

### **Weekly short walks. Level 1-2**

Approx 30 - 40mins. (1½ miles). Plus 10—15 minute walks.

These are friendly walks for people who do little or no exercise but would like to improve their health in a sociable way and at a pace they can manage. No need to book, just come along and join in.

Walks are local, a mixture of village & country walks, on fairly even ground, some pushchair friendly and finishing at a local café. Walks take between 30-40 minutes and are up to one and a half miles.

All walks are on Wednesdays and start at 10am, outside Silverton Community Hall.

#### **Walk details:**

Flat. Level, hard surface paths and pavements. No steep hills or steps. Suitable for wheelchairs and buggies.

### **Moderate walks. Level 2-3**

Approx 1 - 1½ hours. 2 - 4 miles

April 1st + 15th

May 6th + 20th

June 3rd + 17th

July 1st + 15th.

Aug 5th + 19th.

Sept 2nd + 16th.

Moderate walks are on Tuesdays as listed above starting at 10am outside Silverton Community Hall.

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 details**

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

#### **For information, please contact:**

Wendy Protheroe, Walk Co-ordinator, Tel 01392 356914

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Or Trish Brown 01392 860034