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

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

Accessible Walk

Suitable for buggies

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

Option for Paid Refreshments

A-Z of Somerset Health Walks
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KEY



Nature Walks

Soul Walks

Only walk you need to book



Blue Spaces

A B



A Avalon Marshes

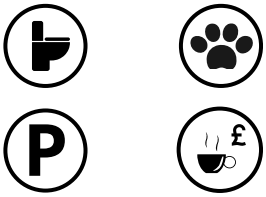
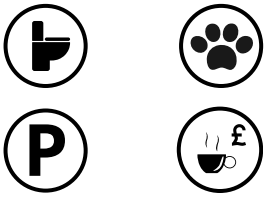
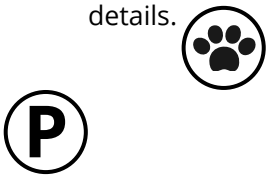
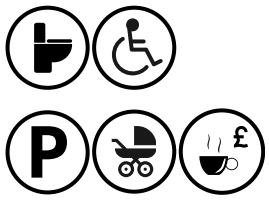


Day/Time	Meeting place	Walk Level / Information	Walk Leader
Avalon Marshes Thursday Fortnightly 10am for 10.15 start 29/10/26, 12/11/26, 26/11/26, 10/12/26, 07/01/27, 21/01/27	**Avalon Marshes Centre** Shapwick Road, Westhay, Glastonbury, Somerset **BA6 9TT**	**Level 1 Level 2** **Assistance dogs only**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

B Bridgwater - Bruton - Burnham-On-Sea



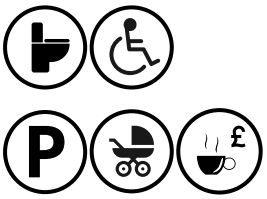
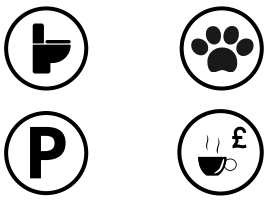
Bridgwater Wednesdays Fortnightly 11am 28/10/26, 11/11/26, 25/11/26, 09/12/26, 23/12/26, 06/01/27, 20/01/27	**Somerset Bridge Medical Centre** Stockmoor Park Estate **TA6 6LD**	**Level 1** **Assistance dogs only**	**Kathy & Gemma** 01278 411520
Bridgwater Wednesdays Fortnightly 11am , 04/11/26, 18/11/26, 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** *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*	**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** 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 restriced 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

C



C Chard - Creech - Crewkerne

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Chard **Wednesdays** **Fortnightly 10am** 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 Ariel HEALTHCARE
Creech St Michael **First Wednesday** **of the month** **10:30am** 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 Sunday** **of the month** **9.45am for 10am**	**Crewkerne Family Health Walk** Behind the Aqua Centre **TA18 7LZ**	**Level 2** 	**Amy and Gareth** amyjlongman @gmail.com
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

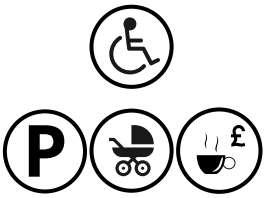
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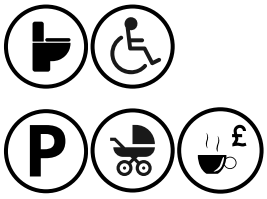
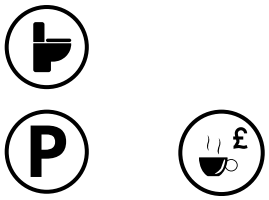
D Dulverton

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

E Edington

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Edington **Mondays 1.30pm** **2nd and 4th of the month** 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

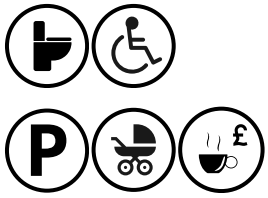
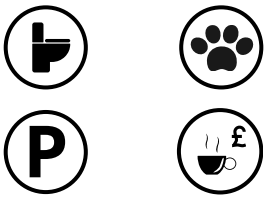
F Frome

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**
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**

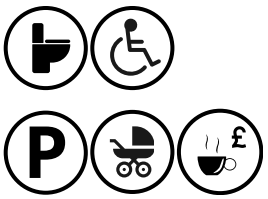
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G Glastonbury

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 WestMendip PRIMARY CARE NETWORK
Glastonbury **Friday Fortnightly** **10am for 10.15 start** 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/GlastonburyandStreetHealthWalks

H Highbridge

Highbridge **Thursdays** **10am for 10.15 start** *(No walks 24th & 31st Dec)*	**Purple Spoon Café** Highbridge **TA9 3DD**	**Level 2** **Assistance dogs only** 	**Ian & Lindsay** walks@sasp.co.uk

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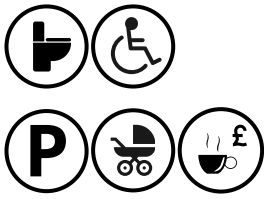
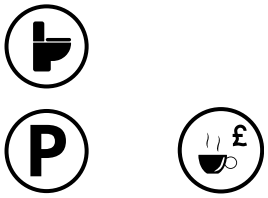
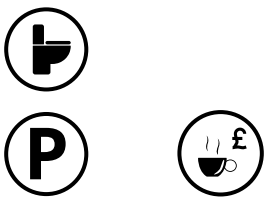
Ilminster

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Ilminster Monday 10am	**Ilminster Health Walk** The Ilminster Health Centre Canal Way, Ilminster **TA19 9FE**	**Level 2** **Assistance dogs only**  	**Brian Hamilton** notlimahjb@ hotmail.com
Ilminster Tuesday 10am	**Ilminster Health Walk** The Ilminster Health Centre Canal Way, Ilminster **TA19 9FE**	**Level 3**   	**Brian Hamilton** notlimahjb@ hotmail.com
Ilminster Thursday 6.30pm Summer months only March to October	**Ilminster Evening Health Walk** Various Meeting points in Town Please contact walk leader Brian	**Level 3** **Assistance dogs only**	**Brian Hamilton** notlimahjb@ hotmail.com

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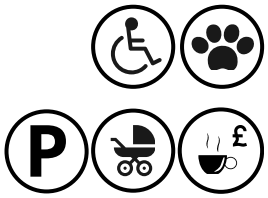
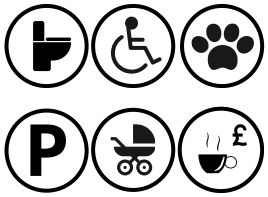
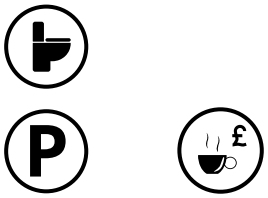
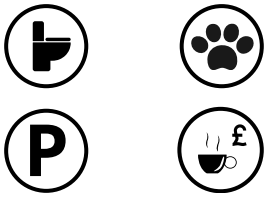
Langport

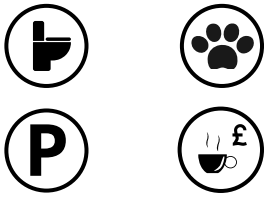
Day/Time	Meeting place	Walk Level / Information	Walk Leader
Langport **Fortnightly Tuesdays** **10.15 for 10.30am** 27/10/26, 10/11/26, 24/11/26, 08/12/26, 22/12/26, 05/01/27, 19/01/27	**Meeting in the Library** **TA10 9RA**	**Level 1** **Assistance dogs only** 	**Contact Sally** Walk Leaders Sally, Bryan, Andy, David & Belinda walks@sasp.co.uk
Langport **1st & 3rd Sunday of the month** **11am** 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** 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



M Martock - Merriott - Minehead

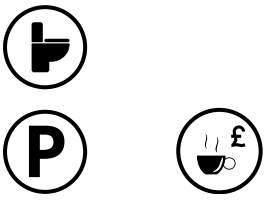
Day / Time	Meeting Place	Walk Level / Information	Walk Leader
Martock **2nd Tuesday** **of the month** **10:30am** 10/11/26, 08/12/26, 12/01/27	**Martock Wellbeing Health Walk** Martock Recreation Ground **TA12 6AF**	**Level 1** 	**Naomi** community.support @martock-pc.gov.uk 07539 754413
Martock **4th Friday** **of the month** **10:30am** 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** 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** 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** 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

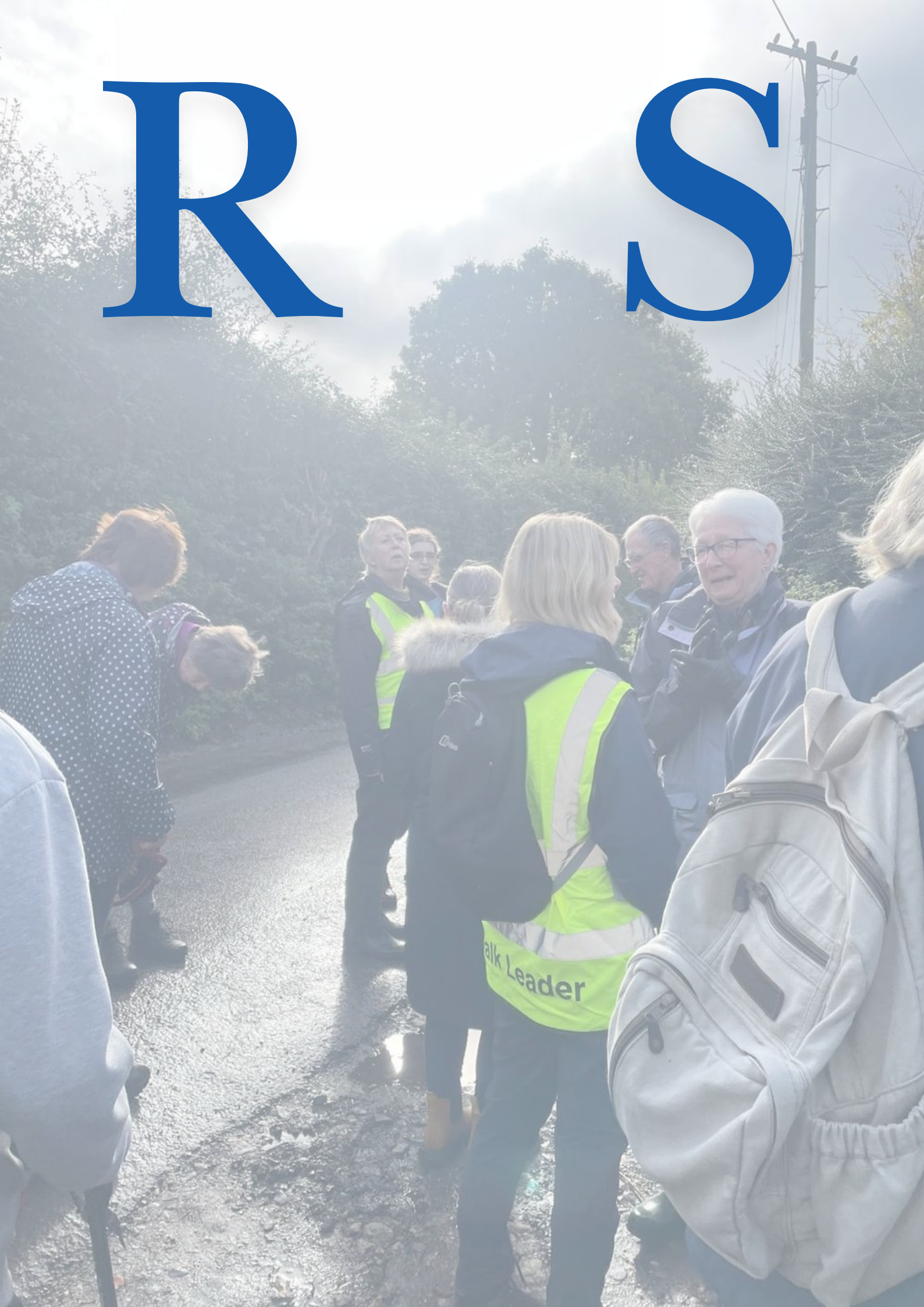


Q Quantocks - Queen Camel



Day/ Time	Meeting Place	Walk Level / Information	Walk Leader
The Quantock Hills Thurs 19th Nov	**Soul Walks on The Quantock Hills** A mindfulness walk Get Outside IN SOMERSET SOUL WALKS	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

R S



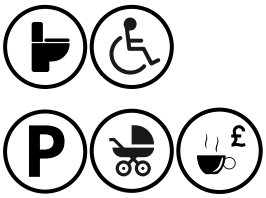
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Day/Time	Meeting place	Walk Level / Information	Walk Leader
Ruishton **Third Wednesday of the month** **10:30am** 18/11/26 No walk in December 21/01/27	**Ruishton** Village Hall Car Park Cheats Rd **TA3 5JD**	**Level 3**  	**Pat** walks@sasp.co.uk

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

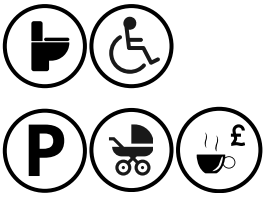
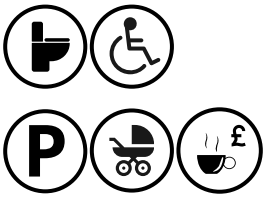
Shepton Mallet **Tuesdays** **10am for 10.15am start**	**Collett Park** **off Park road** Meet by the café and toilets, suggested parking at Tesco **BA4 5EG**	**Beginner Walk** **Assistance dogs only**  	**Caroline, Mandy & Olivia** somicb.healthconnections.central@nhs.net In partnership with HEALTH CONNECTIONS MENDIP PCN Your GP practice social prescribing and health coaching team

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Shepton Mallet **Wednesday** **fortnightly** **10am for 10.15 start** 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** 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 **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 WWT
Stoke-sub-Hamdon **2nd & 4th Monday** **10:00am** 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

Day/Time	Meeting place	Walk Level / Information	Walk Leader
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 Taunton

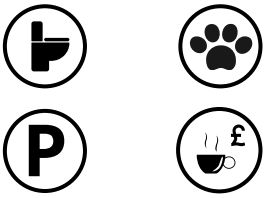
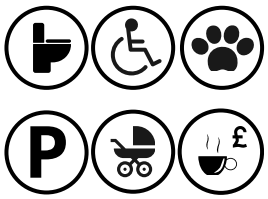
Day/Time	Meeting place	Walk Level / Information	Walk Leader
Taunton **Mondays** **Weekly at 1:30pm**	**The Cooper Associates County Ground Taunton** Outside the Marcus Trescothick Pavilion **TA1 1JT**	**Level 1 / Level 2** **Assistance dogs only** 	**Steve and Liz** **walks@sasp.co.uk**
Taunton **Tuesdays** **Fortnightly at 11am** 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**

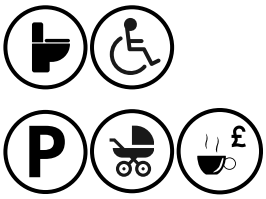
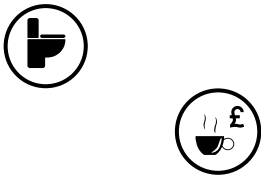
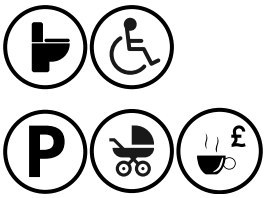
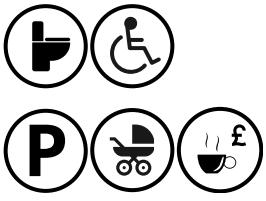
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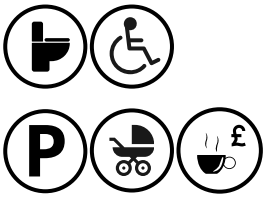


W Wedmore - Wellington - Wells - Wincanton - Wiveliscombe - Woolavington



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  **Feb-May 2026**	**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

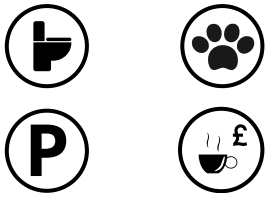
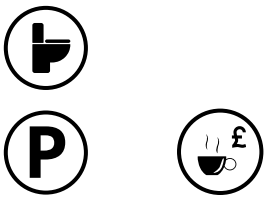
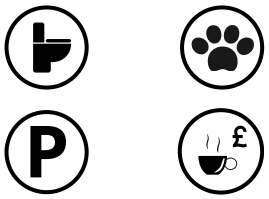
Day/Time	Meeting place	Walk Level / Information	Walk Leader
Wells **Thursday fortnightly** **10am for 10.15 start** 05/11/26, 19/11/26, 03/12/26, 17/12/26, 31/12/26, 14/01/27, 28/01/27	**Morrisons** East Somerset Way **BA5 1SQ**	**Level 1** **Assistance dogs only** 	**Lynn** walk@mendipmail.co.uk
Wells **Tuesday fortnightly** **10am for 10.15 start** 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** 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@wiveycares.net 07733 183825

Day/Time	Meeting place	Walk Level / Information	Walk Leader
Woolavington Tuesday 1st & 3rd 1.30pm 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



Y Yeovil

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

SOMERSET HEALTH WALKS
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