

Brixham Bay Walks

Supporting you to get active and stay active

Walking is one of the simplest and most effective forms of exercise you can do. It's easy to get started, and with two walks locally in the Brixham there's choice for you to get walking today and meet local people. **Walking for Health** Walking for Health is England's largest network of health walks with over 400 active schemes, helping people across the country to lead a more active lifestyle.

Brixham Bay Walks

The Friends of Brixham Library have agreed to be the sponsoring organisation for the Brixham walks for 'Walking for Health'. All walks are free and it is not necessary to become a Friend of Brixham Library to join any of the walks on a regular basis. Under the new banner of Brixham Bay Walks they will continue to encourage this regular activity both as a social opportunity and as a help and an encouragement on the route back to good and better health. The two weekly walks have been in existence for about 15 years and FoBL's involvement is to ensure that they continue for the benefit of the people of the Brixham area.

In addition, FoBL arrange Occasional Walks. These are longer walks of anything between 6 and 14 miles and are organised occasionally by individual FoBL members. Details of these walks are advertised to FoBL members by email or on the FoBL notice board. Once again, there is no charge to attend and anyone is welcome to join. Being longer walks, sensible foot ware and clothing is advised along with a packed lunch etc.

Breakwater, Brixham Harbour Walk

This is a flat walk designed and adapted to suite a wide range of abilities. We meet near the **Golden Hind ship under the Old Fish Market at 2.00 pm every Tuesday** afternoon weather permitting. We then walk round the harbour towards the Breakwater Cafe. Some walkers stop at the cafe, whilst the more able and adventurous walk the length of the Breakwater and back to the cafe. Come and join us everyone is welcome to join this happy and friendly group.



For more information about this walk please contact
Joy Mills, tel: 01803 843370.

Coastal Path Walk to Berry Head

This is a longer walk, once again designed for a wide range of abilities and all are welcome. We meet at the rear of **Douglas House Cheshire Home in Gillard Road, Brixham at 10.00am every Monday** morning whatever the weather. There are two possible routes that can be taken.

Route One: this follows the coastal path stopping a number of times along the route to Berry Head to enable the group to keep to the pace of the slowest walkers. This route does encounter a number of stiles along the way and can be muddy. The walk ends at the Berry Head Hotel around about 11.00am where many take the opportunity to take refreshment and time for a natter. Alternatively, some regular walkers similarly stop at the Guardhouse Café (open to FoBL members to use their loyalty card for a 10% reduction on any purchase).

Route Two: this route follows the wide footpath next to Gillard Road to assist those worried about slippery footpaths and climbing over stiles. Once again, the walk ends at either the Berry Head Hotel or the Guardhouse Café as described in route one above.

Dementia Friendly Walk

Brixham Bay Walks invite people living with dementia and their carers to join us on a fortnightly gentle friendly walk round the harbour. The walk will be at your pace with as many stops as required for the less active. We meet near the **Golden Hind ship under the Old Fish Market at 10.30 am every other Friday** morning. We then walk round the harbour towards the Breakwater Car park and back into town. The walk is flat and wheelchair friendly with plenty of benches to pause and take in the views. As walks are as much about social interaction as exercise we will finish the walk at the Steam Packet on Fore Street where we can all enjoy a cup of tea or coffee.

If you are visiting Brixham you will be more than welcome to join one of the walks. Walking for Health in conjunction with local groups have organised walk in other parts of Torbay and all across England. To find walks local to you visit www.walkingforhealth.org.uk and enter your postcode.

For more information

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www.walkingforhealth.org.uk
www.friendsofbrixhamlibrary.org

