

# WALK & TALK

## CULLOMPTON

### OCTOBER '07 – MARCH '08



#### WEEKLY SHORT WALKS

Walks for people who do little or no exercise but would like to improve their health in a sociable way. Walks take between 30 – 40 minutes. They are local, on fairly even ground and finish at a local café.

Levels 1 & 2. Bus service 1, 1A, 1B & 92

All walks are on a **Thursday** and start at **10.30am** from the **Station Road car park**

Oct 4 <sup>th</sup>	Nov 1 <sup>st</sup>	Dec 6 <sup>th</sup>	Jan 3 <sup>rd</sup>	Feb 7 <sup>th</sup>	Mar 6 <sup>th</sup>
Oct 11 <sup>th</sup>	Nov 8 <sup>th</sup>	Dec 13 <sup>th</sup>	Jan 10 <sup>th</sup>	Feb 14 <sup>th</sup>	Mar 13 <sup>th</sup>
Oct 18 <sup>th</sup>	Nov 15 <sup>th</sup>	Dec 20 <sup>th</sup>	Jan 17 <sup>th</sup>	Feb 21 <sup>st</sup>	Mar 20 <sup>th</sup>
Oct 25 <sup>th</sup>	Nov 22 <sup>nd</sup>	Xmas break	Jan 24 <sup>th</sup>	Feb 28 <sup>th</sup>	Mar 27 <sup>th</sup>
	Nov 29 <sup>th</sup>		Jan 31 <sup>st</sup>		

#### FORTNIGHTLY MODERATE WALKS

Walks take between 1 - 1½ hours. They can be muddy and on uneven ground with some steep inclines. Level 3. Some walks may involve car sharing at start. Bus service 1, 1A & 1B

All walks are on **Tuesdays** and start at **10.00am** outside **Culm Valley Sports Centre**.

Oct 2 <sup>nd</sup>	Nov 13 <sup>th</sup>	Dec 11 <sup>th</sup>	Jan 8 <sup>th</sup>	Feb 5 <sup>th</sup>	Mar 4 <sup>th</sup>
Oct 16 <sup>th</sup>	Nov 27 <sup>th</sup>	Xmas break	Jan 22 <sup>nd</sup>	Feb 19 <sup>th</sup>	Mar 18 <sup>th</sup>
Oct 30 <sup>th</sup>					

#### MONTHLY SUNDAY AFTERNOON WALKS

Walks take between 1½ – 2 hrs. They can be muddy and on uneven ground with some steep hills. Meet outside **Culm Valley Sports Centre** at **2.00pm** on **1<sup>st</sup> and 3<sup>rd</sup> Sunday** in month to share transport. Level 3.

Oct 7 <sup>th</sup>	Nov 4 <sup>th</sup>	Dec 2 <sup>nd</sup>	Jan 6 <sup>th</sup>	Feb 3 <sup>rd</sup>	Mar 2 <sup>nd</sup>
Oct 21 <sup>st</sup>	Nov 18 <sup>th</sup>	Dec 16 <sup>th</sup>	Jan 20 <sup>th</sup>	Feb 17 <sup>th</sup>	Mar 16 <sup>th</sup>

#### WEEKLY CULLOMPTON STROLLERS

Walks for Mums, Dads with babies and toddlers. Walks take between 30 – 40 minutes. They are local, on fairly even ground and finish at a local café. Levels 1 & 2.

All walks are on a **Tuesday** and start at **10.00am** from the **Station Road car park**

Oct 2 <sup>nd</sup>	Nov 6 <sup>th</sup>	Dec 4 <sup>th</sup>	Xmas break	Feb 5 <sup>th</sup>	Mar 4 <sup>th</sup>
Oct 9 <sup>th</sup>	Nov 13 <sup>th</sup>	Dec 11 <sup>th</sup>	Jan 8 <sup>th</sup>	Feb 12 <sup>th</sup>	Mar 11 <sup>th</sup>
Oct 16 <sup>th</sup>	Nov 20 <sup>th</sup>	Dec 18 <sup>th</sup>	Jan 15 <sup>th</sup>	Feb 19 <sup>th</sup>	Mar 18 <sup>th</sup>
Oct 23 <sup>rd</sup>	Nov 27 <sup>th</sup>	Xmas break	Jan 22 <sup>nd</sup>	Feb 26 <sup>th</sup>	Mar 25 <sup>th</sup>
Oct 30 <sup>th</sup>			Jan 29 <sup>th</sup>		

For further information please contact: Walk Co-ordinator [wendy.protheroe@middevon-pct.nhs.uk](mailto:wendy.protheroe@middevon-pct.nhs.uk), Tel. 01392 356914 Or Volunteer Walk Leaders Stan Jackson 01884 32990 or William Gillings 01884 34202

##### LEVEL 1

Approx 30 – 40 mins  
Up to 1½ miles

##### SUITABLE FOR:

- Those that do little or no physical activity at present
- People restricted by mobility problems and walk slowly, finding hills a struggle.

##### WALK DETAIL:

Flat, Level, Hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs & buggies.

##### LEVEL 2

Approx 30 – 45 mins  
1 – 2 miles

##### SUITABLE FOR:

- People that do a small amount of physical activity but need to increase their activity level.
- Those with minor mobility problems that walk at a moderate speed and are able to cope with moderate gradients.

##### WALK DETAIL:

Footpaths & pavements with some gradients, sometimes steps or uneven terrain.

##### LEVEL 3

Approx 1 – 2 hours  
2 – 4 miles

##### SUITABLE FOR:

- People that already do a certain amount of physical activity.
- Those who walk at a faster pace who are able to cope with hills.

##### WALK DETAIL:

Footpaths, tracks & pavements, possibly uneven terrain and a few moderate-steep gradients. May include the use of stiles or steps. Can possibly be wet/muddy underfoot depending on weather.

## DO YOU KNOW WALKING CAN....

- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Strengthen your heart
- Reduce blood pressure
- Help manage your weight
- Achieve better mobility
- Help make new friends

## WANT TO BE INVOLVED?

The 'Walk & Talk' scheme is operated by very enthusiastic and friendly volunteers, without whom, it would be impossible to promote walking for health within your community in this way. With the scheme growing in ALL areas of Mid Devon, we are always keen to hear from anyone who is interested in joining our friendly team of volunteers – you can give as much time as you can spare. We offer **free walk leader training** and on-going support.

email [travwise@devon.gov.uk](mailto:travwise@devon.gov.uk)  
Public Transport and Car Sharing  
For all public transport enquiries in South West England call



[www.carsharedevon.com](http://www.carsharedevon.com) is a free service which links drivers and passengers to share car journeys and could save you money. It's free to use and you don't have to own a car to take part. For further information about car sharing register at [www.carsharedevon.com](http://www.carsharedevon.com) Telephone 08700 111199

## Inclement weather

The Walk Leaders reserve the right to change or cancel the listed walk, at short notice, should inclement weather make walking conditions unsuitable or hazardous.

## FANCY A CHANGE WALK & TALK

For further information, please contact:  
Walk Co-ordinator Tel.01392 356914  
[wendy.protheroe@middevon-pct.nhs.uk](mailto:wendy.protheroe@middevon-pct.nhs.uk)  
or  
Volunteer Walk Leaders  
Stan Jackson, 01884 32990  
William Gillings, 01884 34202

## WE HAVE LED WALKS IN....

### Broadwoodkelly

Fridays 10.00am level2/3

### Crediton

Wednesdays 10.00am level 1 & 2

Thursdays 10.00am level 3

Cheriton Fitzpaine

Eggesford Forest

### Cullompton

Tuesdays 10.00am level 3

Thursdays 10.30am level 1 & 2

Wednesdays 6.30pm level 3

Sundays 2.00pm level 3

### Moretonhampstead

Tuesdays 10.30am level 1,2 & 3

### Okehampton

Tuesdays 10.30am level 1 & 2

Wednesdays 10.00am level 3

Sundays 2.00pm level 3

### Silverton

Tuesdays 10.00am level 3

Wednesdays 10.00am Level 1 & 2

### Tiverton

Wednesdays 10.30am level 3

Fridays 10.30am level 1 & 2

Sundays 2pm level 3



# WALK & TALK CULLOMPTON

OCTOBER'07 – MARCH'08  
PROGRAMME

**Weekly short walks**  
**Fortnightly moderate walks**  
**Sunday walks**  
**Cullompton Strollers**

## Free

All Led Walks Are Absolutely Free, all we ask is that you bring enough money to join us for refreshments at the end if you would like to... Please bring a bottle of water on warm days. Please wear suitable clothing (layers are best) and comfortable, supportive footwear.

