



You choose the day, time, pace and place....  
Outside or at home, how will you choose to walk with us today?

# Walk YOUR Way



**WE ARE  
UNDEFEATABLE**

somerset  
COMMUNITY | FOUNDATION





## Welcome to Somerset Activity and Sports Partnership's Walk YOUR Way, a series of short walks created with you in mind.

### Why Walk?

Walking is one of the most beneficial forms of exercise because it can be tailored to individual needs and preferences whilst having a positive impact on both mind and body. Walking enables people of all ages, abilities and backgrounds to find a way of participating that works for them and Walk YOUR Way encourages just that!

Walk YOUR Way can be enjoyed in person by visiting our mapped routes in this booklet or at home with our virtual offer, ideal for those unable to travel or living with health conditions that may be unpredictable. Regardless of the circumstances, there is the opportunity to enjoy walking in a way that works best for you because we understand that choice is important and no two days are the same.

### Walk Features

All of our Walk YOUR Way routes have been chosen to encourage a walking experience that feels safe, builds confidence, is accessible and ultimately enjoyable so you'll keep coming back for more.

### Key Features...

**Distance** - With distances varying between approximately half a mile to a little over, this variety allows you to choose the correct entry level for you with progression and regression options available depending on how you feel.

**Time** - Enjoy the walks at your own pace, on a day and at a time that suits you. However if speed is a motivator, use the varying route distances to build in a challenge and record your progress. If walking virtually, there will be a mix of timings for the walks ranging from approx. 10mins to around 30mins.

**Flat** - All Walk YOUR Way routes are flat so there is no need to feel wary of hills or stiles and the impact this can have on your joints.

**Benches** - With benches featured throughout every walk, know that you can stop as frequently as you need to. .

**Solid terrain** - Stability and confidence with every step is essential and all walks feature solid terrain, minimising risk of slips, trips and falls.

**Toilets** - You will never be far from a toilet should you need to go at short notice.

**Scenery** - Waterways, parks, buildings, wildlife...there's a mixture of it all within Walk YOUR Way.

### Walk YOUR Way Virtually

Choosing to walk virtually at home and bringing the outdoors in is a great alternative with many similar health benefits to walking outdoors.

**To access the series of Walk Your Way virtual walks, simply type in this link on your address bar: <https://www.sasp.co.uk/walk-your-way> Or link directly to YouTube from a smart TV, searching for the 'Somerset Activity and Sports Partnership channel', then clicking 'Playlists' then 'Walk Your Way'. Marching walking can be performed seated or standing and guidance is provided within the videos to achieve this safely.**



# Steart Marshes Wildfowl and Wetlands Trust

**Parking:** Steart Marshes car park, Steart Drove, Bridgwater TA5 2PU

**Toilets:** Located within the car park

**Distance:** 1 mile

Take care crossing the road immediately outside the car park. Enter the Reserve where you will see an information board, viewing platform and seating. Take the path ahead of you, keeping the pond to your left. Stay on this main path until the second fork. Take the left hand path then as the path forks again, stay right and you will see a second viewing platform on your right. Stay on this path until the end. As you follow the right hand path, please note this section is not wheelchair friendly and does not have benches (retrace steps if

this is the case). Visit the hide at the end of the path if you would like a rest with a view! Take the middle path on your return and this will take you back to the main route which you follow back to the car park.



Marsh Harrier



Lapwing



## Apex Park Highbridge

Parking: Marine Drive, Burnham on Sea, TA83YY

Toilets: Located to the right hand side of the main office block as you enter the car park

Distance: 0.8 miles

Follow the car park towards the slip way, turning right before the slope and following this path through some trees and back towards the lake. Stay on this path all the way round the lake, turning left once you pass the play park on the right hand side. Continue, passing through some fencing and back towards the car park. Choose the right hand path back into the car park to avoid the slope on the slip way.



Mallard

Grey squirrel



**Key:**

- = Start
- = Walk Your Way Route
- = Secondary Paths
- = Roads
- = Water
- = Toilets
- = Benches



## Bishops Palace Wells

**Parking:** Parking on the high street, Union Street car park or Market Place car park, all sign-posted in the town.

**Toilets:** Located in: Union Street Car Park and Wells Town Hall, Tourist Information Centre Wells BA51SE (during opening hours)

**Distance:** 0.5 miles

Start under the arch way. Then walk through the arch and turn left to go alongside the Moat. When you reach the road turn right and proceed down the road for a short distance. Then turn right into the park area with a band stand. Head around the back of the band stand to the far side. Turn right to head back towards the moat. On rejoining the path turn left with the moat now on your right hand side and follow this path back to the start.



### Key:

- = Start
- ⋯ = Walk Your Way Route
- = Secondary Paths
- = Roads
- = Water
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- = Benches

## Collett Park Shepton Mallet

**Parking:** Roadside parking, max stay 1hr. Park Rd, Shepton Mallet BA4 5BP

**Toilets:** Located near the start of the walk, inside the park itself.

**Distance:** 0.4 miles

Park on the side of the road next to Collett Park. As you enter the park take the path to the left and continue all the way to the bottom of the park, past the pond (on your right). Take a right turn further past the pond and continue straight. If you wish to avoid steps later in the route, take the first right hand path towards the pond and follow this back to the play park and café. Alternatively, take the second right hand path and continue, noting a small set of steps or slope before reaching the play park.



### Key:

- = Start
- - - = Walk Your Way Route
- - - = No steps or gradient
- = Secondary Paths
- = Roads
- = Water
- = Toilets
- = Benches

## Yeovil Country Park - Ninesprings

**Parking:** Goldenstones Car park, 27 Brunswick Street, Yeovil, BA201QZ. Pay and Display

**Toilets:** To the right hand side of the Ninesprings Café building

**Distance: 0.6 mile**

Start in Goldenstones Car Park. Join the main path and follow this keeping the café and toilets to your left. Continue until you reach a fork. Take a slight right through the gate. Continue past the play area and through another gate. Head around to your left and eventually you will go over a small bridge to rejoin the path you started on. This takes you back to the Café, toilets and car park. There are benches throughout.



Kingfisher



## Langport River Path

**Parking:** Langport Library car park, Whatley, Langport TA10 9RA. Free parking

**Toilets:** Located in the car park opposite the shops.

**Distance: 0.6 mile**

Locate the sign in the far corner of the car park and walk towards the river. Join the path, turn right and walk along the path until you reach a small bridge. You can cross here to visit the Café. There are several benches along the route. Retrace your steps back until the path forks. Take the left hand path back to the car park.



Water Vole



Otter



Roe Deer

**Key:**

-  = Start
-  = Walk Your Way Route
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## Vivary Park

**Parking:** Ash Meadows Car park, Ash Meadows, Taunton TA1 3QE pay and display .

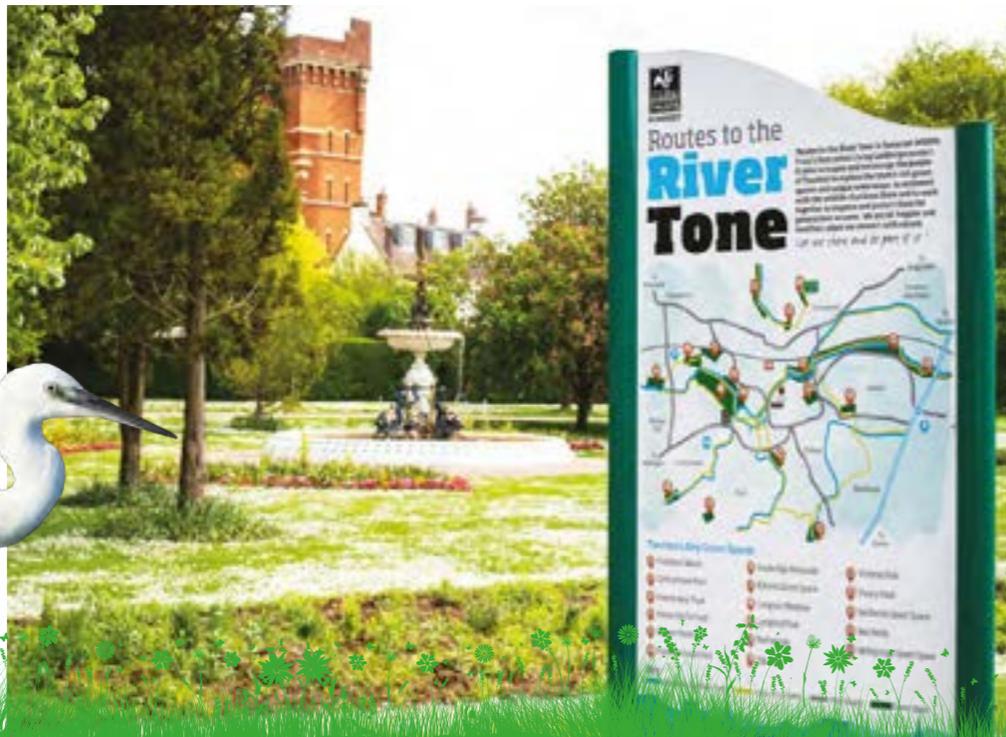
**Toilets:** Located in the Vivary Park Coffee Station building within the park itself.

**Distance: 0.5 mile**

Join the park through the gates and head left towards the Coffee Station and toilets. Follow this path round to the right and continue following the stream all the way until the path turns to the right and loops back to the start. There are benches throughout, as well as paths that take you to a more formal garden, the water fountain and bandstand should these be of interest.



Little Egret



## Wellington Park

**Parking:** North Street car park, 47 North St, Wellington TA21 8LY. Pay and Display

**Toilets:** Located within North Street car park.

**Distance: 0.8 mile**

Take the narrow path through the gate to the right of the toilets. Follow this to the right until the path moves round to the left before joining a lane taking you to a car park. Move carefully through the car park and across the road to Wellington Park. Once in the park, follow the path round to the left, all the way to the bottom and stay on this path to loop back to the park entrance again before re tracing steps back to the start. There are interconnecting paths within Wellington Park should you wish to explore further.



## Minehead Promenade

**Parking:** Quay West car park, Minehead TA24 5UP. Pay and Display  
**Toilets:** Located at Quay West car park.

**Distance: 1.2 miles**

Start at the far end of Minehead in Quay West car park. Proceed towards the harbour passing the toilets on your right hand side. Walk around the building, or straight past on the road to go onto the path. As you progress you will pass the South West Coast path sign. Stay on this path until the circular seating area, then re trace your steps. There are plenty of benches, some undercover, on your route.



## Watchet Harbour

Parking: Harbour Road car park, Watchet, TA23 0AQ

Toilets: Opposite car park

Distance: 0.8 miles

Start in car park with the toilets opposite. Head towards the harbour. On joining the harbour front, turn left, keeping the water on your right hand side as you walk along to the end, over the cobbles and out onto the road. Proceed until the official harbour entrance is on your right hand side. Follow the harbour wall all the way to the end then retrace your steps back to the car park.





**Thank you for walking with us today.  
We hope you have enjoyed your  
chosen route and look forward to  
joining us again either in person or  
virtually with 'Walk Your Way'.**

### **Don't forget....**

If your fitness progresses to a level where you can complete a 30 minute continuous walk, the Somerset Health Walks Scheme features programmes of walks from beginner to intermediate level every week across Somerset. Health Walks can be a great opportunity to challenge yourself further whilst exploring new places and making new friends. Further details on Health Walks and other walking opportunities with SASP, please visit: <https://www.sasp.co.uk/walking> call 01823 653990 or email [enquiries@sasp.co.uk](mailto:enquiries@sasp.co.uk)

