

WALK &**TALK****WALK & TALK****TAVISTOCK****April – June 2017****WALK &****TALK****All Walks start and finish outside The Wharf****Weekly Short Walks****Tuesdays 10.30am**

Grade 1 Walks up to 30 minutes are available & **Grade 2 Walks** take between 45 minutes and an hour. They are local, with only slight gradients, on fairly even ground, wheelchair and pushchair friendly. **These walks are suitable for:** Those that do little or no physical activity at present or people restricted by mobility problems and walk slowly, finding hills a struggle, but want to increase their activity level.

11/04/17	02/05/17	23/05/17	13/06/17				Meadows & River Tavy
18/04/17	09/05/17		20/06/17				College Circuit
25/04/17	16/05/17	06/06/17	27/06/17				Meadows & Monksmead

Special walks on Tuesday 04/04/17 and 30/05/17 - come along and walk on the Athletic Track at Tavistock College for a **change**. The walk will start at the Wharf in the usual way but if it is easier to meet the group at the college itself talk to the walk leaders for more details.

Weekly Moderate Walks**Thursdays 10.00am**

Grade 3 Walks are approximately 3 miles in length and take between 1–1½ hrs. They can be muddy and uneven (Footpaths, tracks & pavements) with some moderate-steep inclines. May include the use of stiles or steps. **These walks are suitable for:** People that already do a certain amount of physical activity and who are able to cope with hills.

06/04/17				Grenofen & Rix Hill
20/04/17				Bishopsmead & Middlemoor
	04/05/17			Viaduct North & Kelly College
	18/05/17			Whitchurch Down & Pimple
		01/06/17		Gem Bridge (Longer walk)
		15/06/17		Viaduct South
		22/06/17		Tavistock Canal & Drake's Walk
13 th & 27 th April	11 th & 25 th May	8 th & 29 th June		Mystery Walks – Car Share. See time change and location below.

The Mystery walks will continue on the **SECOND AND LAST Thursday** of each month. * Meet at 10.15am in FREE car park in Pixon Lane and car share to a different location.

The mystery walks take longer (due to journey time) and may be muddy and uneven with some steep hills, and may include the use of stiles or steps. If you do drive, we advise that you bring your car along to ensure enough cars are available. There is free parking on Pixon Lane (ask the walk leaders for details).

Additional Information

- Gem Bridge is longer than the usual walk, please talk to walk leaders for more details.
- Dogs are welcome on the walks, please clear up after them and ensure they are kept on a lead at all times. For the off site mystery walks please only bring a dog if you can transport them, some stiles may not be dog friendly.
- Please bring your medication with you if required.
- Please wear suitable footwear - comfortable and supportive.
- We enforce a no smoking policy during our walks.

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

For further information, please contact Okehampton Community Recreational Association 01837 318010 or email mhairi@ocrasport.org.uk



WALKING FOR HEALTH WANT TO KNOW WHERE TO WALK?

Visit www.walkingforhealth.org.uk for lots of information on walks all over the South West and the UK. How to start a walk or **Volunteer**. Volunteer Walk Leaders are always needed to help with Tavistock Walk and Talk - gain a walking leaders qualification. Please contact Mhairi for further details

Why not consider joining a Ramblers group? New walkers are always welcome www.ramblers.org.uk

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

It's 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.

WE ALSO HAVE WALKS IN....

Okehampton – weekly walks

Tuesdays 10.30am Grades 1 & 2
Wednesdays 10.00am Grade 3
Sundays 1.30pm Grade 3 monthly

NORTH TAWTON – Last Saturday of each month

Want to know where to walk? – visit www.walkingforhealth.org.uk

Public Transport and Car Sharing

For all public transport enquiries in South West England call 0871 200 22 33 or email- travelwise@devon.gov.uk



Supporting you to get active and stay active

WEST DEVON WALK & TALK TAVISTOCK

April – June 2017 PROGRAMME
FREE

Weekly short walks
Weekly moderate walks
Mystery car share walks



www.walkingforhealth.org.uk