



## Balsam Centre Health Walks April 2019 - September 2019

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. Walkers have an option to shorten this walk to 30 - 40 min for those who may find the 1 hour a bit too much. 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 at Stourhead, 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, 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 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 - 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](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.

## Week 1

### **Tuesday 2nd April– 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 4th April, 10am. Leaders Richard & Chris**

Okeford Wessex Ridgeway : A steady 4.5 mile walk in some of the Blandford Forest and on some of the Wessex Ridgeway, on good paths without any steep hills. Meet at Okeford Hill car park / picnic site between Okeford Fitzpaine and Turnworth.

Nearest Postcode DT11 0RD, grid ref ST 812 093.



### **Thursday 4th April, 10:00am. Stourhead Buggy & Toddler Walk.**

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

## Week 2

### **Tuesday 9th April– 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 10th April, 10am. Leaders Wendy & June**

Wincanton : Walk from the Balsam Centre to Shalford via Lower Church Farm (includes a steep decline), views to the Racecourse and Alfred's Tower. Back past The Coach House and through Bayford (a steady incline). Park in the Memorial Hall car park.

Nearest Postcode BA9 9PA, grid ref ST 715 285.

## Week 3

### **Tuesday 16th April– 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 18th April, 10:00am. Stourhead Buggy & Toddler Walk.**

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



### **Thursday 18th April, 10am. Leaders Peter & Trevor**

Milborne Port / Milborne Wick : An approx 5 mile walk from Milborne Port to Milborne Wick and return, over mainly fields and tracks, 1 moderate ascent. Park in East Street car park, off A30 at the east end of the town. Nearest Postcode DT9 5DW, grid ref ST 678 187.

### **Week 4**

#### **Tuesday 23rd April– 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 26th April, 10am. Leaders Lynn & Tony**

Wells to Wookey Hole : 4.5 mile walk, mainly through countryside and woods, good views over Wells and Mendips. A couple of steepish inclines and a set of steep steps. No more than 5 stiles. Meet outside the entrance to the Bishops Palace (choice of car parks available around Wells). Nearest Postcode BA5 2UG, grid ref ST 551 457.

### **Week 5**

#### **Tuesday 30th April– 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 1st May, 10am. Leaders Owain & June**

Duncliffe Wood : A walk of approx 4 miles through the woods with, hopefully, carpets of Bluebells to admire. There are some steep slopes but it is along very well made up paths. Park at the Woodland Trust car park on New Lane (road opposite Kings Arms, East Stour Common) Postcode will take you to New Gate Farm some 20 yards north of the car park. Nearest Postcode SP8 5LT, grid ref ST 817 223.



### **Thursday 2nd May, 10:00am. Stourhead Buggy & Toddler Walk.**

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

### **Week 6**

#### **Tuesday 7th May– 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 8th May, 10am. Leaders Wendy**

Motcombe : A lovely 4 mile walk following part of the White Hart Link route on a gradual ascent up to Kingsettle Wood for wonderful views back to Gillingham and Alfred's Tower. Park at Motcombe Meadows Car Park. Nearest Postcode SP7 9NN, grid ref ST 845 263.

### **Week 7**



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

East Lambrook Apple Orchards : 4.5-5 mile walk through fields, and orchards with a small hill. Roadside parking in East Lambrook Village. Nearest Postcode TA13 5HG, grid ref ST 431 190.

### **Tuesday 14th May– 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 16th May, 10:00am. Stourhead Buggy & Toddler Walk.**

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

### **Week 8**

### **Tuesday 21st May– 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 May, 10am. Leaders Annette & Lu**

Cold Kitchen Hill : A 4.3 mile walk around & across Cold Kitchen Hill by Kingston Deverill. Long gentle incline up, slightly steeper down. Grassland & tracks. Lovely views! Meet and park on the road just past the telephone box on the lane off B3095 (1st left **after** sharp bend on B3095). Nearest Postcode BA12 7ES, grid ref ST 846 373.

### **Week 9**



### **Tuesday 28th May– Health Walks at Ernest Trust Estate, Trent**

*9:30am - A mini bus will be available to take people to and from Gore Farm in Trent. All walkers from both the 10am and 11:30am groups are welcome to join us for a guided walk around the farm, ending with a cup of tea/coffee, returning to the Balsam Centre for 12:30.*

*Please note: Booking is essential for this walk and places on the mini bus are limited. If you wish to drive yourself please speak to one of our walk leaders for more details.*



### **Thursday 30th May, 10am. Leader Trevor & Peter**

Hammoon : A flat approx 2hr circular walk over the Stour valley via Child Okeford. Park in Hammoon at the crossroads, near the cross.  
Nearest Postcode DT10 2DB, grid ref ST 818 147.



### **Thursday 30th May, 10:00am. Stourhead Buggy & Toddler Walk.**

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

### **Week 10**

### **Tuesday 4th June– 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 June, 10am. Leaders Chris & June**

Bruton Combes : A walk of 4.5 miles with a moderate climb to/decline from Creech Hill Farm – with lovely views from the top! Free Parking is limited in the local area – so suggest we ALL park in Lower Backway as follows: As you turn right in to Bruton High Street, on your left is Truffles Brasserie. Immediately turn right in to Mill Lane then Lower Backway. Lots of roadside parking, but please do not block drives/garages. Walk to the end to assemble/start the walk on Bruton river bridge, opposite the church.

Nearest Postcode BA10 0EA, grid ref ST 684 348.

### **Week 11**

### **Tuesday 11th June– 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 13th June, 10:00am. Stourhead Buggy & Toddler Walk.**

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



### **Friday 14th June, 10am. Leaders Lynn & Tony**

Castle Cary/Carymoor : 5 mile walk over fields, farmland taking you through the Carymoor Nature Reserve. More details provided later. Meet at Millbrook Car Park Castle Cary..

Nearest Postcode BA7 7EQ, grid ref ST 639 321.

## Week 12



### **Monday 17th June, 10am. Leaders Pamela & Lynda**

Stour to Fiddleford : Along the Stour to Fiddleford 5 mile walk along grassy paths, woodland tracks, some stiles through the Blackmore Vale. Parking at Sturminster Newton Mill off A357.  
Nearest Postcode DT10 2DQ, grid ref ST 781 135.



### **Tuesday 18th June– 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 13



### **Tuesday 25th June– 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 26th June, 10am. Leader Wendy**

Iwerne Minster : Steady incline up Iwerne Hill passing through Baredon Wood and on to Lime Pit Coppice, back through Rolf's Wood. Magnificent views, mainly tracks, very few stiles. On street parking in the village, meet at St. Mary's Church.  
Nearest Postcode DT11 8LU, grid ref ST 868 145.



### **Thursday 27th June, 10:00am. Stourhead Buggy & Toddler Walk.**

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

## Week 14



### **Tuesday 2nd July– 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 4th July, 10am. Leader Richard**

Wardour Castle : A gentle walk of about 4 miles around the Wardour Castle area. Meet and park on the road just outside Wardour Primary School.  
Nearest Postcode SP3 6RF, grid ref ST 924 273.

## Week 15

### **Tuesday 9th July – 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 11th July, 10:00am. Stourhead Buggy & Toddler Walk.**  
Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



**Thursday 11th July, 10am. Leaders Mark, Tony & Lynn**

Long Summer Walk

Details to be confirmed.

## Week 16

### **Tuesday 16th July – 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 18th July, 10am. Leader Peter & Trevor**

Charlton Horethorne/Compton Castle : An approx 2hr walk over fields to Compton Castle and return, some moderate ascents. Meet in Charlton Horethorne near village pub and shop.

Nearest Postcode DT9 4NL, grid ref ST 665 233.

## Week 17

### **Tuesday 23rd July – 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 25th July, 10:00am. Stourhead Buggy & Toddler Walk.**  
Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF



### **Thursday 25th July, 10am. Leaders Owain**

Lake Shearwater : This 5.3 mile walk should take approximately 2 hours plus time to admire the stunning views at Heaven's Gate. The first part of the walk is along roads but then it will be along forest paths and tracks. There are some gentle inclines but no stiles. Park and meet in Lake Shearwater Car Park (there is a £1 charge for car parking). The Bargate Tea Rooms are just across the road and have toilet facilities. Nearest Postcode BA12 8AE, grid ref ST 854 421.

### **Week 18**

#### **Tuesday 30th July – 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 2nd August, 10am. Leaders Lynn & Tony**

Street - Polden Hill : Meet at the car park opposite the Street Youth Hostel. Taking paths and tracks from the B3151 across to Compton Dundon via Collard Hill with views across to Glastonbury and Street, Short steep incline at the start. 4.5 miles. Nearest Postcode BA16 0TZ, grid ref ST 480 345.

### **Week 19**

#### **Tuesday 6th August – 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 8th August, 10:00am. Stourhead Buggy & Toddler Walk.**

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



### **Friday 9th August, 10am. Leaders Pamela & Lynda**

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. Nearest Postcode TA12 6JY, grid ref ST 458 185.

## Week 20



### **Tuesday 13th August – Health Walks at Ernest Trust Estate, Trent**

9:30am - A mini bus will be available to take people to and from Gore Farm in Trent. All walkers from both the 10am and 11:30am groups are welcome to join us for a guided walk around the farm, ending with a cup of tea/coffee, returning to the Balsam Centre for 12:30.

Please note: Booking is essential for this walk and places on the mini bus are limited. If you wish to drive yourself please speak to one of our walk leaders for more details.



### **Wednesday 14th August, 10am. Leaders Jean & Richard**

Macmillan Way/Cole/Wyke : A 5 mile walk from Castle Cary. There are a couple of steep inclines/declines but minimal number of stiles. Meet in the free public car park area in Catherines Close (off Ansford Road). Nearest Postcode BA7 7HP, grid ref ST 641 325.

## Week 21



### **Tuesday 20th August – 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 21st August, 10am. Leader Wendy**

Ditcheat : Walk from Ditcheat Church across the fields to Wraxall followed by a steep climb through the vineyard and orchard towards Little Pennard. Back via The Folly and across the gallops. Glorious views, 13 sturdy stiles. Park along the roadside near Ditcheat Church.

Nearest Postcode BA4 6RB, grid ref ST 626 363.



### **Thursday 22nd Aug, 10:00am. Stourhead Buggy & Toddler Walk.**

Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF6QF

## Week 22



### **Tuesday 27th August – 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 28th August, 10am. Leader Owain**

Details to be confirmed.

## Week 23

### **Tuesday 3rd Sept – 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 Sept, 10:00am. Stourhead Buggy & Toddler Walk.**  
Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF6QF



### **Thursday 5th Sept, 10am. Leaders Chris**

Marnhull Circular Walk : A walk of 4.5 miles with one decline to/climb from, flat farm land to cross the River Stour – with lovely views! Limited FREE Car Parking almost opposite Marnhull Post Office – so please think about car sharing if possible:-Meet in the Car Park, for the start/finish of the walk.

Nearest Postcode DT10 1PP, grid ref ST 774 193.

## Week 24

### **Tuesday 10th Sept – 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 11th Sept, 10am. Leaders Jean**

Castle Cary/Cockhill : A 5.5 mile walk, some steep inclines (the first at beginning of walk for approx 300m) and some stiles. Meet in the free public car park area in Catherines Close.

Nearest Postcode BA7 7HP, grid ref ST 641 325.

## Week 25

### **Tuesday 17th Sept – 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 Sept, 10:00am. Stourhead Buggy & Toddler Walk.**  
Meet at Stourhead Visitors Centre at 9:30am. Postcode BA12 6QF6QF



### **Friday 20th Sept, 10am. Leaders Lynn & Tony**

Galhampton/Yarlington : A 4.5 mile walk cross country through farmland, countryside between these two Somerset villages. Mainly level walk less than 5 stiles. Meet at the Car Park of the Orchard Inn, Galhampton on the A359.

Nearest Postcode BA22 7BA, grid ref ST 634 298.

## **Week 26**

### **Tuesday 24th Sept – 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 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.

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

## 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; Ali, Annette, Dave, June, Lu, Lynda, Lynn, Mark, Owain, Pamela, Paul, Peter, Poppy, Erica, Russel, Jan, Jean, Richard, Simon, Tony, Trevor and Wendy, and Robert our walking buddy. We would also like to welcome Daisy, Lynn and Chris 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](http://www.balsamcentre.org.uk/adult-activities.html#walking) and further updates are posted on our Facebook page - <https://www.facebook.com/balsamcentre>



Balsam Park  
Wincanton  
Somerset  
BA9 9HB

Tel: 01963 31842  
email: [info@balsamcentre.org.uk](mailto:info@balsamcentre.org.uk)

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