

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 and stay 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.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

How you can get involved

Teignbridge '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 a few minutes early, so that one of our trained walk leaders can take your details. Then 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

www.Teignbridge.gov.uk/walkthisway
walkthisway@teignbridge.gov.uk
or call 01626 215594

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)



step right up

Teignbridge Walk This Way



Chudleigh

Mondays & Wednesdays

10.20am

Duration 30-45 minutes Grade 2

Meet in the main car park by the Youth Centre

Dawlish

Mondays & Wednesdays

10.20am Grades 1, 2, or 3

Groups divide into walks of either

30, 60, or 90 minutes duration.

Meet underneath the arches on the sea front

Progression walks of 90minutes + duration on the last Wednesday of each month

Ipplepen

Alternate Tuesdays. 10.00am

Duration 60 – 90 minutes Grade 3

Meet at Ipplepen Health Centre

Timetable: Parish magazine or

www.teignbridge.gov.uk/walkthisway

Cars sometimes required

Kingskerswell

Tuesdays Grade 2

Walks of 30 - 60 minutes duration,

meeting between 9.50 – 10.15am at various points, sometimes using public transport to visit other areas in the district. Timetable:

Carole 01803 873812 Denise 01626 367860 or Christine 01626 20387

Kingskerswell

Wednesdays 10.00am

Duration 60 – *90+ minutes progression walk Grade 3+

Meet at Kingskerswell Health Centre

Contact Gill: 07887485115

We hope to offer short 30 minute health walks from this location soon. If you would like to participate please register your interest with Chrissie 01626 215594 or email: chrissie.drew@teignbridge.gov.uk

Kingsteignton

Mondays & Wednesdays

10.30am Grades 1, 2, or 3

3 walks of 30, 60 or 90 minutes

Meet at Kingsteignton Health Centre

30 minute walks alternate meeting at the health centre & Hackney Marshes

*Progression walks of 90 minutes + duration take place by arrangement

Moretonhampstead

Tuesdays 10.30am

Walks alternate between Short 30-40 minutes and Long 45 -90 minutes

Grade 2 or 3

Meet: Bus Shelter, Court St Car Park

For timetable details visit:

www.teignbridge.gov.uk/walkthisway

Newton Abbot

Thursdays

Duration 60-*90+ minutes progression walk Grade 3+

Various meeting points / times. Contact Christine 01626 203871 or Denise 01626 367860

Or visit:

www.teignbridge.gov.uk/walkthisway

Newton Abbot

Saturdays 10.30am

Duration 30-45 minutes Grade 2

Meet at Sainsbury's Supermarket entrance, Penn Inn.

Contact Bob 01626 365589

Teignmouth

Wednesdays 10.00am

2 walks of 30, or 60-90 minutes

Grades 1, 2, or 3

Meet in front of the Pier, Teignmouth sea front. Contact Neil 01626 888731 for more information

Teignmouth

Wednesdays 9.45am

Duration *90+ minutes progression walk Grade 3+

Meet Teignmouth Rugby Club. Contact Tony 01626 774756 for more information

Shaldon

2nd & 4th Saturdays each month

10.00am Duration 30-45 minutes

Grade 2

Meet at the Memorial on The Green

Contact Dave:davidpos12@gmail.com

Buckland Newton Abbot

Mondays 10.00am

Duration 40 minutes Grade 2

Meet at the Community Centre

Contact Fran: 01626 206690

coordinator@newtonabbotcic.org.uk



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Progression walks

(Not part of Walking for Health)
This walk is for people who have undertaken Walking for Health grade 3 walks and are now looking to take their next steps. These walks are more than 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces.