

Torrige Walk and Talk Programme Jan – Jun 2024

The Torrige Walk and Talk initiative is aimed at helping you to enjoy the benefits of walking and enable you to become fitter for life. Walking is the best form of exercise available to everyone, young and old and for all abilities. It has the benefit of being safe, free and low impact. It is also a great way to meet people, make new friends and enjoy the open air.

Well behaved dogs are welcomed but must be kept on short leads for theirs and our walker's safety.

Walk levels

Torrige Walk and Talk is offering a varied range of walks in and around your local area. All walks are led by trained volunteer Walk Leaders and are graded from level 1 to level 3. Our aim is to cater for all ages and abilities and we hope that you will discover a walk suited to you.

Level 1: Approximately 15 to 30 minutes up to 1 mile. Suitable for those that do little or no physical activity at present and people restricted by mobility problems who may walk slowly. The walk uses flat, level, hard surfaced paths and pavements with no steep hills or steps and is suitable for wheelchairs and buggies.

Level 2: Approximately 30 to 60 minutes up to 2 miles. Suitable for those that do a small amount of physical activity but need to increase their activity level and those people with minor mobility problems but who are able to walk at a moderate pace. The walk uses footpaths and pavements with some gradients, steps and uneven pathways.

Level 3: Approximately 60 to 90 minutes up to 3 miles. Suitable for those that do a certain amount of physical activity but who wish to improve their general fitness and heart rate. The walk uses a variety of footpaths, roads, tracks and pathways some of which may be uneven, muddy and slippery when wet. These walks may involve steps, inclines, stiles and narrow pathways.

Inclement weather: We walk in all weathers so if you want to walk there will always be someone there to lead (some walks may be cancelled at the discretion of the Walk Leader, but they will always be there to share a coffee whatever the weather!) In hot weather it is advisable to bring something to drink and sun protection

Spread a little health. We try to encourage walking in your local area without the need to travel far first but for some travelling may not be an option. Before jumping in the car why not consider using public transport or car sharing to help reduce traffic on our roads.

Torrige Walk and Talk Programme of Walks January - June 2024



Walking for health is all about working in partnership. We are supported by **Active Devon**, **Torrige District Council** and **Ramblers Wellbeing Walks** while at a local level our scheme is run by dedicated volunteers

Walking - the way to Health

The Torrige Walk and Talk scheme is provided by very enthusiastic and dedicated volunteers, without whom, we would be unable to promote and deliver walks for health within your local community. We want the community to take ownership of this project and with the scheme growing we are always keen to hear from anyone who is interested in joining our friendly team of volunteers, as a walk leader or in any other way that you think would help us develop. We provide **FREE WALK LEADER TRAINING** and ongoing support.

For the latest walking programme and more information see our Website at:- <http://torridgewalkandtalk.co.uk> or Facebook – [Walking for Health \(Torrige Walk & Talk\)](#) or please contact any of the Walk Leaders shown overleaf



Torrige Walk & Talk - Jan-Jun 2024

Please arrive 10 mins. early for Registration

Tues 10.30 start – N.B. No Walk on 26 Dec

Torrington DC	28 Nov	9 Jan	20 Feb	2 Apr	14 May	25 Jun
Northam	5 Dec	16 Jan	27 Feb	9 Apr	21 May	2 Jul
Torrington Car Park	12 Dec	23 Jan	5 Mar	16 Apr	28 May	9 Jul
Instow Estuary	19 Dec	30 Jan	12 Mar	23 Apr	4 Jun	16 Jul
Torrington PB	No Walk	6 Feb	19 Mar	30 Apr	11 Jun	23 Jul
Westward Ho!	2 Jan	13 Feb	26 Mar	7 May	18 Jun	30 Jul

Weds 11.00 Start

Fremington	13-Dec	03-Jan	24-Jan	14-Feb	6-Mar	27-Mar
	17-Apr	8-May	29-May	19-Jun	10-Jul	31-Jul
Instow	20-Dec	10-Jan	31-Jan	21-Feb	13-Mar	3-Apr
	24-Apr	15-May	5-Jun	26-Jun	17-Jul	7-Aug
Bideford EtW	6-Dec	17-Jan	28-Feb	10-Apr	22-May	3-Jul
Yelland	27-Dec	7-Feb	20-Mar	1-May	12-Jun	24-Jul

Weds 10.30 Start

Bideford, Victoria Park	Every Week – 10.30a.m. Start
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No Thursday walks

Walk Leaders

TUES: Steve 01237 421528 John L 07554708679

WEDS: –, Fremington, Instow, Elizabeth 01271 860780
Yelland & Bideford E-t-W John W 07913303884

Victoria Park: Steve 01237 421528

Torrige Walk & Talk

All Tuesday & Wednesday @ Victoria Park walks **START AT 10.30**

Wednesday - Instow, Yelland, Bideford E-t-W & Fremington – START at 11.00

please arrive early for registration

Unless otherwise stated in the walk description there is:-

Parking nearby Toilets nearby Refreshments Bus stop nearby

Tuesdays <<< see calendar for dates

Walk Leaders SD, JL,

Torrington Dartington Crystal Meet at Car Park Level 3 <3 miles

Round walk on tarmac/gravel paths via woodland, Tarka Trail and Commons.

Woodland and countryside views. Some steep gradients. Bus Stop

Northam Meet at St Margarets Church, Northam Square Level 3. 3 miles

Round walk on lanes and paths, views. Some gradients. Bus Stop

Torrington Meet at Sydney House Car Park. Level 2/3 <3 miles.

Round walk on tarmac/gravel paths via the Commons.

Countryside views. Some steep gradients. Bus Stop

Instow Meet at Entrance to Sandhills Car Park. Level 3 3 miles

Round walk incorporating Tarka Trail and Coast Path. Estuary views.

Mostly level but Coast Path cuts through sand dunes. Bus Stop

Torrington Puffing Billy Meet at Puffing Billy Level 2/3 3 miles

Linear walk on Tarka Trail to Watergate or towards Bideford then return to Puffing Billy. Woodland/countryside views.

no public toilets Bus Stop

Westward Ho! Meet at The Green below bus stop Nelson Road Level 3 3 miles

Linear walk on Coast Path to viewpoint overlooking Abbotsham Cliffs then return to Westward Ho! Sea/coastal views.

Tarmac/gravel. Slight gradients. Bus Stop

Wednesdays <<< see calendar for dates at 11.00 am

Walk Leader EF (Instow, Fremington, Yelland, Bideford East-the-Water)

Fremington meet at New Inn Car Park walk description as below – no toilets

Instow meet at Entrance to Sandhills Car Park walk description as below

Bideford, East-the Water, Tarka Trail Level 2/3 2.5 miles

Meet at bus shelter by Clarence Wharf Car Park, East-the-Water, Bideford

Linear walk along Tarka Trail, approximately a one hour walk alongside the River Torrige. Woodland and estuary

views. Tarmac throughout. no public toilets Bus Stop

West Yelland meet at Sandbanks Café walk description as below

Variety of walks of differing levels between levels 2&3 but all about 2.5 miles.

Paths, lanes, Tarka Trail and Coast Path. Estuary and countryside views.

Some gradients on some of the walks. public toilets at Instow Bus Stop

Victoria Park, Every Week Meet at Café du Park Start 10.30 Level 1 <1 mile

Round walk within park. All on footpaths and only slight gradients. Bus Stop