday 13th January,

Long Walk, 10am

Somerton: Park near the Library in the Town's Main Car Park, TA11 7PR

Leaders: Chris & Annette

Week 16



Tuesday 18th January

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.

Leader: Lorraine & Maureen



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Tuesday 18th January,

Long Walk, 10am

Gillingham, Crooked mile: 4.5 miles. Lovely walk along country paths, beside a river, some minor roads and gentle inclines but broadly flat. 3 stiles. Can be a little muddy in places if there has been any rain. Leaders: Tim & Annette

Week 17



Tuesday 25th January

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leader: Maymie & Bryony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Tuesday 25th January

Long Walk, 10am

Mere: approx. 5 miles, details to be confirmed

Leaders: Lorraine & Hilary

Week 18



Tuesday 1st February

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leader: Maureen & Bryony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Monday 31st January

Long Walk, 10am

Castle Cary: A 4-mile walk with panoramic views, details to be confirmed.

Leaders: Pamela & Lynda

Week 19



Tuesday 8th February

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leader: Owain & Lorraine



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Friday 11th February

Long Walk, 10am

Evercreech, Lamyatt: 4.5 miles across open countryside to Milton Clevedon and back to Evercreech. Generally easy walking, a couple of short climbs but nothing too strenuous. There are several stiles, 2 of which are quite high (one is a wall!) but they should not prove to be too difficult with some assistance as required.

Leaders: Tony & Wendy

Week 20



Tuesday 15th February

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leaders: Maureen & Pamela



Short-short Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Tuesday 15th February

Long Walk, 10am

Fiddleford Mill: A 5-mile winter walk over the River Stour floodplain

Leaders: Peter & Wendy

Week 21



Tuesday 22nd February

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leaders: Maymie & Bryony



Short-short Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Monday 21st February

Long Walk, 10am

Details to be confirmed

Leaders: Lorraine & Hilary

Week 22



Tuesday 1st March –

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leaders: Lorraine & Maureen



Short-short Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Monday 28th February

Long Walk, 10am

Sturminster Newton: details to be confirmed

Leaders: Pamela & Lynda

Week 23



Tuesday 8th March

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leader: Lynda & Maymie



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Tuesday 8th March

Long Walk, 10am

Gillingham - In the footsteps of Constable: 3 miles
Leaders: Tim & Annette

Week 24



Tuesday 15th March

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leader: Pamela & Bryony



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Friday 18th March

Long Walk, 10am

Ham Hill: A 5 mile walk along the top of Ham Hill giving excellent views to the West (if clear). We then walk on paths through woods and across fields. There is just one stile and a number of gates.
Leaders: Tony & Wendy

Week 25



Tuesday 22nd March

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leaders: Owain & Lorraine



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Thursday 24th March

Long Walk, 10am

Duncliffe Woods, East Stour: Park in the Car Park, Post Code SP7 0QW
Leaders: Chris & Annette

Week 26



Tuesday 29th March

Short Walk, 10am

From/to the Balsam Centre, BA9 9PA. Walks typically 2-3 miles, 40-60 minutes.
Leader: Lynda & Ruth



“Short-short” Walk, 11:30am

From/to the Balsam Centre, BA9 9PA. 30 minutes, on pavements.

POSTPONED UNTIL FURTHER NOTICE



Tuesday 29th March

Long Walk – no walk this week

The 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 group

**A BIG thanks to our volunteers –
without you, this wouldn't be possible!**



The Balsam Centre,
Balsam Park,
Wincanton,
Somerset.
BA9 9HB

Tel: 01963 31842
Email: info@balsamcentre.org.uk

Registered Charity Number 1080719
Company Ltd by Guarantee Registered in England and Wales, Number 3898170