

Adopt-a-path Registration form:

First name

Surname

Address

Postcode

Tel number

email

Path I would like to adopt:

Description/Location

Parish/Path no/grid ref
(if known)

I would be interested in being a co-ordinator
for other local adopt-a-path volunteers

Yes/No

Please return or email to the addresses
opposite.

To apply online or find out more information
about volunteering please follow the links at:
www.somerset.gov.uk/rightsofway

or contact: Rights of Way Service
Somerset County Council,
County Hall,
Taunton,
Somerset
TA1 4DY

Tel: 0300 123 2224

email: rowvolunteers@somerset.gov.uk

Walk yourself to improved health:-

www.walkingforhealth.org.uk/get-walking

www.zingsomerset.co.uk

To request this document in an alternative
format please contact us on 01823 356728



RNID typetalk

Adopt-a-Path



WWW.SOMERSET.GOV.UK



Fed up of overgrown stiles & gates?

Can't see signposts or waymarks?

Do you enjoy walking, riding or cycling?

Do you tend to use the same path regularly?

Why not adopt-a-path & help us to look after it?

Somerset's public rights of way

In Somerset we have over 6000km of public rights of way including Public Footpaths, Public Bridleways, Restricted Byways and Byways Open to All Traffic.

The paths cross the open hills on the Mendips, Quantocks and Blackdowns and the lowlands on the Somerset Levels, through woodlands and along beaches providing a wide range of views and experiences.

Health benefits of the scheme

Physical inactivity is one of the nation's biggest killers. The easiest way to get active is to get walking.... it could prevent 37,000 deaths every year.

Do you want to improve your health and well-being? Walking, cycling, riding and maintaining the paths where you enjoy these activities can help you achieve the recommended 150 minutes per week of physical activity required to maintain your health. By maintaining a right of way you are also helping others to achieve this goal, creating healthier and happier communities.

What we would like you to do:

- Walk a path, or ride/cycle a bridleway/ restricted byway as often as possible
- Report any problems you encounter to us or a local Adopt-a-path Co-ordinator
- Help with cutting vegetation back from signs, stiles and gates
- Keep an approximate total of time spent clearing vegetation
- Promote responsible use of the path

What you can expect from us:

- Help and advice with any rights of way questions
- Cover under our insurance policy whilst carrying out the role
- Loan of gloves and tools to do the clearance



Who can take part?

The scheme is open to everyone between 18 and 75 years old. Don't worry if you're under 18. You can still take part provided that when you go out to survey your adopted path, you go out with your parent or guardian. Likewise, if you are over 75, you can still take part, but please get in touch with the Rights of Way Team.



How do I apply to Adopt-a-Path?

Applying to take part couldn't be easier. Go online or fill in and return the attached form letting us know in which area/parish you would like to Adopt-a-Path. We'll then send you a map asking you to mark which paths you would like adopt. When you return the map we'll send you relevant information and details of any local co-ordinator. If you request tools or gloves these can be delivered.