




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, 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 ♥

Oct to Dec 2018		Start point	Leaders
<p>Walking for Health ♥ Every Thursday 2.00 pm ♥</p> <p>Walks of a gentle pace No walk on 27th Dec 4th Oct walk features in Walking Festival</p>	<p>Does not exceed 1 hour</p> 	<p>Dursley Health Walk on even footpaths and pavements. Registered Guide/Assistance dogs allowed</p> <p><i>Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket Dursley (GL11 4BP)</i></p>	<p>Andy and Jo or Shirley and Jim **</p>
<p>♥♥ 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. ♥♥</p>			
<p>1st Wednesday ** features in Walking Festival** 10.30 a.m. **3rd Oct**, 7th Nov, 5th Dec</p>		<p>Meet by seat next to post box, between Post Office and Tesco, <u>Cam</u>, (nearby post code GL11 5PS)</p>	<p>Peter & Jim **</p>
<p>2nd Wednesday 10.30 am 10th Oct, 14th Nov, 12th Dec</p>		<p>Meet <u>Uley Village</u> opposite Church near village green and pub (nearby postcode GL11 5SJ)</p>	<p>Jeff & Ruth **</p>
<p>3rd Wednesday 10.30 a.m. 17th Oct, 21st Nov, 19th Dec</p>		<p>Public Car Park, <u>Cam Peak</u> (nearby postcode GL11 5HH)</p>	<p>Linda & Chris **</p>
<p>4th Wednesday 10.30 am 24th Oct, 28th Nov No walk on 26th Dec</p>		<p>Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket <u>Dursley</u> (GL11 4BP)</p>	<p>Rob & Marjory **</p>
<p>5th Wednesday 10.30 am 31st Oct</p>		<p>Meet in the New Inn Car Park Waterley Bottom, GL11 6EF <i>By kind permission of landlord</i></p>	<p>Rob & Marjory **</p>
<p>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 **Dursley Walking Festival 3rd to 7th October, see www.dursleywelcomeswalkers.org.uk**</p>			
<p>♥♥♥ Fridays ♥♥♥</p> <p>12th Oct, 9th Nov, 14th Dec at 10.30 a.m.</p> <hr/> <p>26th Oct, 30th Nov, 28th Dec at 2.00 p.m.</p>		<p>Meet between Barclays Bank corner and post box opposite Sainsbury's supermarket <u>Dursley</u> (GL11 4BP)</p>	<p>Linda & Chris** OR Rob & Marjory</p>

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