







Street & Glastonbury Health Walks - January 2010 - March 2010

Date	Walk	Meeting Place	Level
Wednesday January, 13 2pm start	Somerton (4 miles)	1pm @ White Hart Pub (for lunch) or 2pm @ the Market Place	
Wednesday January, 27 2pm start	Street Ramble (2 miles)	Crispin Community Focus	
Wednesday February, 10 2pm start	Collard Walk (4 miles)	Crispin Community Focus	
Wednesday February, 24 2pm start	Town Walk (2 miles)	Crispin Community Focus	
Wednesday March, 10 2pm start	Glastonbury pub and bus Walk (4 miles)	1 pm @ The Who'd a Thought it Pub (for lunch) or 2pm @ the Market Place	
Wednesday March, 24 2pm start	Moors Walk 4 mile	Crispin Community Focus	



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All the walks are between one and four miles in distance and can take from 45 minutes to two hours. The walks will be at a moderate pace, which is where you feel slightly warm, your breathing gets faster but you are still able to hold a conversation.

Health walks are ideal for people who want to improve their general health and well being. They are suitable for people of all ages and it is a fun way to take up walking in a safe and sociable atmosphere.

Mendip health walks are led by qualified walks leaders.

A few general points:

- All walks are free of charge
- Please come prepared with suitable footwear and clothing
- Please bring a drink
- Please turn up on time at the designated meeting point for a prompt departure
- As courtesy to other walkers, please note that dogs are only allowed on non-extendable leads

Grading of the Walks

Level 1 – Flat roads or tracks and may include town walking



Level 2 – Uneven ground, contains fields, stiles and gates



Level 3 – Inclines included, rough ground, open hills, in addition to level one and two



For further information please contact Mendip District Council on 01749 648999