




## Start the New Year walking with the Walking for Health team

**Regular walks - Why not join us on our local circular walks, different grades to suit your fitness? Programme includes weekly health walks every Wednesday and Thursday, and longer walks on 2 Fridays per month. 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 2019		Start point	Leaders
<b>Walking for Health</b> ♥ <b>Every Thursday</b> <b>2.00 pm ♥</b> Walks of a gentle pace	Does not exceed 1 hour 	<b>Dursley Health Walk on even footpaths and pavements.</b> Registered Guide/Assistance dogs allowed  <i>Meet by benches and post box at side of Bennett Jones, Parsonage Street, Dursley, GL11 4BW.</i>	Andy and Jo or Shirley and Jim **
<p>♥♥ <b>Building distance walks of 1 to 1.5 hours duration</b> 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. ♥♥</p>			
<b>1st Wednesday</b> <b>10.30 a.m.</b> 2 <sup>nd</sup> Jan, 6 <sup>th</sup> Feb, 6 <sup>th</sup> March	<b>Meet by seat next to post box, between Post Office and Tesco, <u>Cam</u>,</b> <i>(nearby post code GL11 5PS)</i>	Peter & Jim **	
<b>2nd Wednesday</b> <b>10.30 am</b> 9 <sup>th</sup> Jan, 13 <sup>th</sup> Feb, 13 <sup>th</sup> March	<b>Meet <u>Uley Village</u> opposite Church</b> near village green and pub (nearby postcode GL11 5SJ)	Jeff & Ruth **	
<b>3rd Wednesday</b> <b>10.30 a.m.</b> 16 <sup>th</sup> Jan, 20 <sup>th</sup> Feb, 20 <sup>th</sup> March	<b>Meet in the Public Car Park, <u>Cam Peak</u></b> <i>(nearby postcode GL11 5HH)</i>	Linda & Chris **	
<b>4th Wednesday</b> <b>10.30 am</b> 23 <sup>rd</sup> Jan, 27 <sup>th</sup> Feb, 27 <sup>th</sup> March	<b>Meet by benches and post box at side of Bennett Jones, Parsonage Street, Dursley,</b> <i>(nearby postcode GL11 4BW)</i>	Rob & Marjory **	
<b>5th Wednesday</b> <b>10.30 am</b> 30 <sup>th</sup> Jan	<b>Meet at The Old London Road by Wotton Hill, off the the B4058 – travel directions will be available nearer the time if you have not been to that start point before. See Marjory, Rob or Linda</b>	Rob & Marjory **	
<p><b>Getting fitter? Longer walks of approx 2 hours duration to maintain the healthy lifestyle led by Vale Vision Volunteers 2<sup>nd</sup> and last Friday of each month NOTE Friday walks have different start times</b></p>			
<p><b>Extra morning walk available for walkers looking for a longer distance, 6 miles in the Harefield Beacon area, optional lunch stop. Monday 4<sup>th</sup> March, details available later from Linda and Chris</b></p>			
♥♥♥ <b>Fridays</b> ♥♥♥  <b>11<sup>th</sup> Jan, 8<sup>th</sup> Feb, 8<sup>th</sup> March at 10.30 a.m.</b> <hr/> <b>25<sup>th</sup> Jan, 22<sup>nd</sup> Feb, 29<sup>th</sup> March at 2.00 p.m.</b>	<b>Meet by benches and post box at side of Bennett Jones, Parsonage Street, Dursley,</b> <i>(nearby postcode GL11 4BW)</i>	Linda & Chris** OR Rob & Marjory	

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](mailto:walks@valevision.org.uk) and our website is:

[www.valevision.org.uk](http://www.valevision.org.uk) also see the Strolling in Stroud website: [www.strollinginstrouddistrict.org](http://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.