

## Torrige Walk and Talk Programme 2022

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 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 June - December 2022**



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 go to:-**

***Facebook – Walking for Health (Torrige Walk & Talk)***

**or please contact any of the Walk Leaders shown overleaf**



