

Group disclaimer:

Everyone taking part in the Group walks does so at their own risk.

We do not employ qualified guides, leaders or first aiders on any of our walks. The group works on the same basis of being a group of friends who go out walking together, who invite others to join them on this basis.

The Walk Leaders will not be held responsible for any accident, injury or loss occurring as a result of any Group walk or in connection with travel to such event, however caused.

Clothing for Walking:

Participants in Group walks are reminded to dress to suite the terrain and weather (boots, waterproofs, etc). Participants are responsible for assessing their own risk, the safety of themselves and the suitability of any equipment used. Any Medical Conditions that may affect the participants during the walk should be notified to the walk leader prior to the start of the walk.

Walkers might also need to consider taking water and snacks on the walk as they may deem appropriate

While accepting no responsibility or liability for walks the walk leader may, at their discretion, not admit you to join the walk or other event if in their opinion you are ill-equipped for the terrain and weather conditions.



Run by the Milton Abbas Surgery Wellbeing Team

New Walking Group!

Come and join us!

The aim of the Walking Group is to provide a regular, enjoyable activity for the community, which has both social and health benefits.

There are so many health benefits to walking. Walking regularly can help you:

- *Improve your blood pressure, heart rate and lung function*
- *Decrease feelings of loneliness and depression*
- *Maintain a healthy weight*
- *Build stronger bones and muscles*
- *Boost your self-esteem and mood naturally*
- *Enhance your social life and your feelings of connectedness to others.*

The group works as some friends who walk together and invite others to join them. **We are inviting you!**



The walks, at present, are centred around Luccombe and all start and finish there at the Hub.

The table overleaf shows more details of each walk including what type of ground it is over.

Walks take place every Tuesday and Thursday at 1100. If you want to join a walk, just turn up about 15 minutes before the published start time and off you go.

The Walk Leaders are:

Naomi Walston, Jenny Norman, James Park and Peter Anthony

Dogs:

Dogs are usually allowed on walks but must be under control and be the responsibility of the owner. Dogs should be on a lead where this is required by public notice and where livestock is present or when requested by the Walk Leader.

Unless specified none of the walks are suitable for baby buggies but are for parents with baby carriers.

<u>Walk Name</u>	<u>Distance (miles)</u>	<u>Ft Ascent (Note)</u>	<u>Stiles</u>	<u>Category</u>	<u>Notes</u>
Lucombe North	1.9 (4900 steps)	255	None	Easy to Moderate	One short steep climb
Lucombe East	2.4 (5550 steps)	295	1 (DF)	Moderate	Some muddy parts when wet. One fairly steep climb
Lucombe South	2.25 (5350 steps)	235	None	Easy to Moderate	Uneven ground in parts

Key:

DF = Dog Friendly

Steps = standard step approx. 30 inches (2.5 ft)

Note:

Ft Ascent figure reflects the accumulative ascent over the whole length of the walk

Walk Start Location

This is a new group and initially all walks will start at the **LUCCOMBE HUB CENTRE CAR PARK** at 1100am.

We anticipate each walk will finish approx. 1230ish. Tea and Coffee will be available at the end of the walk (suggested donation of £1) and you may wish to bring a sandwich or snack.

To join a walk just turn up 10-15 minutes before the start time

