

Walking and cycling routes across Avalon & the Poldens

From 18th to 31st May 2026, Step, Ride, Thrive - a project by Avalon and Poldens Local Community Network - is hosting **Discover Nature** fortnight, with events and activities encouraging people to explore nature at the Avalon Marshes and in local communities - with active travel as a key focus (engagement with walking, cycling and public transport, particularly the #668 bus).

We have put together a list of local walks and cycling routes to inspire people to explore new places and routes during Discover Nature fortnight, and beyond!

Facilitated walks

- **Well Woman Walk, a monthly walk at Shapwick Moor - organised by the Hawk and Owl Trust**

Meet a group of like-minded women who enjoy getting out and about in nature. The group explores Shapwick Moor Nature Reserve, taking the time to appreciate the natural world and looking out for seasonal highlights. After the walk, stay on for a hot drink in the wood cabin. £10 members / £16 non members

Book to attend [here](#)

- **Local Health Walks - free walks of varying difficulty, facilitated by Somerset Activity & Sports Partnership**
 - [Avalon Marshes Level 1 walk](#) - every other Thursday, 10 - 11am.
 - [Glastonbury - Level 1 and 3 walks](#)
 - [Street - Level 1, 2, 3 and 4 walks](#)
 - [Edington - Level 1 walk](#)

There are many other Health Walks across Somerset, for example in Woolavington, Highbridge, the Quantocks, Somerton, Langport and Wells. A full list can be found [here](#)

- [RSPB guided walks at Ham Wall](#)
- [Street and Glastonbury U3A walking group](#)

Meets between Spring and Autumn, fortnightly on Wednesday mornings 10:15am-1:00 pm. Walks take place locally and further afield, for example on the Mendips, Langport and Castle Cary.

- [Tree walks across the area, primarily in Glastonbury](#)

Led by Matt Witt, including tree identification, folklore and music. [Find out more](#)

Other local walks

- [Maps of the Avalon Marshes reserves and wildlife guides](#)

Including a map that shows dog walking restrictions. Available from the [Avalon Marshes website](#)

- [Natural heritage walks across the reserves](#)

The [Avalon Marshes website](#) lists a number of circular heritage walks including The Godney Gander; Islands & Peatlands; Wearyall Hill, Beckery & the Brue; Wedmore, Wetlands and Sand; Mounds & Moors; Romans, Rivers & Railways; Rhynes & Rare Breeds; Marshes & Mendips.

- [The Polden Way](#)

The Polden Way is a footpath project which links together areas of land with public access on the Polden Hills between Walton, near Street, and Hurcot, near Somerton. It has opened up a path through King's Wood: an area between Combe Hill and Great Breach Wood which previously had no public access. Thanks to careful management and conservation, the Large Blue Butterfly can be found along the route - hence the The Polden Way's butterfly logo. In addition to the landscape, wildlife and spectacular views, there are other interesting features and buildings along The Polden Way. Find out more about these by downloading the [Polden Way leaflet and map](#).

- [Street Heritage Trail](#)

A 3.5 mile heritage walk around Street. Access the map [here](#)

- [The Glastonbury Way](#)

The Glastonbury Way has been developed to include places of pilgrimage, notable local landmarks and key parts of the town centre. Comprising a walk of approximately seven and a half miles, the route has been created using the existing long-standing rights of way that have been used for centuries. Green lanes and permissive paths have been included in the route as well as the High Street and primary roads of the town centre. Find out more [here](#)

- [The Syrens Walk pilgrimage](#)

Twenty-five years ago, two artists were commissioned to create a community sculpture project tracking the pilgrimage route between Glastonbury and Wells. The project was named 'Syrens' and features nine large limestone way-markers with bronze 'bells' inset. The eight-mile route is completely stile free, and aside from the hike up to Glastonbury Tor, is relatively flat and easy going as it courses across the Somerset Levels. Find out more [here](#)

Cycling routes

- [Street and Glastonbury U3A slow and steady cycle group](#)

The cycle group sets off on a gentle ride alternate Thursdays from Glastonbury Market Place at 10am. Routine rides are between fifteen and twenty miles with minimal climbing. On the way round, there is always a stop for a break at a local cafe. All welcome. [Visit the group's web page](#)

- [The Bittern Trail](#)

Waymarked cycle and walking route that links Glastonbury and the Avalon Marshes Centre. The bulk of its route is traffic free running through the Ham Wall and Shapwick Heath nature reserves. This provides lots of interest on your way with wildlife all around you, lots of history and a very special landscape.

To find out more you can pick up a Bittern Trail leaflet at Glastonbury Information Centre located right in the centre of the town or from the Avalon Marshes Centre. You can also download a copy [here](#)

Four circular cycle routes produced by the Avalon Marshes which take in the best of the area and tell you about the heritage you will find along the way. All of the routes are suitable for road bikes and include lots of opportunities for refreshment:

- **Cider & Cripps** – 11 Miles (17 km) – Easy with with one short hill climb

This interesting cycle route takes you around the north western corner of the Avalon Marshes area. Lots of pubs and even a Cider Farm along the route! The villages of Mark or East Huntspill make good starting points. Download a copy of the route [here](#)

- **Eastern Moors** – 13 Miles (21 km) – Easy (with two short sections of busy main road)

This cycle route explores the eastern marshes including Queen's Sedge Moor, Hearty Moor, Kennard Moor and the green fringes of the Isle of Avalon. Download a copy of the route [here](#)

- **Reserves & Lake Villages** – 16 Miles (26 km) – Flat (other than some bumpy bits!)

Covering the central Avalon Marshes, this route takes in three National Nature Reserves and the sites of the Lake Villages. Plenty of places for refreshment along the route. Download a copy of the route [here](#)

- **Roman Saltworks & Peat Moors** – 18 Miles (29 km) or two shorter loops – A climb onto the Polden Ridge

This route links the Avalon Marshes Centre and the villages of Westhay, Burtle, Edington, Chilton Polden and Cossington. It takes you through a landscape of big skies and long views. There is lots of history and heritage on the way (and several refreshment stops). Download a copy of the route [here](#)

- **The Glastonbury Cycleway** – 18 mile (29 km) long circuit around the Glastonbury area and includes The Bittern Trail, 3 National Nature Reserves, all of National Cycle Network Route 3 that passes through Glastonbury and Glastonbury Tor! The route includes several points of interest and refreshment stops along the way to break up the adventure. Details about The Glastonbury Cycleway can be found [here](#)

Related groups/projects

- [Street and Glastonbury U3A birdwatching group at Ham Wall](#)

Meets fortnightly, normally on a Wednesday or Thursday. Dates and venue are normally confirmed about a week in advance. The group meets throughout the year to enjoy watching and identifying a wide range of species. Visits usually focus on the Levels including Catcott Lows and Westhay reserves (Somerset Wildlife Trust), Shapwick Heath (Natural England) and RSPB Ham Wall and Greylake. The group does visit other sites as well, including Steart Marshes on the coast, the Quantocks and the Mendips. Own, or shared, transport is required. Visit the [group's web page](#)