

Welcome to Dawlish Walkers

Delivering The Ramblers Wellbeing walks



Every Monday and Wednesday at 10.15

Starting from the sea end of The Lawns

The walks are Free, and led by trained walk leaders



All walk routes are decided on the morning of the walk for their suitability to the weather conditions. The walks usually end at a café, this is optional for all walkers, however it is a good time to socialise.

If you have a Bus Pass, please bring it, as some of the walks start with a bus ride e.g., to Teignmouth to start a walk there, or at the end of the walk to come back to Dawlish from e.g., Dawlish Warren

Three Options of Walks

Grade 1 – Short Walk

A walk of about ½ hour on the level at a leisurely pace. People with walking aids welcome.

Grade 2 – Medium Walk

A walk lasting about an hour mainly on the flat, however there will be some slopes and gentle climbs. These walks will be on pavements and easy footpaths at an easy pace.

Grade 3 – Long Walk

A walk lasting about 1 ½ hours, usually has a hill to make you puff, it is taken at an easy pace, and there will be opportunities to pause on the route.

Although all the walking routes have been risk assessed for their suitability it is up to participants to be responsible for their own safety, and to wear the appropriate clothing and footwear for the conditions.

The group has a social element and if you would like to join, please pass your email to one of the walk leaders to be added to the mailing list, or email dawlishwalkers@gmail.com

Registration: this is part of a national organisation, and we would ask you to register at <https://beta.ramblers.org.uk/wellbeing-walks-sign-up> or if you do not have internet access ask a walk leader for the paper version to complete.

We look forward to walking with you