WALKING FOR HEALTH

Start the New Year off with a regular weekly walk - rain or shine our walks continue into 2017. Why not join us on our local circular walks, different grades to suit your fitness? Programme includes weekly health walks every Wednesday and Thursday, pick up a leaflet from the library, local surgeries, Dursley Swimming Pool, Town Council Offices, Cam Parish Council Offices, dentists and other outlets.

The walks are colour coded according to duration or distance and graded by ♥

Jan to March 2017		**Start point**		**Leaders**
Walking for Health ***Every* Thursday** **2.00 pm ♥** Walks of a gentle pace (ask leaders about the 29th Dec)	Does not exceed 1 hour	Dursley Health Walk on even footpaths and pavements. Registered Guide/Assistance dogs allowed *Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket* Dursley *(GL11 4BP)*		Andy and Jo or Shirley and Jim **
♥♥Building distance walks of 1 to 1.5 hours duration on 'rougher' terrain may include uphill and downhill stretches and stiles, different start points each week, every Wednesday 10.30 a.m. No pets A health declaration form is required for health and building distance health walks before your first walk (blue and green walks), and are available from walk leaders or download from Vale Vision website.				
1st Wednesday **10.30 a.m.** **4th Ja, 1st Feb, 1st March**		**Meet by seat next to post box, between Post Office and Tesco, Cam, (nearby post code GL11 5PS)**		Peter & Jim **
2nd Wednesday **10.30 am** **11th Jan, 8th Feb, 8th March**		**Meet Uley Village opposite Church near village green and pub** (nearby postcode GL11 5SJ)		Jeff & Ruth **
3rd Wednesday **10.30 a.m.** **18th Jan, 15th Feb, 15th March**		**Public Car Park, Cam Peak** (nearby postcode GL11 5HH)		Linda & Chris **
4th Wednesday **10.30 am** **25th Jan, 22nd Feb, 22 March**		***Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket* Dursley** (GL11 4BP)		Rob & Marjory **
5th Wednesday **10.30 am** **29th March**		**Start point for 5th Weds varies in North Nibley, Waterley Bottom and Wotton Road locations, full information from walk leaders in March.**		Rob & Marjory **
Getting fitter? Longer walks of approx 2 hours duration to maintain the healthy lifestyle led by Vale Vision Volunteers 2nd and last Friday of each month **NOTE Friday walks have different start times**				
Fridays ♥♥♥ **13th Jan, 10th Feb, 10th March at 10.30 a.m.** **27th Jan, 24th Feb, 31st March**		***Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket* Dursley *(GL11 4BP)***		Linda & Chris** OR Rob & Marjory
We hope to arrange a longer walk to add to each Vale Vision quarterly programme, more details later.				

Walking for Health walks are a non-smoking activity.
Walking boots advised on Wednesdays and Fridays. Suitable comfortable walking shoes on Thursdays. Please bring waterproof clothing, it is advisable to bring a drink on the walks.
Under 18's MUST be accompanied by parent/guardian/carer. Contact information:
Vale Vision, Telephone 07749 364526 email walks@valevision.org.uk and our website is:
www.valevision.org.uk also see the Strolling in Stroud website: www.strollinginstrouddistrict.org **All walk leaders are volunteers, walk leaders may occasionally vary to the list to assist each other with other commitments, please contact us for details if you would like to become a walk leader.