

A-Z of Somerset Health Walks



Our FREE health walks are walks done on a regular basis, ranging from: beginner, gentle, moderate to advanced. Walks are for all abilities and ages.

Which walk is suitable for me?

Beginner Walks: Under 1 mile, flat and even ground, no stiles, gentle pace and frequent stops, Ideal for those new to walking or living with health conditions that impact fitness or mobility.

Level 1: 1 - 1.5 miles, flat or gentle slopes, no stiles and ideal for those able to complete 30-40 mins with minimal stops.

Level 2: 2 - 2.5 miles, tracks and some hills or moderate pace. Ideal for those looking to develop their walking fitness and able to complete 45-60 mins with minimal stops.

Level 3: 3-4 miles, fields and hills, quicker pace and possible stiles. Intermediate walks, ideal for those with good walking fitness and able to complete 60-90mins with minimal stops.

Level 4: 3-5 miles, fields and steep hills, quicker pace and stiles. Advanced walks, ideal for those with very good mobility and fitness and able to complete 90mins + with minimal stops.

Where dogs are permitted they must remain on a short lead at all times. It is the dog owners responsibility to pick up after their dog.

Please register to access any Somerset Health Walk across the county:

<https://www.sasp.co.uk/health-walks>

Somerset Health Walks may be cancelled due to Health Walk Leader availability or adverse weather. If you are unsure please contact your Health Walk Leader or walks@sasp.co.uk.

Walk Details Key



Toilets Available



Accessible Walk



Dogs are permitted and must remain on a short lead at all times.



Parking Available: this could be street parking or a car park nearby, please contact the Walk Leader for more information.



Suitable for buggies



Option for Paid Refreshments

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KEY



Nature Walks



Soul Walks

*Only walk you need to
book*



Blue Spaces

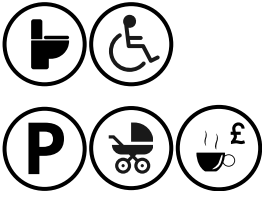
A B





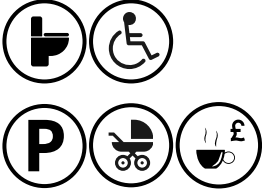
Avalon Marshes



Day/Time	Meeting place	Walk Level / Information	Walk Leader
Avalon Marshes Thursday Fortnightly 10am for 10.15 start 01/10/26, 15/10/26, 29/10/26, 12/11/26, 26/11/26, 10/12/26, 07/01/27, 21/01/27	Avalon Marshes Centre Shapwick Road, Westhay, Glastonbury, Somerset BA6 9TT	Level 1 Level 2 Assistance dogs only 	Kate, Jane, Teresa & Yianna walks@sasp.co.uk In partnership with 

B Bridgwater - Bruton - Burnham-On-Sea



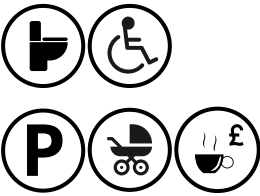
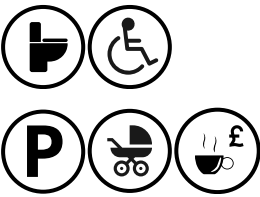
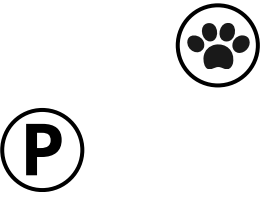
Bridgwater Wednesdays Fortnightly 11am 30/09/26, 14/10/26, 28/10/26, 11/11/26, 25/11/26, 09/12/26, 23/12/26, 06/01/27, 20/01/27	Somerset Bridge Medical Centre Stockmoor Park Estate TA6 6LD	Level 1 Assistance dogs only 	Kathy & Gemma 01278 411520
Bridgwater Wednesdays Fortnightly 11am 23/09/26, 07/10/26, 21/10/26, 04/11/26, 18/11/26, 02/12/26, 16/12/26, 30/12/26, 13/01/27, 27/01/27	Bridgwater Town Centre Morrisons, Bridgwater TA6 3LN Meet at drop off/pick up bay <i>This walk is along canal paths, the meads eco park and ending at Westfield cafe the walk lasts around an hour and covers 1.5miles at a gentle pace</i>	Level 1 Assistance dogs only 	Ray & Alison 07871 253291 walks@sasp.co.uk

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Bridgwater 2nd Thursday 1pm 08/10/26, 12/11/26, 10/12/26, 14/01/27	Wilstock & Stockmoor Outside Stockmoor Cafe on Nokoto Drive, Stockmoor, TA6 6WU 	Level 2    	Nick & Julia discoverwild @somerset.gov.uk
Bridgwater Fridays 10am Not Bank Holidays	Cranleigh Gardens Medical Centre TA6 5JS No parking at Cranleigh, suggested parking at Morrisons, where the walk will end TA6 3LN	Level 2    	Keith & Sue Chris & Carol walks@sasp.co.uk
Bruton Thursdays at 10am	Bruton Health Walk The Green at Church Bridge BA10 0EQ Parking along the high street is restricted to 2 hours, further parking near the station	Level 2 A shorter walk may be available, please contact the walk leader for more details.  	Pauline Dilly Louise Angela & Jocelyn 01749 850650 paulinewills365@ gmail.com
Burnham-on-Sea Wednesdays 10.30am	Marine Cove, Sea Front, Nr St Andrews Church TA8 1AW	Level 1 & Level 2 Assistance dogs only     	Wendy & Joan 07914 752744

CD



C Cannington - Chard - Creech - Crewkerne

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Cannington Wednesdays 10am 2nd & 4th of the month 23/09/26, 14/10/26, 28/10/26, 11/11/26, 25/11/26, 09/12/26, 23/12/26, 13/01/27, 27/01/27	Cannington Phone Box, Brook Street TA5 2JL	Level 1 Assistance dogs only 	Steve & Vicki 07747 127334 steveatkinson@uwclub.net
Chard Wednesdays Fortnightly 10am 23/09/26, 07/10/26, 21/10/26, 04/11/26, 18/11/26, 02/12/26, 16/12/26, 30/12/26, 13/01/27, 27/01/27	Summerfields Surgery Summerfields Road Chard Somerset TA20 2EW	Level 1 Assistance dogs only 	Carrie Saunders carrie.saunders1 @nhs.net In partnership with 
Creech St Michael First Wednesday of the month 10:30am 07/10/26, 04/11/26, 02/12/26, 06/01/27	Creech St Michael Canal side car park TA3 5PR	Level 3 	Kathie & Chrissie walks@sasp.co.uk
Crewkerne 4th Saturday of the month 9.45am for 10am 26/09/26, 24/10/26, 28/11/26, 23/01/27	Crewkerne Family Health Walk Behind the Aqua Centre TA18 7LZ	Level 2 	Amy and Gareth amyjlongman @gmail.com

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Crewkerne Tuesday 9.30am for 9.45am	Crewkerne Health Walk Behind the Aqua Centre TA18 7LZ	Level 2 & Level 3    	Sue and Mike Frackiewicz suefrack@ btinternet.com 07761 441453

D Dulverton

Dulverton Every Tuesday at 10am	Dulverton Area Meeting points and routes change each week. Please get in touch to be added to the WhatsApp group for more information	Level 3 Assistance dogs only A shorter walk may be available, depending on route. Please contact the walk leader for more information	Richards, Linda, and Louise walks@sasp.co.uk
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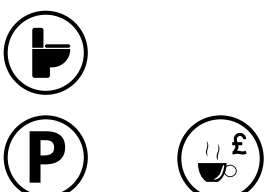
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E Edington

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Edington Mondays 1.30pm 2nd and 4th of the month 14/09/26, 28/09/26, 12/10/26, 26/10/26, 09/11/26, 23/11/26, 14/12/26 11/1/27 25/1/27	Edington Surgery Quarry Ground Edington TA7 9HA	Level 1 Assistance dogs only 	Laura & Holly walks@sasp.co.uk

F Frome

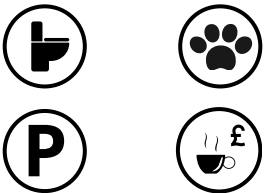
Frome Mondays Excluding Bank Holidays 10.15 for a 10.30am start	Cheese and Grain Frome BA11 1BE	Beginner & Level 1 Assistance dogs only 	Maggie, Vron, & Tracey
Frome Wednesdays 9.15 for a 9.30am start	Frome Medical Practice Enos way BA11 2FH Please park at The Cricket Ground (The Old Showfield) Rodden Road BA11 2AH	Level 1 & Level 2 Assistance dogs only 	Sue, Maggie, Gayle, Martin & Linda

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Frome Fridays 10.15am for 10.30am	Meeting points change, please see separate schedule for information on each walk 	Level 3/4 Assistance dogs only	Linda, Liz, Martin, Tricia, Fiona, Sue, Judith, & Terry

GH



G Glastonbury

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Glastonbury Every Wednesday 10am for 10.15 start	Meet outside the Town Hall Magdalene Street BA6 9EL	Level 1 Assistance dogs only 	Health connections Team West Mendip walks@sasp.co.uk In partnership with 
Glastonbury Friday Fortnightly 10am for 10.15 start 25/09/26, 09/10/26, 23/10/26, 06/11/26, 20/11/26, 04/12/26, 18/12/26, 15/01/27, 29/01/27	Meet outside the Town Hall Magdalene Street BA6 9EL	Level 3 & 4 	Chris, Adam & Mary facebook.com/ GlastonburyandStreet HealthWalks

H Highbridge

Highbridge Thursdays 10am for 10.15 start <i>(No walks 24th & 31st Dec)</i>	Purple Spoon Café Highbridge TA9 3DD	Level 2 Assistance dogs only 	Ian & Lindsay walks@sasp.co.uk
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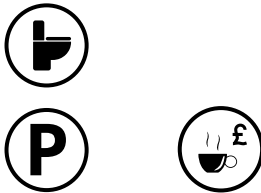
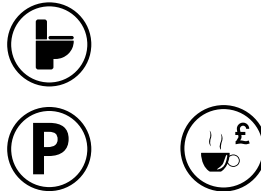
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Day/Time	Meeting place	Walk Level / Information	Walk Leader
Iminster Monday 10am	Iminster Health Walk The Iminster Health Centre Canal Way, Iminster TA19 9FE	Level 2 Assistance dogs only  	Brian Hamilton notlimahjb@hotmail.com
Iminster Tuesday 10am	Iminster Health Walk The Iminster Health Centre Canal Way, Iminster TA19 9FE	Level 3   	Brian Hamilton notlimahjb@hotmail.com
Iminster Thursday 6.30pm Summer months only March to October	Iminster Evening Health Walk Various Meeting points in Town Please contact walk leader Brian	Level 3 Assistance dogs only	Brian Hamilton notlimahjb@hotmail.com

L



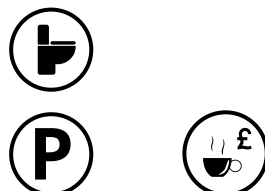
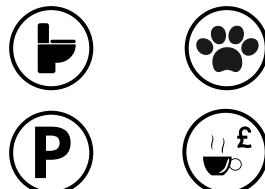
Day/Time	Meeting place	Walk Level / Information	Walk Leader
Langport Fortnightly Tuesdays 10.15 for 10.30am 29/09/26, 13/10/26, 27/10/26, 10/11/26, 24/11/26, 08/12/26, 22/12/26, 05/01/27, 19/01/27	Meeting in the Library TA10 9RA	Level 1 Assistance dogs only 	Contact Sally Walk Leaders Sally, Bryan, Andy, David & Belinda walks@sasp.co.uk
Langport 1st & 3rd Sunday of the month 11am 20/09/26, 04/10/26, 18/10/26, 01/11/26, 15/11/26, 06/12/26, 20/12/26, 03/01/27 17/01/27	Eli's Rose and Crown Huish Episcopi Langport TA10 9QT	Level 2 Assistance dogs only 	Contact Andy Walk leaders Andy & Maggie 07377 512570 aknowles6011@gmail.com
Langport 2nd & 4th Monday of the month 10.30 for 10:45am 14/09/26, 28/09/26, 12/10/26, 26/10/26, 09/11/26, 23/11/26, 14/12/26, 11/01/27, 25/01/27	Meeting in the Library TA10 9RA	Level 3 Walk Assistance dogs only Please wear appropriate clothing and footwear 	Contact Lynn Walk leaders Lynn, Wendy, David, Sheila & Sarah 01823 490318 lynnwheller@gmail.com

M





Martock - Merriott - Minehead

Day / Time	Meeting Place	Walk Level / Information	Walk Leader
Martock 2nd Tuesday of the month 10:30am 13/10/26, 10/11/26, 08/12/26, 12/01/27	Martock Wellbeing Health Walk Martock Recreation Ground TA12 6AF	Level 1 	Naomi community.support @martock-pc.gov.uk 07539 754413
Martock 4th Friday of the month 10:30am 25/09/26, 23/10/26, 27/11/26, 22/01/27	Martock Wellbeing Health Walk The Precinct Moorland Shopping Centre TA12 6DN	Level 1 	Naomi community.support @martock-pc.gov.uk 07539 754413
Martock 3rd Friday of the month 9:30am 18/09/26, 16/10/26, 20/11/26, 18/12/26, 15/01/27	Martock Health Walk The Precinct Moorland Shopping Centre TA12 6DN	Level 2 Assistance dogs only 	Maggie maggieludbrook @yahoo.co.uk
Martock 1st Friday of the month at 9:30am 05/06/26, 03/07/26, 07/08/26, 04/09/26, 02/10/26, 06/11/26, 04/12/26, 01/01/27	Martock Hares Walk The Precinct Moorland Shopping Centre TA12 6DN	Level 3 / 4 	Paul paul@helyer.me.uk 07903904415

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Merriott 2nd & 4th Thursday 10:30am 24/09/26, 08/10/26, 22/10/26, 12/11/26, 26/11/26, 10/12/26, 14/01/27, 28/01/27	Merriott Health Walk ARK at Egwood Merriott TA16 5QN	Level 2    	Jackie Parsons jackie@ arkategwood.com 07974 658782
Minehead Every Thursday at 10am	Minehead Area Meeting points change, please get in touch with the walk leader for the schedule	Beginner L1 and L2 options Assistance Dogs only   	Kay Bullen kaybullen@sky.com 01643 706125
Minehead Every Tuesday at 10am	Minehead Area Meeting points change, please get in touch with the walk leader for the schedule	Level 3 Assistance Dogs only 	Kay Bullen kaybullen@sky.com 01643 706125
Minehead Every Tuesday at 9.30am	Minehead Area Meeting points change, please get in touch with the walk leader for the schedule	Level 4 Assistance Dogs only 	Maggie 07938 235973

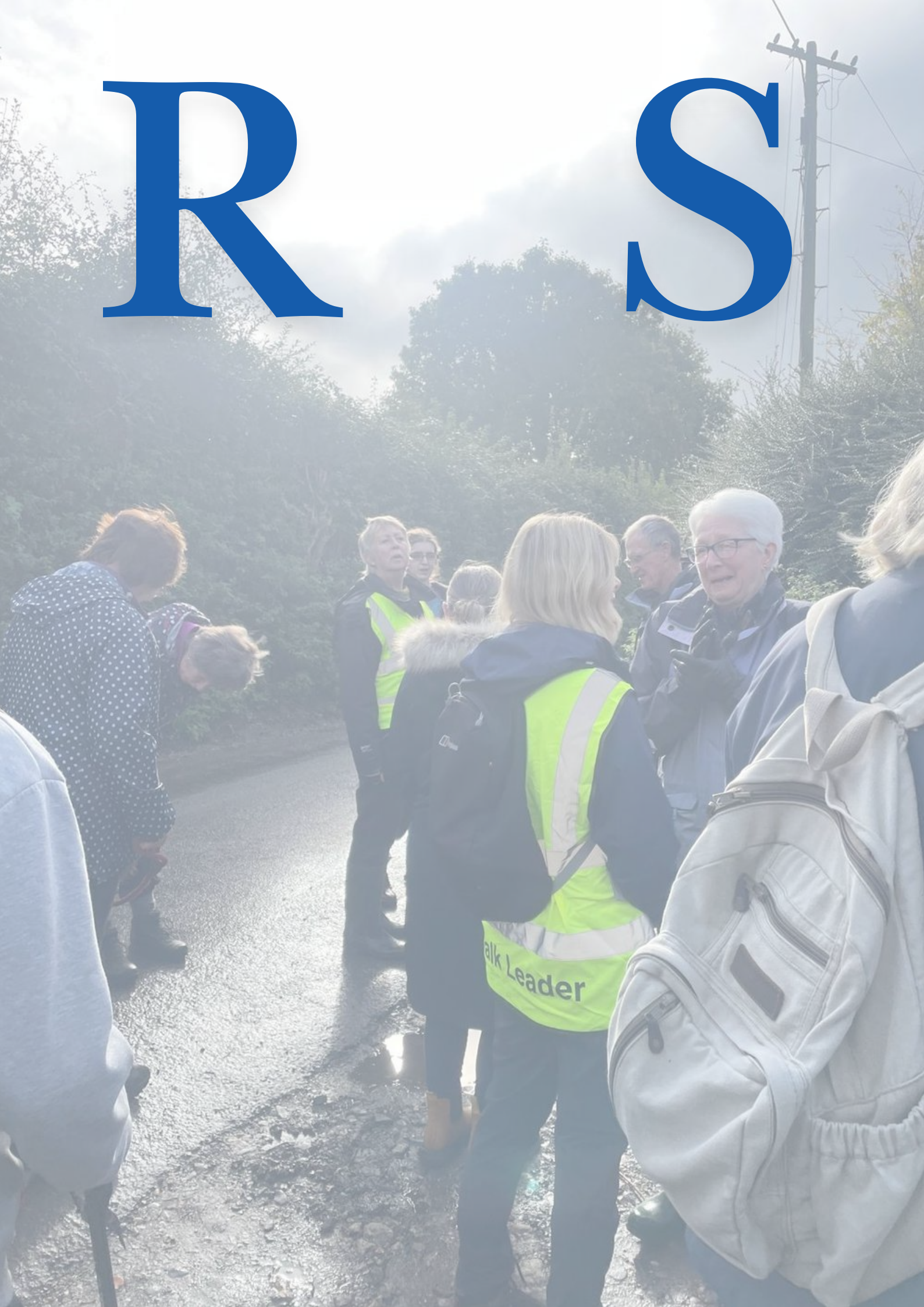
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Day/ Time	Meeting Place	Walk Level / Information	Walk Leader
The Quantock Hills Thurs 17th Sept, Sat 17th Oct, Thurs 19th Nov	Soul Walks on The Quantock Hills A mindfulness walk 	Walks will usually be around 2-3 hours	Contact Linda: gettinglostwithlinda@gmail.com Booking is essential
Queen Camel Fridays at 10 am	Queen Camel Health Walk The Old School external car park BA22 7NH	Level 3 Walk Assistance dogs only   	Georgina Hainsby walks@sasp.co.uk

RS



R Ruishton

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Ruishton Third Wednesday of the month 10:30am 16/09/26, 21/10/26, 18/11/26 No walk in December 21/01/27	Ruishton Village Hall Car Park Cheats Rd TA3 5JD	Level 3  	Pat walks@sasp.co.uk

S Shepton Mallet - Somerton - Steart Marshes Stoke sub Hamdon - Street



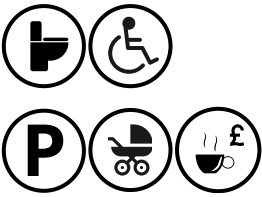
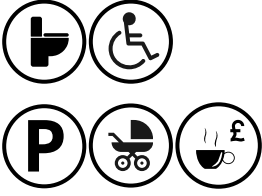
Shepton Mallet Tuesdays 10am for 10.15am start	Collett Park off Park road Meet by the café and toilets, suggested parking at Tesco BA4 5EG	Beginner Walk Assistance dogs only     	Caroline, Mandy & Olivia somicb.healthconnection@nhs.net In partnership with  Your GP practice social prescribing and health coaching team
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Day/Time	Meeting place	Walk Level / Information	Walk Leader
Shepton Mallet Wednesday fortnightly 10am for 10.15 start 30/09/26, 14/10/26, 28/10/26, 11/11/26, 25/11/26, 09/12/26, 23/12/26, 06/01/27, 20/01/27	Collett Park off Park road Meet by the café and toilets, suggested parking at Tesco BA4 5EG	Level 2    	Frank, Steve, & Sheila walks@sasp.co.uk
Somerton 1st & 3rd Thursday of the month 11:30am 17/09/26, 01/10/26, 15/10/26, 05/11/26, 19/11/26, 03/12/26, 17/12/26, 07/01/27, 21/01/27	Somerton Library TA11 7PR	Level 1/2 Assistance dogs only   	Mo & Peter 07718 920198 fletcher080@ btinternet.com
Steart Marshes Mondays 10am	Steart Marshes Car Park TA5 2PU	Level 1 Assistance dogs only    	Steve 07747 127334 steveatkinson @uwclub.net
Steart Marshes Thursdays 10am 	Steart Marshes Car Park TA5 2PU Last Thursday of the month the walk will leave from Otterhampton Village Hall Combwich TA5 2QZ	Level 2/3      	Jenny Jenny.McCubbin @wwt.org.uk In partnership with 

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Stoke-sub-Hamdon 2nd & 4th Monday 10:00am 14/09/26, 28/09/26, 12/10/26, 26/10/26, 09/11/26, 23/11/26, 14/12/26, 21/12/26*, 11/01/27, 25/01/27	Stoke-sub-Hamdon Health Walk The Lighthouse Coffee Shop, All Saints Hall TA14 6PZ	Level 3 Walk * Level 1 Walk available Where there is bank holidays, walks move to 3rd Monday    	Sue Latimer suelatim@ gmail.com 07792 311736 *please contact Sue for details. Assistance dogs only, and no toilets available for Level 1 walk
Street Mondays 10am for 10.15 start Excluding bank holidays	Crispin Community Centre Meet at the entrance (opposite the Parish offices) BA16 0HA	1st Monday - Beginner 2nd Monday - Level 1 3rd Monday - Level 2 4th Monday - Level 3 5th Monday - Level 4     	Adam & Anita facebook.com/ GlastonburyandStreetHealthWalks Beginner and L1 walks are accessible and assistance dogs only

T



Day/Time	Meeting place	Walk Level / Information	Walk Leader
Taunton Mondays Fortnightly at 1:30pm 21/09/26, 05/10/26, 19/10/26, 02/11/26, 16/11/26, 30/11/26, 14/12/26, 11/01/27	The Cooper Associates County Ground Taunton Outside the Marcus Trescothick Pavilion TA1 1JT	Level 1 / Level 2 Assistance dogs only 	Steve and Liz walks@sasp.co.uk
Taunton Tuesdays Fortnightly at 11am 29/09/26, 13/10/26, 27/10/26, 10/11/26, 24/11/26, 08/12/26, 22/12/26, 05/01/27, 19/01/27	Vivary Park The benches behind War Memorial TA1 3QF	Beginner Walk Assistance dogs only 	Helen walks@sasp.co.uk
Taunton Wednesdays 10.15am	Meeting points change, please see separate schedule for information on each walk 	Level 1 / Level 2 Level 1 is an accessible walk Assistance dogs only 	walks@sasp.co.uk

W





Wedmore - Wellington - Wells - Wincanton - Wiveliscombe - Woolavington



Day/Time	Meeting place	Walk Level / Information	Walk Leader
Wedmore Thursdays 10.15am for 10.30 start March-October Please contact us for further dates	Sweets Tea Rooms, Blakeway, Wedmore, BS28 4UE 	Level 3    	Teresa walks@sasp.co.uk
Wellington Mondays 10:30am	Meeting points change, please see separate schedule for information on each walk 	Level 1 / Level 3 L1 is an accessible walk      	walks@sasp.co.uk
Wellington Thursdays 10.30am	Meeting points change, please see separate schedule for information on each walk 	Level 1 / Level 3 L1 is an accessible walk      	walks@sasp.co.uk

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Wells Thursday fortnightly 10am for 10.15 start 24/09/26, 08/10/26, 22/10/26, 05/11/26, 19/11/26, 03/12/26, 17/12/26, 31/12/26, 14/01/27, 28/01/27	Morrisons East Somerset Way BA5 1SQ	Level 1 Assistance dogs only     	Lynn walk@mendipmail.co.uk
Wells Tuesday fortnightly 10am for 10.15 start 29/09/26, 13/10/26, 27/10/26 10/11/26, 24/11/26, 08/12/26, 22/12/26, 05/01/27, 19/01/27	Morrisons East Somerset Way BA5 1SQ At the far entrance, past lockers near bollards	Level 3 Please note parking is restricted to 2 hours. Road parking nearby or option to purchase more  	Joel & Mary walks@sasp.co.uk
Wincanton 2nd Thursday of the month at 11.30am 08/10/26, 12/11/26, 10/12/26, 14/01/27	Cale Park in the small car park BA9 9ED	Beginner Walk Assistance Dogs only     	Sophie 01963 824400 sophie.wadlow@freedom-leisure.co.uk
Wiveliscombe Wednesday 10:30am	Meet outside Lister House surgery, Croft Way, Wiveliscombe TA4 2BF.	Beginner Walk Assistance Dogs only     	Valeria valeria@wiveycare.net 07733 183825

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Woolavington Tuesday 1st & 3rd 1.30pm 15/09/26, 06/10/26, 20/10/26, 03/11/26, 17/11/26, 01/12/26, 15/12/26, 05/01/27, 19/01/27	Polden Medical Practice Meet at Woolavington Village Hall TA7 8DY	Level 1 Assistance dogs only 	Anita & Bev walks@sasp.co.uk

Y



Day/Time	Meeting place	Walk Level / Information	Walk Leader
Yeovil Mondays 9.30am Hendford Lodge Medical Centre Health Walk	Meet outside Goldenstones Leisure Centre BA20 1QZ	Level 3    	Health Coaches 01935 470200 SOMICB.HENDFORDLODGE- HEALTHCOACHES@NHS.NET In partnership with 
Yeovil Tuesdays 10:30am	Meet outside Goldenstones Leisure Centre BA20 1QZ	Level 1 / 2 Assistance dogs only    	Laura laura.morris @freedom- leisure.co.uk
Yeovil Tuesdays 2pm	The Gateway Café Yeovil BA20 1QN	Level 2    	Eileen, Noel, Sally and Elaine walks@sasp.co.uk
Yeovil Thursdays 2pm Hendford Lodge Medical Centre Health Walk	Meet outside Ninesprings Café BA20 1QZ	Level 1      	Health Coaches 01935 470200 SOMICB.HENDFORDLODGE- HEALTHCOACHES@NHS.NET In partnership with 

For more information on any of the walks please contact the Health Walks Team on:



01823 653990



www.sasp.co.uk/health-walks



walks@sasp.co.uk



SomersetHealthWalks

Interested in leading a walk?

You can also become a volunteer health walk leader

