

Wednesday 1st July 2009
Trent to Nether Compton
Start at 11am

A virtually flat walk of 1 hour through the pretty village of Trent (where Charles II hid from the roundheads) to the equally attractive village of Nether Compton – where the goats from Capricorn Cheese live! The route across cultivated fields (which can be muddy) has several stiles. Meet at Trent Church.
Leaders: Ann and Paul

Wednesday 15th July 2009
Yarlington
Start at 11am

A 'long' short walk of 1 hour and 15 minutes from Yarlington to Galhampton, through farmyard, along green lanes, across fields and down quiet roads, passing a manor house and village duck pond. Undulating with several stiles. Meet at Yarlington Church.
Leaders: Ann and Paul

Wednesday 5th August 2009
Yenston
Start at 11am

A delightful undulating walk through lush pastures and along a quiet tree lined lane. The walk takes 1 hour and 15 minutes. Park, courtesy of the farmer, in the farmyard behind high walls on the right side of the road after the bend into Yenston.
Leaders: Ann and Paul

Wednesday 19th August 2009
Chetnole
Start at 11am

An hours wander down green lanes, beside a bubbling stream, past an old mill and across undulating fields. There are several stiles. Meet at Chetnole Church
Leaders: Ann and Paul

Wednesday 2nd September 2009
Hinton St Mary
Start at 11am

A lovely 1 hour walk from the village where the oldest image of Christ (in the western world) was found – part of a 4th Century mosaic now in the British Museum. The village also boasts a superb manor house. The walk is along quiet lanes, field paths and through a tree plantation. There are stiles and one difficult rubble strewn section of path that requires some agility. Meet on road by church.
Leaders: Ann and Paul

Wednesday 16th September 2009
Thornford
Start at 11am

A scenic 'long' short walk of 1 hour and 15 minutes through field, pasture and woodland, along green lanes and quiet roads. There is a long gentle incline towards the start, and several stiles to be negotiated. Meet at the school on Boot Lane.
Leaders: Ann and Paul

Wednesday 7th October 2009
Milborne Port
Start at 11am

A bracing 1 hour and 15 minute walk uphill through woodland, along a river with some fine views, descending along a farm track and across fields down to where old meets new at an old clapper bridge and a new housing development. We return to the car park via Piddle Brook. Meet at East Street Car Park.
Leaders: Ann and Paul

Wednesday 21st October 2009
Sandford Orcas
Start at 11am

An undulating walk of 1 hour, behind delightful Sandford Orcas manor, crossing fields and streams and wandering along quiet lanes. Great views and some stiles. Could be muddy around gateways. Meet at the Mitre Pub.
Leaders: Ann and Paul

Wednesday 4th November 2009
Marnhull
Start at 11 am

This is a 1 hour and 15 minute walk in Hardy's 'Tess' countryside. We walk through the village to 'The Pure Drop Inn' then across a farmyard to undulating fields and a long ridge with open views over the Blackmore Vale. There are stiles and one section may be muddy. Meet at the car park opposite the post office.
Leaders: Ann and Paul

Wednesday 18th November 2009
Gillingham
Start at 11am

An attractive undulating 1-hour walk to the west of Gillingham. The route takes in lakes, field paths, quiet lanes, the village of Silton and the famous Wyndhams Oak. There are stiles. Park at T-junction on Field Lane, north of rugby ground.
Leaders: Ann and Paul

Sunday 6th December 2009
Charlton Horethorne
Start at 11am

An undulating 1 hour walk in a figure of eight around the village, with a mixture of field and lane walking. There are several stiles, the likelihood of mud, and the possibility of a Christmas treat,
Leaders: Ann and Paul

Charlton Horethorne Walking Group

Short Health Walks

July 2009 – December 2009

Leaders: Ann and Paul White
Charlton Horethorne
(01963) 220411



All walks aim to use well-marked and measured routes following existing paths in the countryside and through residential areas in towns and villages. The walks in this programme are all free of charge and are led by volunteers, all are trained Health Walk Leaders, please wear practical clothing and comfortable footwear which provides support and is waterproof. An adult must accompany children under the age of 16. Some walks may not be suitable for very young children. If you have not participated in much exercise recently or are worried about your health, please make sure you check with your GP before increasing your physical activity levels. All new participants will be asked to fill in a short questionnaire about their health; this is aimed to make leaders aware of any risks.

It is now generally recognised that to remain healthy we should all have a period of reasonable exercise; about 30 minutes each day, 5 days a week. Walking is a wonderful way to achieve this. It is fun, free and beneficial to both mind and body.

With this in mind the aim is to enjoy a variety of terrain – village, lane, footpaths and fields with walks based within South Somerset and Dorset.



South Somerset District Council supports Health
Walks

