

Nordic
Walking -
Silver Street
Nature
Reserve



Self care with
Gvonne B



Nordic Walking

Silver Street Nature Reserve

Starting Point: Somervale School Car Park, Midsomer Norton

This walk begins on the footpath that leads from Somervale School Car Park to the Silver Street Nature Reserve. The Nature Reserve is a beautiful mini landscaped oasis filled with wildlife and a restored spring head. We stop for a warm-up session halfway in, focused on mobilising the joints and warming the muscles.

We continue walking, following a series of mainly earth & stone tracks until we enter an open field that we use to cross to the railway track walking path. (Please note the railway path is single file for most of the walk, widening at points)

After passing the 2nd turnstile (walk through – no climbing!) we enter a second field and cross to the next walkway. Here it can get rather muddy following rainfall. This field is used for technique training or strength training. We then arrive at a right turn that takes us uphill through a field for fitness testing. Once at the top, we take a left turn and enter the first open field of the walk, using the full circumference. This field will also be used for uphill & downhill fitness drills.

Finally, we re-enter the nature reserve, retracing our steps, finishing with a cool down stretch before heading back to the car park.

Proper walking footwear is always recommended due to the fields being muddy after rainfall. However, during the summer months, good trainers suffice. Due to walking through some overgrowth, long leggings or tracksuit bottoms are ideal

ALL WALKS ARE SUBJECT TO CHANGE.



Nordic Walking

Email:
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for workshop availability,
timetable and programme
rates



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