



Walk into Autumn 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 some Wednesday building walks, a health walk every Thursday and longer walks on some Fridays.

We have not been able to offer as many walks as we did pre-Covid-19 restrictions but hopefully will get back to a regular pattern soon. Updates will be available on the Vale Vision website: www.valevision.org.uk

The walks are colour coded according to duration or distance and graded by ♥

October 2021		Start point	Leaders
A health declaration form is required for health and building distance health walks before your first walk (blue and green walks), new forms are being introduced, ask walk leader or online https://www.strollinginstrouddistrict.org/			
Walking for Health ♥ <u>Every Thursday</u> 2.00 pm ♥ Walks of a gentle pace 7th, 14th, 21st, 28th. Oct	Does not exceed 1 hour	Dursley Health Walk on even footpaths and pavements. Registered Guide/Assistance dogs allowed Meet by Post box and benches Parsonage Street (opposite Sainsbury's supermarket) Dursley (GL11 4BP)	Andy & Jo,
♥♥ Building distance walks of 1 to 1.5 hours duration on 'rougher' terrain may include uphill and downhill stretches and stiles, different start points. NOT every Wednesday 10.30 a.m., may encounter mud and/or livestock. No pets, only registered guide dogs permitted on all walks.			
1st Wednesday – 6th Oct 10.30 am – start of Dursley walking festival (6 th to 10 th Oct)		Meet by seat next to post box, between Post Office and Tesco, Cam, (<u>nearby post code GL11 5PS</u>)	Peter & Jane
2nd Wednesday – 13th Oct 10.30 a.m.		Meet <u>Uley</u> Village opposite Church near village green and pub (nearby postcode GL11 5SJ)	Linda & Chris
3rd Wednesday – 20th Oct 10.30 am		Meet by Post box and benches Parsonage Street (opposite Sainsbury's supermarket) Dursley (GL11 4BP)	Jane & Linda
Getting fitter? Longer walks of approx 2 hours duration to maintain the healthy lifestyle led by Vale Vision Volunteers			
♥♥♥ Fridays ♥♥♥ 29th October at 2 p.m.		Meet by Post box and benches Parsonage Street (opposite Sainsbury's supermarket) Dursley (GL11 4BP)	Linda & Chris

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:

<https://www.strollinginstrouddistrict.org/>

If you would like to join the walk leader team please contact us.