




Start the New Year off walking to keep fit and meet friends

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 2020		Start point	Leaders
<p>Walking for Health ♥ Every Thursday 2.00 pm ♥ from 8th January Walks of a gentle pace</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 by benches and post box at side of Bennett Jones, Parsonage Street, Dursley, GL11 4BW.</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 10.30 a.m. 5th Feb, 4th March</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 8th Jan, 12th Feb, 11th March</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. 15th Jan, 19th Feb, 18th March</p>	<p>Meet in the Public Car Park, <u>Cam Peak</u> (nearby postcode GL11 5HH)</p>	<p>Linda & Chris **</p>	
<p>4th Wednesday 10.30 am 22nd Jan, 26th Feb, 25th March</p>	<p>Meet by benches and post box at side of Bennett Jones, Parsonage Street, Dursley, (nearby postcode GL11 4BW)</p>	<p>Rob & Marjory **</p>	
<p>5th Wednesday 10.30 am 29th Jan</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 <u>last</u> Friday of each month NOTE Friday walks have different start times</p>			
<p>♥♥♥ Fridays ♥♥♥ 10th Jan, 14th Feb, 13th Mar at 10.30 a.m. <hr/>31st Jan, 28th Feb, 27th Mar at 2.00 p.m.</p>	<p>Meet by benches and post box at side of Bennett Jones, Parsonage Street, Dursley, (nearby postcode GL11 4BW)</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. **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.