



mobilise!



Bude and North Cornwall Walk & Talk Walks for health

Wednesday

with friends

Weekly

wellbeing

Walks in the

local life

Bude area



**Walking routes for those less able and less confident at walking.
Get to know new friends;
Get to know the area better; get healthy!**

All walks are free and most start at 10.30am: dates and details overleaf.

**Please wear suitable clothing (layers are best) and comfortable, supportive footwear.
Please bring a bottle of water on warm days.**

Inclement Weather: We walk in all weathers, so if you want to walk, there will always be someone there to lead. Just remember your brolly! The Walk Leaders reserve the right to change or cancel the listed walk, at short notice, should inclement weather make walking conditions unsuitable or hazardous

DO YOU HAVE A FEW HOURS TO SPARE? The scheme is operated by enthusiastic and dedicated volunteers, without whom, it would be impossible to promote walking for health within your community in this way. With the scheme expanding in Bude, we are keen to hear from anyone who is interested in joining our friendly team of volunteer walk leaders – you can give as much time as you can spare. We offer FREE WALK LEADER TRAINING and on-going support. For further information about becoming involved with this beneficial scheme please contact: Chris Wood on **01209 310062** or E-mail chris.wood@ciospct.cornwall.nhs.uk

For more information call Michael Heryet on 01288 356628

Welcome to the Autumn Early Winter 2011/12 Bude Walk and Talk Programme

All walks start at 10.30am (except 07 December @ 10.45)
For more information call Michael Heryet on 01288 356628

Date	Walk	Meeting / Starting Point	Level (see below)
05/10/11	Crooklets Circular	Crooklets Car Park	2
12/10/11	Poughill Route	Poughill Church Yard Car Park	2
19/10/11	Coombe Valley	Duckpool Beach Car Park	2-3
26/10/11	Stratton Walk (Battlefield)	Stratton Car Park	2
02/11/11	Hele Community Wood	Hele Bridge Car Park	2
09/11/11	Beach Walk to Sandymouth	Crooklets Car Park	3
16/11/11	Flexbury Flexi Walk	Crooklets Car Park	L1 with extensions to L2& L3
23/11/11	Whalesborough Wood extended(4 m)	Bude Tourist Information Centre Car Park	3
30/11/11	Bude Marshes	Bude Tourist Information Centre Car Park	L1 with extensions to L2 or 3
07/12/11	Upper Tamar Lake	Stratton CP @ 10.30 or U Tamar Lake CP @ 10.45	3
14/12/11	Stratton – Bude Walk (Circular)	Stratton Car Park <i>Afterwards Xmas Lunch</i>	2
21/12/11	Maer Lake	Crooklets Car Park	2
28/12/11	Whalesborough Community Wood	Hele Bridge Car Park	2
04/01/12	Efford Down (extended)	Bude Tourist Information Centre Car Park	2/3
11/01/12	Crooklets Circular	Crooklets Car Park	2

LEVEL 1

Approx 45 - 60 mins

Up to 1½ miles

Suitable for:

- Those that do little or no physical activity at present
- People restricted by mobility problems and walk slowly, finding hills a struggle

Walk detail:

Flat, Level, Hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs & buggies.

LEVEL 2

Approx 1 – 1¼ hour 1 – 2 miles

Suitable for:

- People that do a small amount of physical activity but need to increase their activity level.
- Those with minor mobility problems that walk at a moderate speed and are able to cope with moderate gradients.

Walk detail:

Footpaths & pavements with some gradients, sometimes steps or uneven terrain. Suitable for

LEVEL 3

Approx 1 – 1½ hour 2 – 3+ miles

Suitable for:

- People that already do a certain amount of physical activity.
- Those who walk with a stronger pace who are able to cope with small hills.

Walk detail:

Footpaths & pavements, possibly uneven terrain and a few moderate gradients. May include the use of stiles or steps. Can

FOOTWEAR: Whilst walking boots are recommended for all the above routes, it is perfectly permissible to wear Wellington Boots – especially during the winter months. Trainers or ordinary shoes may not give the protection needed.