




Walk through summertime 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, 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 ♥

July to Sept 2018		Start point	Leaders
Walking for Health ♥ Every Thursday 2.00 pm ♥ Walks of a gentle pace	Does not exceed 1 hour 	Dursley Health Walk on even footpaths and pavements. Registered Guide/Assistance dogs allowed <i>Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket Dursley (GL11 4BP)</i>	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 July, 1st Aug, 5th Sept		Meet by seat next to post box, between Post Office and Tesco, <u>Cam</u>, <i>(nearby post code GL11 5PS)</i>	Peter & Jim **
2nd Wednesday 10.30 am 11th July, 8th Aug, 12th Sept		Meet <u>Uley Village</u> opposite Church near village green and pub (nearby postcode GL11 5SJ)	Jeff & Ruth **
3rd Wednesday 10.30 a.m. 18th July, 15th Aug, 19th Sept		Public Car Park, <u>Cam Peak</u> (nearby postcode GL11 5HH)	Linda & Chris **
4th Wednesday 10.30 am 25th July, 22nd Aug, 26th Sept		Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket <u>Dursley</u> (GL11 4BP)	Rob & Marjory **
5th Wednesday 10.30 am 29th Aug		Meet near St Martin's Church, Frog Lane, North Nibley, (post code GL11 6DJ)	Rob & Marjory **
Getting fitter? Longer walks of approx 2 hours duration to maintain the healthy lifestyle led by Vale Vision Volunteers 2nd and <u>last</u> Friday of each month NOTE Friday walks have different start times			
♥♥♥ Fridays ♥♥♥ 13th July, 10th Aug, 14th Sept at 10.30 a.m. <hr/> 27th July, 31st Aug, 28th Sept at 2.00 p.m.		Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket <u>Dursley</u> (GL11 4BP)	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 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.