



## Balsam Centre Health Walks October 2019 - March 2020

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:



### Level 1 Short Health Walk 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. This walk is split into two groups, for slow paced and slightly faster paced walkers. 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 (or if you would like a tea/coffee afterwards you can stop at Cale Park Kitchen). ***These walks are highlighted in green italics on the list of walks with a green foot.***



### Level 2 Health Walks

For mid-paced walks, please see alternatives that are offered on both our Level 1 and 3 walks.



### Level 3 Walk for Fitness from the Balsam Centre

These faster paced 1 hour walks are aimed to maintain or increase general fitness. This average walking pace is about 3 miles per hour, we therefore offer walkers the option of veering off 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 - 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 three green feet.***



### Stourhead Buggy & Toddler Walks

Buggy & Toddler Walks run every other Thursday, meeting at 9:30am for a prompt 10am start from the Visitors Centre at Stourhead. This is a lovely walk around the beautiful gardens, with a shorter option for toddlers. Entry is free for every adult with a child - extra adults will have to pay the garden entry fee or be National Trust members, (car parking is now also free). 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, with the option of ending in the National Trust Cafe 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 and day 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 with a signpost.***

## **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, sorry.

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](mailto:annette@balsamcentre.org.uk)

## **Walk Notes**

### **Using the place references**

Balsam Walking Group 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.

## Last walk in the March - October 2019 brochure



### **Thursday 26th Sept, 10am. Leaders Lu & Annette**

Ernest Cook Estate : A 2 hour walk around the fields, farmland and woods of the Ernest Cook Estate, guided by Tessa Casey. Park and meet at Gore Farm, Trent.

Nearest Postcode DT9 4SJ, grid ref ST 592 189.

## **New Brochure Week 1**



### **Tuesday 1st October– Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 3rd October, 10am. Leader Chris**

River Stour Walk - Sturminster Newton : This is a 5 mile walk from the Old Mill, following the River Stour North, which is mainly on flat ground, with some lovely views along the way. At Cutt Mill, crossing the river to a slight incline through a couple of fields. Then it is country lanes and a farm track back to crossing the river again, at the Colber Bridge.

Parking at Sturminster Newton Mill, just off the A357

Nearest Postcode DT10 2DQ, grid ref ST 782 135.



### **Thursday 3rd Oct, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Saturday 5th Oct, 10am. Leader Jonathan Astill, Arboriculturalist**

**Tree Walk and Talk** : A 1 1/2 hour walk getting to know some of the trees in the local area.

Meet at the Churchyard of St. Peter and St. Paul's Church, Church Street, Wincanton and ending at the Cale Park Kitchen.

Nearest Postcode BA9 9AF, grid ref ST 711 285.

## **Week 2**



### **Tuesday 8th October– Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 10th October, 10am. Leaders Peter & Trevor**

Baltonsborough : A pleasant walk of 5 miles to Baltonsborough Flights, some stiles, over mainly fields, generally level.

Meet at St Dustan's Church, park on roads nearby.

Nearest Postcode BA6 8RL, grid ref ST 541 348.

## Week 3

### **Tuesday 15th October– Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 17th Oct, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF

### **Friday 18th October, 10am. Leader Mark**

Burrow Mump and the Levels : A 5.2 mile 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. Nearest Postcode TA7 0RB, grid ref ST 360 305.

(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 4

### **Tuesday 22nd October– Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Wednesday 23rd October, 10am. Leaders Chloe & Sam**

Templecombe : This 8 mile walk is through the countryside, so includes fields, stiles, possibly a gate to climb over, woodland, country lanes and beautiful views. There are some hills, one part has a fairly steep ascent and there is a couple of descents that are on uneven ground (the worst of these I can bypass if the weather has been awful, the other should be fine as it's more like uneven steps going down). There is a cafe near the train station, who do lovely homemade cakes and hot drinks, as well as good food.

Meet at Templecombe Train Station.

Nearest Postcode BA8 0JR, grid ref ST 708 225.

## Week 5

### **Tuesday 29th October – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



**Please note NO buggy walk this week.**

This is the busiest week for Stourhead so we have moved the walk to the following week.



**Thursday 31st October, 10am. Leaders Tony & Lynn**

Wells to Dinder : Details to be confirmed.

Meet at the entrance to Bishops Palace (choice of car parks available around Wells).

Nearest Postcode BA5 2UG, grid ref ST 551 457.

**Week 6**

**Tuesday 5th November – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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

**Thursday 7th Nov, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



**Thursday 7th November, 10am. Leader Richard**

Stourhead South : A 4.5 mile walk around some of the Stourhead woods and lakes, Gasper, White Cross and along the Stour Valley Way.

Park and meet in the Stourhead NT Car Park (Please note that charges apply for non-NT members).

Nearest Postcode BA12 6QF, grid ref ST 778 339.

**Week 7**

**Tuesday 12th November – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



**Thursday 14th November, 10am. Leaders Peter & Trevor**

East Coker : A stimulating walk of 5 miles through fields, paths and lanes, some road walking. Gentle inclines with a few stiles. Park and meet at East Coker church ( T.S. Elliot and Dampier).

Nearest Postcode BA22 9JQ, grid ref ST 539 123.

## Week 8

### **Tuesday 19th November – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Wednesday 20th November, 10am. Leaders Chloe & Sam**

Sherborne : The 4-5 mile walk has beautiful views over Sherborne and the castles. It includes fields, woodlands, paths and hills. There is one path that has a steep ascent. No stiles!

Meet at the Terrace Playing Fields Car Park

Nearest Postcode DT9 5NS, grid ref ST 641 157.



### **Thursday 21st Nov, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF

## Week 9

### **Tuesday 26th November – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Friday 29th November, 10am. Leaders Lynda & Pamela**

Nunney and its Quarries : A 5.25 mile walk with open views across pasture and along the riverside path.

Meet and park in the Old Quarry car park, just off Castle Hill.

Nearest Postcode BA11 4NL, grid ref ST 735 457.

## Week 10

### **Tuesday 3rd December – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 5th Nov, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 5th December, 10am. Leaders Tony & Lynn**

Lydford : Details to be confirmed.

Meet in the car park of Church of St Peter, Lydford-on-Fosse

Postcode TA11 7DH, grid ref ST 565 318.

## Week 11

### **Tuesday 10th December – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Friday 13th December, 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. The walk is on solid byways and footpaths with a couple of relatively high stiles and short but steep sections - boots or sturdy walking shoes will be fine. It will take a good 2.5 hours to complete. Meet at Castle Street Car Park in Mere. Postcode BA12 6JF, grid ref ST 810 323.

## Week 12

### **Tuesday 17th December – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 19th Nov, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 19th December, 10am. Leader Owain**

Wincanton Christmas Walk : A shorter Christmas walk starting and finishing at the Balsam Centre, followed by hot drinks and mince pies. Meet in the Memorial Car Park and meet in the Balsam Centre. Nearest Postcode BA9 9JF, grid ref ST 715 286.

## Week 13

**There will be no walks this week.**

## Week 14

**There will be no walks this week.**

## Week 15

### **Tuesday 7th January – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



**Thursday 9th Jan, 10:00am. Stourhead Buggy & Toddler Walk.**  
Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 9th January, 10am. Leaders Peter & Trevor**

Evershot : A 5.5 mile walk from Evershot through Melbury Park to Melbury Osmond. Some stiles, gentle inclines, generally on tracks and lanes. Park and meet at The Common in Evershot (a small triangular green at the east end of the village, on north side the road).

Nearest Postcode DT2 0JY, grid ref ST 576 047.

## Week 16



### **Monday 13th January, 10am. Leaders Lynda & Pamela**

Coneygore Hill and Cucklington : A 5.5 mile walk across fields and paths with one small hill.

Parking in the lay-by on the former main road.

Nearest Postcode BA9 9PQ, grid ref ST 747 298.

### **Tuesday 14th January – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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

## Week 17

### **Tuesday 21st January – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



**Thursday 23rd Jan, 10:00am. Stourhead Buggy & Toddler Walk.**  
Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 23rd January, 10am. Leader Owain**

Details to be confirmed.

## Week 18

### **Tuesday 28th January – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 30th January, 10am. Leader Richard**

The Deverills : A 5-mile walk on the chalk hills around the hills of the Deverills valley on both sides of the River Wylye hopefully minimising the winter mud. A short stretch of road, then tracks and footpaths and, of course, the hill behind (east) Monkton Deverill, which has a steepish “up”. Meet and park on the lane in Kingston Deverill on the road to Maiden Bradley.

Nearest Postcode BA12 7ES, grid ref ST 846 373.

## Week 19

### **Tuesday 4th February – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 6th Feb, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Friday 7th February, 10am. Leader Mark**

The Forts on Hod and Hambledon Hills : A 4 mile walk with fine views from two ancient hill forts. This walk has just one steep incline at the start and follows grassy paths and tracks.

Nearest postcode DT11 8PS, grid ref ST 853 112.

Drive down the A357 and turn off for Child Okeford. At the T-junction turn right and continue for about a mile. Once you get into the woods you will see a small pull-off car park on the right.

## Week 20

### **Tuesday 11th February – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Wednesday 12th February, 10am. Leaders Chloe & Sam**

Shillingstone : This 6 mile walk includes paths, fields (possibly stiles), hills with steep ascents, but beautiful views when you make it to the top. Meet at the Trailway Car park, Here Marsh, Shillingstone  
Nearest Postcode DT11 0QX, grid ref ST 822 119.

## **Week 21**



### **Tuesday 18th February – Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 20th Feb, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 20th February, 10am. Leader Chris**

Somerton : Because of the time of year, there is a very good chance it will be wet underfoot. So this 4 mile walk will be on tarmac country lanes (with usually zero traffic). There will be views of the Railway Viaduct, the Fishery Lakes and Compton Dundon. Only one medium decline/incline, with NO gates or stiles to climb over.  
Meet in the town car park next to the library.  
Nearest Postcode TA11 7PR, grid ref ST 488 285.

## **Week 22**



### **Tuesday 25th February – Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 27th February, 10am. Leaders Peter & Trevor**

Piddles Wood : A 5 mile walk from Fiddleford Mill car park (English Heritage, free) over fields, tracks, lanes and crossing a busy main road, and through Piddles Wood. Some stiles, one short fairly steep incline near the start of the walk.  
Nearest Postcode DT10 2BX, grid ref ST 801 137.

## Week 23



### **Monday 2nd March, 10am. Leader Lorraine**

Details to be confirmed.



### **Tuesday 3rd March – Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 5th March, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF

## Week 24



### **Tuesday 10th March – Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Friday 13th March, 10am. Leader Mark**

The Giant Walk : A 2 hour walk around the famous landmark and surrounding countryside. Details of the route will be confirmed closer to the date.

Meet in the Giant View Car Park in Cerne Abbas.

Nearest Postcode DT2 7JX, grid ref ST 662 016.

## Week 25



### **Tuesday 17th March – Health Walks**

*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Thursday 19th March, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 19th March, 10am. Leader Chris**

Somerton : A 4.5 mile walk, again mainly on tarmac roads, includes a farm track, and a footpath crossing three fields (possibly with cows)! There are several gates to go through, and two stiles to climb over. The terrain is fairly easy going, both incline/decline, but nothing too severe. Meet at the FREE (gravel) Car Park next to the Children's Play Area.

Nearest Postcode TA11 6HU, grid ref ST 477 285.

The nearest Postcode is for the Somerton Rugby Club at the junction with Cassons Lane. Continue along the B3153 - Langport Road. The Play Area is the next turning on your left, approximately 200 yards.

## **Week 26**

### **Tuesday 24th March – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



### **Friday 27th March, 10am. Leaders Lynda & Pamela**

Lambrook Apple Orchards : A 5.5 mile walk across fields, and through orchards and over one small hill.

On Street parking in East Lambrook Village, meet outside the Rose & Crown.

Nearest Postcode TA13 5HG, grid ref ST 431 190.

## **Week 27**

### **Tuesday 31st March – Health Walks**



*10:00am - Level 3 - Starting and ending at the Balsam Centre. Walks are typically 2 to 3 miles and 40 - 60 minutes long. Postcode BA9 9PA*



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



## What are the Benefits of 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. You will increase your heart rate and oxygen uptake without feeling like you are expending vast amounts more energy. The workload will be spread across different muscle groups, not just your legs!

Walking poles also offer increased support and stability on unfamiliar ground and uneven surfaces. The extra two points of contact with the ground will increase your confidence, especially if you are feeling fatigued towards the end of your walk.

Another great benefit of using walking poles is that they improve posture, especially important if you are carrying a load. Walking poles will make you more conscious of being upright whilst walking. There is a tendency to slump forward whilst going uphill which shifts your centre of gravity and actually increases 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 easier.

For more tips about walking poles go to <http://www.ramblers.org.uk/news/walk-magazine/reviews/2012/september/walking-poles-buyers-guide.aspx>

## 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; Chloe, Chris, Daisy, Dave, Erica, Jean, Lu, Lynda, Lynn C, Lynn S, Mark, Owain, Pamela, Paul, Pauline, Peter, Poppy, Richard, Russell, Sam, Tony, Trevor, Victoria and Wendy.**

**And we welcome Lorraine, Hilary, Deryck, and Tim to the team and thank Jonathan Astill for leading our special tree walk. We wish June a speedy recovery and hope she will be returning to the walks soon.**

**Finally, we say goodbye to Simon and Ali and thank them for their contribution to the short walks programme. It is thanks to Ali's vision to offer short walks as part of our programme and her determination to get them going that has made the walks so successful.**

This list of walks can also be found on our website [www.balsamcentre.org.uk/adult-activities.html#walking](http://www.balsamcentre.org.uk/adult-activities.html#walking) and further updates are posted on our Facebook group - <https://www.facebook.com/groups/623484774772926/>



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