

## Important information for new walkers

- Please be at start point for walk at least 5 minutes prior to the start of the walk (10 minutes prior to the start if it is your first walk with us).
- Dress according to the weather, bringing a drink of water is recommended.
- Suitable shoes are recommended. Boots should have a good grip. Some paths may be muddy during and after bad weather.
- A registration form is required to be completed on first health or building distance walk.
- If you have not exercised for some time, or have a medical condition which may affect your fitness to walk; please consult your G.P. or medical professional before joining us on one of our walks.
- No pets are allowed on our walks. Guide dogs or assistance dogs are allowed on Thursday health walks.
- We may encounter grazing livestock on Wednesday and Friday walks.
- All walks are non smoking.



Dursley is a  
Walkers are Welcome Town  
and has an annual walking festival.



The Dursley 2020 walking festival will be held from Wednesday 7<sup>th</sup> October through to Sunday 11<sup>th</sup> October.

## Join our Walking for Health Groups

Walking as a group is a great way to start walking and stay motivated. You'll meet new friends, have fun and discover new places to walk in your local area as well as improving your fitness.

All walks are led by volunteer walk leaders.

### Why walk?

#### Walking can . . .

- ♥ Make you feel good
- ♥ Give you more energy
- ♥ Reduce stress and help you feel better
- ♥ Keep your heart 'healthy'
- ♥ Reduce blood pressure
- ♥ Help you manage your weight
- ♥ Help you socialise

Strolling  
in the Stroud  
District

  
**ramblers**  
at the heart of walking

  
**walking  
for health**



## Walking4Health

Let the  
Good Times  
Stroll

## Free Health Walks in Dursley, Cam and Uley



Day	Time	Meeting Point	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Wed	10:30 am - Noon	Cam - by bench and post box near Post Office	1	5	4	1	6	3	1	5	2	7	4	2
♥♥		Uley - by bench opposite church	8	12	11	8	13	10	8	12	9	14	11	9
		Cam Peak - public car park	15	19	18	15	20	17	15	19	16	21	18	16
		Dursley - by benches and post box at side of Bennett Jones, Parsonage Street. GL11 4BW.	22	26	25	22	20	24	22	26	23	28	25	
		North Nibley - Variable start, please check with leaders or phone 07749 364526	29		29				29		30			
Thurs	2:00 pm - 3:00 pm	Dursley - by benches and post box at side of Bennett Jones, Parsonage Street. GL11 4BW.	2,19 16,23 30	6 13 20,27	5 12 19,26	2 9,16 23	7 14,21 28	4 11 18,25	2 9 16,23	6 13,20 27	3,10 17 24	1,8 15,22 29	5 12,19 26	3 10 17
Fri	10:30 am - 12:30 pm	Dursley - by benches and post box at side of Bennett Jones, Parsonage Street. GL11 4BW.	10	14	13	10	8	12	10	14	11	9	13	11
♥♥♥♥	2:00 pm - 4:00 pm	Dursley - by benches and post box at side of Bennett Jones, Parsonage Street. GL11 4BW	31	28	27	24	29	26	24	28	25	30	27	

### Walk Grades in this leaflet

- ♥ Thursday walks are Health Walks at a gentle pace, up to a maximum of 1 hour duration. Please wear comfortable shoes.
- ♥♥ Wednesday Health Walks are classed as “building distance walks” for those who can manage stiles, grassy or woodland tracks, uphill and downhill for longer periods of up to 1.5 hours. Walking boots advised and essential in winter.
- ♥♥♥♥ Friday walks are up to 2 hours. Walks normally include some uphill and downhill stretches, stiles and grassy or woodland paths. Walking boots are recommended for these walks. These walks are not part of the Walking for Health scheme but are led by trained walk leaders from the Vale Vision team.

**Dursley Health Walks are led by volunteers from Vale Vision.**



Walking4Health and [www.strollinginstroud.org.uk](http://www.strollinginstroud.org.uk) are district wide programmes, co-ordinated by Stroud District Council Sports and Health Development service (including training of new volunteer walk leaders). Vale Vision works in partnership to create, manage and deliver the walks in this leaflet.

If you are interested in joining our Walking4Health team or would like to find out more information about the Dursley area health walks please telephone us on 07749 364526 or email us at [walks@valevision.org.uk](mailto:walks@valevision.org.uk).