

The Bay Walks

Measured Miles

How long does it take you to walk a mile?

Walk a mile on a regular basis, time yourself and work to improve on your time.

Brixham—walk along the Breakwater and back

Paignton Green Mile— walk the full circumference of the green to complete a mile. You can find marker posts at 220 yard intervals and a sign board at the harbour end to show the route.

Paignton—walk from Paignton harbour, along the seafront, follow Marine Parade to Preston Beach, then walk along the promenade to complete the mile.

Torquay—walk from Corbyn Head, along the sea front to the inner harbour (Vaughan Parade).

Information boards can be found at the start/finish of each route.

Fancy a longer walk

Our Progression walks are designed for those people who are already walking but are looking to go that little bit further as their fitness improves. These walks are for those who can manage rugged, undulating terrain, steep slopes, steps and stiles.

Walk your way to better health and discover the stunning landscape Torbay has to offer.

For the latest timetable of events, please visit www.torbayandsouthdevon.nhs.uk or

www.walkingforhealth.org.uk

All telephone area codes are 01803 unless otherwise stated. It is advisable to ring the walk leader before attending the walk for the first time to check the walk is going ahead as planned. Walks are usually undertaken in wet weather unless conditions are extreme. Please ensure you have the appropriate clothing, footwear and some water to drink.

 Accessible to wheelchairs/ pushchairs

 Inclines

 Steps

 Stiles

 May be muddy underfoot

 Uneven ground



Grade 1 walk—up to 30 minutes on flat ground or gentle slopes



Grade 2 walk—30-60 minutes, moderate slopes, steps, uneven surfaces



Grade 3 walks—45-90 minutes, may include steeper slopes, steps, uneven

This document is available in other formats and languages. For more information telephone 0300 456 1006 (local rate number)



Torbay and South Devon 

NHS Foundation Trust

Bay Walks



HEALTH WALKS TIMETABLE

For more information, please visit www.torbayandsouthdevon.nhs.uk or contact the Healthy Lifestyles Team on 0300 456 1006 (local rate number)



PAIGNTON

Monday

Oldway to Paignton seafront—meet at Oldway Mansion TQ3 2TE at **10am**. 2 miles (60 minutes). **Walk Leaders**—George (07587 009685) or Bob & Soo (392087).



Tuesday

Big Tree to Goodrington—meet at 'Big Tree', jct. Fisher St and Dartmouth Road TQ4 5HN at **10am**. 1.5 miles (60 minutes). **Walk Leaders**—Jean (529678) or Anne (558167).



Wednesday

Victoria Park— meet Outside Read Davies Estate Agents, Hyde Rd, TQ4 5BP at **10.30am**. 2nd & 4th Wednesday of the month from July 13th. 0.5 miles (up to 30 minutes). **Walk Leader**—Wanda (07964 012150)



Thursday

Paignton Library to Preston seafront—meet Paignton Library (near Library desk) TQ4 5AG at **10am**. 2.5 miles (75 minutes).

Walk Leaders—Anne (558167) or Ann (521354)



Vue Cinema to Goodrington—meet in Vue Cinema foyer TQ4 6AG at **1.30pm**. 2.5 miles (75 minutes). **Walk Leader**—Audrey (540237)



FREE HEALTH WALKS Join us and walk your way to better health! All ages and abilities are welcome, find the right walk for you and just turn up!

PAIGNTON

Saturday

Paignton/Preston Seafront—meet at Paignton Pier TQ4 6BW at **10.30am**. (Fortnightly from 2nd July). 2 Miles (60 minutes) . **Walk Leader** - Jane (07400 488744)



BRIXHAM

Monday

Berry Head—meet at the Junction of Gillard Rd/Centry Rd TQ5 9EG (rear of Leonard Cheshire care home) at **10am**. 3 miles (90minutes). **Walk Leaders**—Phil (752239) and Ivan (857632)



Tuesday

Brixham Breakwater— meet at the Old Fish Market, Brixham harbour TQ5 8AW at **2pm**. Distance—0.5 miles to 3 miles (20 to 75 minutes) **Walk Leader**—Joy (843370) . Distance adapted to suit all levels within the same walk.



TORQUAY

Tuesday

Riviera Centre to Torquay Seafront—meet Riviera Centre foyer TQ2 5LZ at **10am**. 2.5 miles(75 minutes). **Walk Leader**—Debbie (01626 821889).



Wednesday

Brunel Surgery to Cary Park—meet outside Brunel Surgery, St Albans Rd TQ1 3SL at **1pm**. 0.7 miles (up to 30 minutes). **Walk Leader**—Kevin (07717 512801).



Friday

Sherwell Valley to Cockington—meet Sherwell Park, Old Mill Rd TQ2 6AU at **10am**. 3.5 miles (90 minutes).

Walk Leaders—George (07587 009685) or Debbie (01626 821889).



Did you know?

It is just over 3 miles between the harbours at Paignton and Torquay. Plaques mark the route every quarter mile between the two harbours—aim to walk a little further each time.