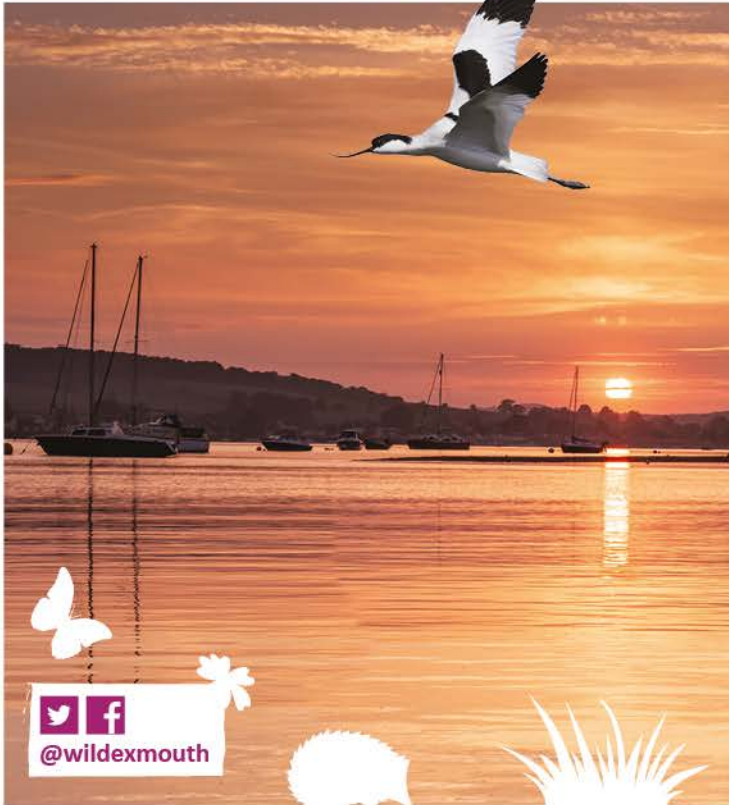


IMPERIAL MEDICAL PRACTICE
& HALDON HOUSE SURGERY

WILD
EXMOUTH
WILD & ACTIVE

Green health routes

Explore local nature walks from
the front door of your local GP surgery



GET ACTIVE OUTDOORS IN NATURE AND IMPROVE YOUR PHYSICAL AND MENTAL WELLBEING

Walking in nature is a great way to do this because:

- ♥ It's free!
- ♥ It's gentle so you're unlikely to get injured
- ♥ It's a great way to meet friends and have fun
- ♥ You can do it almost anywhere, any time
- ♥ You can start slowly and build up gradually as you gain confidence

It's a great way to get active outdoors and may even inspire you to try other activities. Why not try these walking routes regularly and see if your health improves.

Take notice	Be active	Keep learning	Give	Connect
Remember the simple things that give you joy.	Do what you can, enjoy what you do, move your mood.	Embrace new experiences, see opportunities, surprise yourself.	Your time, your words, your presence.	Talk and listen, be there, feel connected.

Imperial Medical Practice
01395 280 362
47-49 Imperial Road EX8 1DQ
imperialmedicalpractice.co.uk

Haldon House Surgery
01395 222 777
37-41 Imperial Road EX8 1DQ
haldon-house.co.uk



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Enjoy the view across to Dawlish

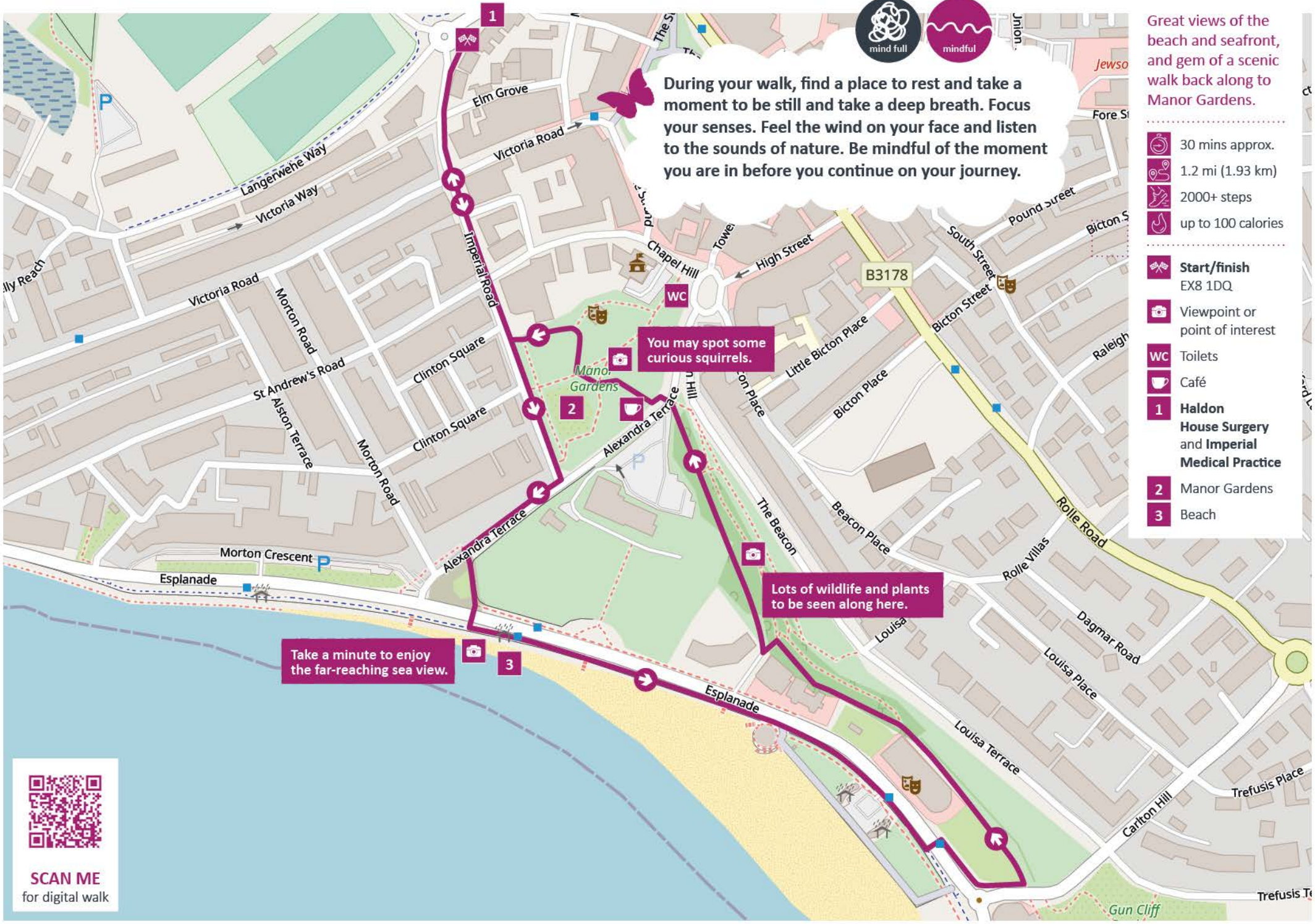
In winter months look out for the Brent Geese, with their black heads and necks. These geese rest at high tide on the water and feed on eelgrass beds after a long migration from Siberia. The white, heron like, Little Egret is a delight to spot all year round.

Great views of the estuary and local nature reserve with bird life most of the year. Don't miss the beautiful sunsets!

- 20 mins approx.
- 0.7 mi (1.1 km)
- 1100+ steps
- up to 70 calories

- Start/finish**
EX8 1DQ
- Viewpoint
- Toilets
- 1 Haldon House Surgery**
- 2 Imperial Medical Practice**
- 3 Exmouth Local Nature Reserve**
- 4 Imperial Recreation Ground**

SCAN ME
for digital walk



During your walk, find a place to rest and take a moment to be still and take a deep breath. Focus your senses. Feel the wind on your face and listen to the sounds of nature. Be mindful of the moment you are in before you continue on your journey.

You may spot some curious squirrels.

Lots of wildlife and plants to be seen along here.

Take a minute to enjoy the far-reaching sea view.

Great views of the beach and seafront, and gem of a scenic walk back along to Manor Gardens.

- 30 mins approx.
- 1.2 mi (1.93 km)
- 2000+ steps
- up to 100 calories

- Start/finish**
EX8 1DQ
- Viewpoint or point of interest
- Toilets
- Café
- Haldon House Surgery and Imperial Medical Practice**
- Manor Gardens
- Beach



SCAN ME
for digital walk