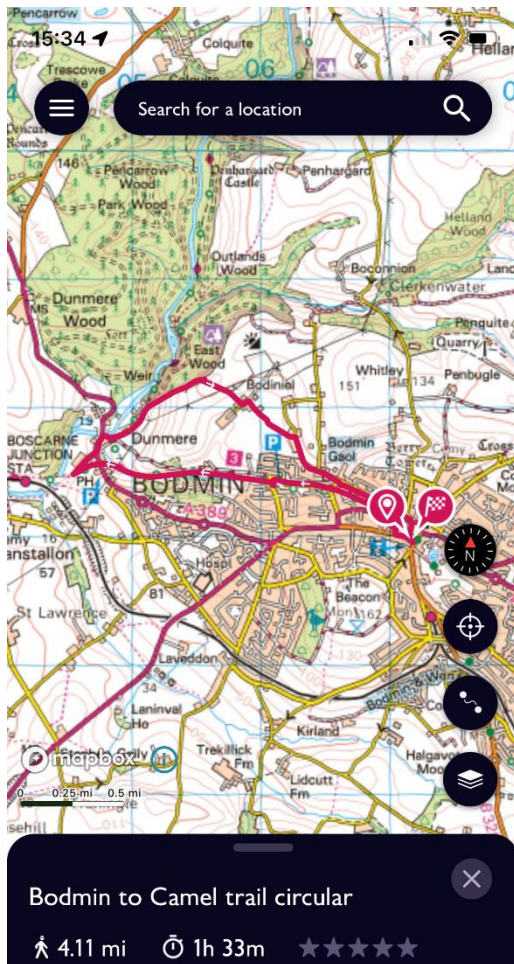


Location – Bodmin



Walk length– 4.2 miles, with an opportunity to shorten if the group wants to

Date: 15th February 2024

Overview: These are open walks set up in the Bodmin area. The walks will start off from Bodmin, before using public transport to get the group exploring the SWCP. These walks are free, open to anyone they are suitable for and will be planned to be around 3-4 miles long. Participants and those referring are asked to review the Walk Plan before hand to make sure the walk is suitable prior to signing up.

Start Location: Shire House, Shire Hall, Fore Street Bodmin

Length (estimate)– 4.5 miles

Timings –

11.00 - Meet at Shire House for Walk Briefing and health and safety information.

11.10 - Walk starts

12.30 - Stop on walk for refreshments / lunch



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14.00 - Walk finishes at The Shire House, lunch break for those who want to stick about. SWCPA will provide hot drinks if there is an opportunity to do so.

Rating – Easy – the walk is generally easy, but there may be some elevation and pathways may be wet in periods of heavy rainfall

Suitability – Suitable for anyone able to walk around 4.5 miles, and on a range of footpaths.

Group Size: 15

Facilities and Refreshments:

Toilets – The Shire Hall

Refreshments – The Shire Hall

Points of Interest

How to book on for a walk: To book onto a walk please contact Jack on jack@southwestcoastpath.org.uk

Prior to the walk:

Prior to the walk, please make sure of the following:

- You have read and understood this walk plan and you understand what is expected of you.
- You have completed the Contact and Medical Information form
- You have contacted SWCPA to book on the walk.
- You have all items as shown in checklist (below).

Checklist (for participants):

- Ensure you have sturdy footwear,
- Weather depending - eye and skin protection (depending on weather), waterproofs, and spare layers of clothing.
- Mobile phone
- Any medical equipment or medicine you may require.
- Optional extras: binoculars, walking poles, Hand sanitiser
- Refreshments (packed lunch) and a bottled drink (to drink little and often)

What does the SWCPA Provide?

- Refreshments (tea / coffee from a local café)
- Contribution to travel costs – see below
- First Aid cover and equipment
- Walk plan and staff or volunteer to lead.
- On walk activities or information (if suitable)
- Leaders mobile phone – contact number available
- Emergency provision – Risk Assessment complete prior to walk, Phone with what3words app
- Feedback

Feedback

As part of the funding, and to improve the Coast Path Connectors project we will be asking walkers to take part in some sort of feedback activity, either on the walk or after walk. Please feedback where possible, as it helps massively with the development of the project.

On the Path



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Take nothing but pictures, leave nothing but footprints and kill nothing but time.

- Be safe – follow the SWCPA staff member or volunteers' advice and be prepared.
- Protect plants and animals – please take all litter home.
- Leave wildlife, flora and fauna as you find it.
- Leave gates and property as you find them.

Looking after our environment

There are lots of ways to protect the Path for future generations, here are some suggestions:

- Use public transport where possible.
- Support local shops and services.
- Keep to the Path to minimise erosion.
- Report any problems to the SWCPA staff member or volunteer.
- Take care of the Path, yourself and your fellow walkers.

Dogs on the walks

Please speak to the walk leader if you would like to bring a dog on the walk. Where possible we will accommodate this, but it may be that the walk is not suitable for dogs. This could be due to the walk route and location, or the group we are walking with. We will make this decision on a walk-by-walk basis.

For dogs who do attend, we ask that they are well behaved and on a lead at all times. The owner is responsible for the wellbeing of the dog and the removal of all waste. We hold the right to ask dogs and owners who are being irresponsible to leave the walk at any time.

Evaluation (to be complete after walk by SWCPA lead):