



Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Next Step

If you feel ready to take the next step with your exercise then please contact your local Ramblers at: www.eastdevonramblers.org.uk



step right up



East Devon Health Walks

February 2016 - July 2016

Meet at 10.15am for registration, walks starts at 10.30am

Supported by



carsharedevon.com

Grades Explained



Grade 1

Approx. 20 - 30 Mins

For those just starting to exercise who would find hills a problem, on mostly flat level footpaths.



Grade 2

Approx. 30 - 60 Mins

For those who can do a little exercise and cope with gentle on mostly flat and level footpaths but with some slight gradients.



Grade 3

Approx. 60 - 90 Mins

For those able to walk at moderate speed, with slopes and uneven pathways. On footpaths and pavements with some gradients and hills. Steps with handrails and stiles in some places. It can be slippery under foot when wet.

New walk coming soon - Offwell

Starting Tuesday 16th March 2016

Grade 2 walk on the first Tuesday of every month
Meet at the car park near the Community Centre



How you can get involved

East Devon Walk This Way is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part all you have to do is come along to the start point of one of our walks 15 minutes early so that one of our trained walk leaders can take your details.

You're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch by email:

outreach@ledleisure.co.uk or call Lottie Edwards on 01395 562500

Exmouth Tuesday Walks



Saturday Walks



Date	Walk	Grade	Date	Walk	Grade
02/02/16	Belshar	1, 2, 3	06/02/16	Orcombe Point	1, 2, 3
09/02/16	Foxholes	1, 2, 3	13/02/16	Esplanade	1, 2, 3
16/02/16	Madeira	1, 2, 3	20/02/16	Gunfield	1, 2, 3
23/02/16	Belshar	1, 2, 3	27/02/16	Orcombe Point	1, 2, 3
01/03/16	Gunfield	1, 2, 3	05/03/16	Esplanade	1, 2, 3
08/03/16	Orcombe Point	1, 2, 3	12/03/16	Belshar	1, 2, 3
15/03/16	Esplanade	1, 2, 3	19/03/16	Foxholes	1, 2, 3
22/03/16	Belshar	1, 2, 3	26/03/16	Orcombe Point	1, 2, 3
29/03/16	Foxholes	1, 2, 3	02/04/16	Gunfield	1, 2, 3
05/04/16	Orcombe Point	1, 2, 3	09/04/16	Esplanade	1, 2, 3
12/04/16	Gunfield	1, 2, 3	16/04/16	Foxholes	1, 2, 3
19/04/16	Esplanade	1, 2, 3	23/04/16	Belshar	1, 2, 3
26/04/16	Madeira	1, 2, 3	30/04/16	Esplanade	1, 2, 3
03/05/16	Orcombe Point	1, 2, 3	07/05/16	Gunfield	1, 2, 3
10/05/16	Belshar	1, 2, 3	14/05/16	Madeira	1, 2, 3
17/05/16	Esplanade	1, 2, 3	21/05/16	Orcombe Point	1, 2, 3
24/05/16	Madeira	1, 2, 3	28/05/16	Gunfield	1, 2, 3
31/05/16	Esplanade	1, 2, 3	04/06/16	Foxholes	1, 2, 3
07/06/16	Orcombe Point	1, 2, 3	11/06/16	Belshar	1, 2, 3
14/06/16	Gunfield	1, 2, 3	18/06/16	Orcombe Point	1, 2, 3
21/06/16	Belshar	1, 2, 3	25/06/16	Foxholes	1, 2, 3
28/06/16	Esplanade - Celebration Week	1, 2, 3	02/07/16	Madeira - Celebration Week	1, 2, 3
05/07/16	Belshar	1, 2, 3	09/07/16	Esplanade	1, 2, 3
12/07/16	Madeira	1, 2, 3	16/07/16	Orcombe Point	1, 2, 3
19/07/16	Foxholes	1, 2, 3	23/07/16	Belshar	1, 2, 3
26/07/16	Esplanade	1, 2, 3	30/07/16	Gunfield	1, 2, 3

Exmouth Meeting Places



All walks meet at the Manor Gardens Performance Stage – Behind the old Tourist information. The Walk Leaders may vary or change a listed walk at short notice also due to adverse weather conditions.

Friday Walks Axe Valley



Date	Walk	Grade	Meeting Place
05/02/16	Kilmington	1, 2, 3	New Inn car park, Kilmington
12/02/16	Musbury	2, 3	From A358, take The Street, then Church Hill up to Musbury Church Car Park
19/02/16	Colyton River Bank	2, 3	Dolphin Street car park, town centre
26/02/16	Lambert's Castle	2, 3	National Trust Car Park on B3165 from Raymonds Hill Turn Right just after turning for Fishponds
04/03/16	Dalwood	1, 2, 3	Opposite Tuckers Arms, Dalwood
11/03/16	Woodbury	2, 3	Outside Axminster Tescos (2hr free parking only)
18/03/16	Beer	2, 3	Beer Head car park
25/03/16	GOOD FRIDAY Uplyme	2, 3	Talbot Arms car park
01/04/16	Kilmington	1, 2, 3	New Inn car park, Kilmington
08/04/16	Donkey Sanctuary	2, 3	On A3052 between Sidford and Seaton. Follow the brown tourist signs and park in the overflow car park
15/04/16	Chardstock	2, 3	George Inn car park
22/04/16	Monks Way	2, 3	Outside Axminster Tescos (2hr free parking only)
29/04/16	Offwell	2, 3	Car park by the Community Centre
06/05/16	Blackbury Camp	1, 2, 3	Blackbury Honey Farm sign posted off Seaton to Hare & Hounds Road (foc)
13/05/16	Wootton Woods	2, 3	Take the B3165 from Raymonds Hill, turn right at the White Gates on County Border. Bear right where road forks. Car Park is on the left
20/05/16	Cloakham	2, 3	Outside Axminster Tescos (2hr free parking only)
27/05/16	Chard Reservoir	2, 3	From Chard take the A30 towards Crewkerne. Take 2nd turning left after the hospital and follow signs (No dogs allowed around the lake)
03/06/16	Seaton - Celebration Week	1, 2, 3	Main entrance of Seaton Tescos (3hr free parking only)
10/06/16	Coombefields	2, 3	Old Market car park, Axminster
17/06/16	Sidmouth Observatory	2, 3	Salcombe Hill car park, Sidmouth, EX10 ONY
24/06/16	Colyton River Bank	2, 3	Dolphin Street Car Park, Colyton
01/07/16	Kilmington	1, 2, 3	New Inn car park, Kilmington
08/07/16	Branscombe	2, 3	Village Hall, Branscombe
15/07/16	Trinity Hill	2, 3	2nd car park on the left as you turn into Trinity Hill Road from A35
22/07/16	Woodbury	2, 3	Outside Axminster Tescos (2hr free parking only)
29/07/16	Seaton	2, 3	Main entrance of Seaton Tescos (3hr free parking only)

Monday Walks Sid Valley



Date	Walk	Grade	Meeting Place
01/02/2016	Squadmoor	3	Car park near FOUR FIRS crossroads
08/02/2016	Bovey Down	3	Turn at Hangmans Stone
15/02/2016	Harpford Common	3	Park in Joney's Cross car park of A3052 – Half Way Inn / Newton Pop Road
22/02/2016	Shute Hill Wood	3	From Shute take Haddon Road, car park found on the left (foc)
29/02/2016	Ottertton Coastal	3	Park on Maunders Hill off Fore Street Ottertton (foc)
07/03/2016	Venn Ottery	3	Park and meet in the Newton Poppleford Sports Field car park, Back Lane (foc)
14/03/2016	Offwell	3	Car park by the Community Centre
21/03/2016	Bovey Down	3	Turn at Hangmans Stone
28/03/2016	Knowles Wood	3	Knowles Wood car park, Broad Road
04/04/2016	Tipton St John Circular	3	Park around village, meet by Millennium Clock opposite garage
11/04/2016	Seaton - Axmouth	3	Main entrance of Seaton Tescos (3hr free parking)
18/04/2016	Chineway Head	3	From Chineway head take road towards White Cross, park on first track on left (foc)
25/04/2016	Ottery	3	Meet in car park, Strawberry Lane, EX11 1RG
02/05/2016	Offwell	3	Car park by the Community Centre
09/05/2016	Ottertton River Circular	3	Park on Maunders hill off Fore Street Ottertton (foc)
16/05/2016	Donkey Sanctuary	3	Situated just outside Sidford on the road towards Seaton. Follow the brown tourist signs, park in the staff car park (foc)
23/05/2016	Blackbury Camp	3	Signposted off the Hare and Hounds to Seaton Road (foc)
30/05/2016	Ottery - Celebration week	3	Meet in car park, Strawberry Lane, EX11 1RG
06/06/2016	No walk		
13/06/2016	Sidmouth Observatory	3	Salcombe Hill car park, Sidmouth, EX10 ONY
20/06/2016	Newton Poppleford / Bowd Woods	3	Park and meet in the Newton Poppleford Sports Field car park, Back Lane (foc)
27/06/2016	Tipton St John Circular	3	Park around village, meet by Millennium Clock opposite garage
04/07/2016	Woodbury Common	3	Car park on the left past Woodbury Castle Fort travelling South on B3180 from the Halfway Inn
11/07/2016	Knapps Copse	3	Knapps Corpse nature Reserve approx. 2/3 miles from Hare & Hounds Pub on the Seaton Road
18/07/2016	Offwell	3	Car park by the Community Centre
25/07/2016	Branscombe	3	Village Hall, Branscombe

Wednesday Walks Sid Valley

Date	Walk	Grade	Meeting Place
03/02/2016	Seaton	1, 2, 3	Main entrance of Seaton Tescos (3hr free parking)
10/02/2016	Honiton	2, 3	The Beehive, Honiton
17/02/2016	Ottery	2, 3	Meet in car park, Strawberry Lane, EX11 1RG
24/02/2016	White Cross	2, 3	Park and meet White Cross car park end of East Hill Strips Road (foc)
02/03/2016	Sidford Byes	1, 2, 3	Warrens Lane, Byes Lane, Sidford, park at the Rugby Club (foc)
09/03/2016	Mutters Moor	2, 3	Peak Hill car park, Sidmouth (foc)
16/03/2016	Escot	2, 3	Park and meet in the public car park
23/03/2016	Ottery	2, 3	Meet in car park, Strawberry Lane, EX11 1RG
30/03/2016	Core Copse	2, 3	Park on the bridleway between East Hill Strips Road and gate to woods (foc)
06/04/2016	Seaton	1, 2, 3	Main entrance of Seaton Tescos (3hr free parking)
13/04/2016	Sidmouth Observatory	2, 3	Salcombe Hill car park, Sidmouth, EX10 0NY
20/04/2016	Newton Poppleford - Harpford	2, 3	Park and meet in the Newton Poppleford Sports Field car park, Back Lane (foc)
27/04/2016	Escot	2, 3	Park and meet in the public car park
04/05/2016	Colyton	1, 2, 3	Public car park in town centre (pay and display)
11/05/2016	Sidford Byes	2, 3	Warrens Lane, Byes Lane, Sidford, Park at the Rugby Club (foc)
18/05/2016	Hembury Fort	2, 3	Coming from Honiton on the A373, turn right at the top of the hill. The car park is about half a mile up the unclassified road on the left
25/05/2016	White Cross	2, 3	Park and meet White Cross car park end of East Hill Strips Road (foc)
01/06/2016	Honiton - Celebration Week	1, 2, 3	The Beehive, Honiton
08/06/2016	Seaton	2, 3	Main entrance of Seaton Tescos (3hr free parking)
15/06/2016	Colyton	2, 3	Public car park in town centre (pay and display)
22/06/2016	Ottery	2, 3	Meet in car park, Strawberry Lane, EX11 1RG
29/06/2016	Donkey Sanctuary	2, 3	Situated just outside Sidford on the road towards Seaton. Follow the brown tourist signs, park in the staff car park (foc)
06/07/2016	Escot	1, 2, 3	Park and meet in the public car park
13/07/2016	Otterton	2, 3	Maunders Hill off Fore Street Otterton (foc)
20/07/2016	Sidford Byes	2, 3	Warrens Lane, Byes Lane, Sidford, Park at the Rugby Club (foc)
27/07/2016	Escot	2, 3	Park and meet in the public car park

Wednesday Walks Axe Valley

Date	Walk	Grade	Meeting Place
03/02/16	Southleigh Road	2, 3	Dolphin Street Car Park, Colyton
10/02/16	Harpford Woods	1, 2	A3052, park in layby on right of road just past The Bowd Inn, Sidmouth, EX10 0DN
17/02/16	Blackbury Camp	2	Signposted right off the Seaton/Hare & Hounds Rd
24/02/16	Sidford Byes	1, 2	Warrens Lane, Byes lane, Sidford, park at the Rugby Club
02/03/16	Bolshayne	2	Colyton Picnic Area, Hillhead
09/03/16	Seaton Marsh/ Burrow Pit	1, 2	Main entrance of Seaton Tescos (3hr free parking only) (No dogs allowed on the Wetlands)
16/03/16	Lyme Regis	1, 2	Horn Bridge, Colway Lane, Lyme Regis, DT7 3HA
23/03/16	Colyton River Walk + Easter Lunch	1, 2	Dolphin Street Car Park, Colyton
30/03/16	Seaton to Seaton Hole	2, 3	Main entrance of Seaton Tescos (3hr free parking only)
06/04/16	Beer	2, 3	Beer Head Car Park, Beer, EX12 3AH
13/04/16	Seaton Heritage	1, 2	Main entrance of Seaton Tescos (3hr free parking only)
20/04/16	Holyford	2, 3	Harepath Hill Layby + Harepath Road, Seaton
27/04/16	Musbury Castle	1, 2	From A358 at Musbury, take The Street, then Church Hill, Car Park on left just before school and Church, EX13 8DD
04/05/16	Blackbury Camp	2	Signposted right off the Seaton/Hare & Hounds Rd
11/05/16	Black Hole Marsh	1, 2	Seaton Wetlands, park through Seaton Cemetery, off Colyford Road (No dogs allowed on the Wetlands)
18/05/16	Holyford Woods	2, 3	Colyton Picnic Area, Hillhead
25/05/16	Colyton River Walk	1, 2	Dolphin Street Car Park, Colyton
01/06/16	Branscombe - Celebration Week	2	Branscombe Village Hall, opposite Bakery, EX12 3DB
08/06/16	Donkey Sanctuary	1, 2	On A3052, outside Sidford, follow brown Tourist Signs, park in Staff Car Park, EX10 0NU
15/06/16	Bovey Down	2	Near Hangmans Stone, turn off A3052 towards Southleigh
22/06/16	Seaton – Axmouth Harbour	1, 2	Main entrance of Seaton Tescos (3hr free parking only)
29/06/16	Tipton - Harpford	2, 3	Tipton St John car park, next to river, EX10 0AF
06/07/16	Sidmouth Observatory	1, 2	Salcombe Hill car park, Sidmouth, EX10 0NY
13/07/16	Harcombe Hill	1,2	Park at Blackbury Camp, signposted right off the Seaton/Hare & Hounds Rd
20/07/16	Donkey Sanctuary	1, 2, 3	On A3052, outside Sidford, follow brown Tourist Signs, park in Staff Car Park, EX10 0NU
27/07/16	Seaton to Beer + Summer Lunch	1, 2	Seaton Hole, Old Beer Road, park on side of road (can return by bus if wanted)