

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.

The Walk Leaders:

Jenny Norman, James Park, Peter Anthony, Kevin Cox, Barbara Keene



Run by the Milton Abbas Surgery Wellbeing Team

Milton Abbas 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!**



A schedule of walks for the month are available from the surgery reception or can be found on the surgery website. This schedule will give details of the walks planned (length, feet of ascent, terrain etc).

Dogs & Pushchairs:

Dogs are usually allowed on walks but must be under control of 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 currently suitable for baby buggies but are for parents with baby carriers.



Milton Abbas Wellbeing Team Walking Group

Below is detailed the schedule of walks planned for the month of **November**.

Please note: All walks will be on a Wednesday and at 10.00 am (unless otherwise stated) so please ensure you arrive before then. Where it is stated on a walk, a shorter distance is possible, for those of the group that wish to do the full length then the Walk Leader will accompany those individuals. In some cases, a walk may have a point where it can be shortened leaving a straightforward quiet road walk for the remainder to return to the starting point.

Date	Distance	Location	Walk Leader	Notes
5 th Nov	3.6 miles (242ft ascent)	Milton Abbas DT11 0BP (Park near the pub)	Barbara	This is the new route that was done in January – 3.6 miles and should be less muddy in bad weather
12 th Nov	2.4 miles (246ft ascent) or 3.8 miles (571ft ascent)	Puddletown Woods Second parking gate on Rhododendron Mile	Peter	Mainly on good forest tracks although some off track that can be muddy after heavy rain. To get to Rhododendron Mile go past St Marys Middle School in Puddletown
19 th Nov	2.9miles (253ft ascent) or 4.5 miles (325ft ascent)	Bere Regis BH20 7HD (Car Park near the Dr's Surgery)	James	Some tracks can be muddy in places after prolonged rain. Decision on which walk to be decided on the day by the participants
26 th Nov	3.5 miles (338ft ascent) or Dorset Gap 3.75 miles (290ft ascent)	Ansty DT2 7PN (Park in the Fox pub car park to the left)	Jenny	Ability to shorten the walk by approx. 0.7 miles for those who would like a shorter distance. Or Dorset Gap Walk 3.75 miles. Some places can be muddy after prolonged rain Decision on which walk to be decided on the day based on conditions and participants wishes

The Walk Leaders would be happy to consider adding other walks to the itinerary if they meet the agreed criteria of being as inclusive as possible for all people wishing to attend and specifically should be:

- Up to 4 miles (with the ability to shorten the length for those less able)
- Easy access stiles (preferably kissing gates etc) & limited ascent
- Car parking facilities at start
- Circular