



Start 2022 by walking 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 are still unable to offer as many walks as we did pre-Covid-19 restrictions but hopefully will get back to a regular pattern soon. We will continue to follow Covid restrictions/Govt.advice. 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 ♥

January and February 2022		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	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)	Usually 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 – 5th Jan, 2nd Feb 10.30 am		Meet by seat next to post box, between Post Office and Tesco, Cam, (nearby post code GL11 5PS)	Peter & Jane/Linda
2nd Wednesday – 12th Jan, 9th Feb 10.30 a.m.		Meet by Post box and benches Parsonage Street (opposite Sainsbury's supermarket) Dursley (GL11 4BP)	Jane & Linda/volunteer
3rd Wednesday – 19th Jan, 16th Feb 10.30 am		Meet <u>Uley</u> Village opposite Church near village green and pub (nearby postcode GL11 5SJ)	Linda & Chris/volunteer
Getting fitter? Longer walks of approx 2 hours duration to maintain the healthy lifestyle led by Vale Vision Volunteers ♥♥♥			
Last Friday of month 28th Jan, 25th Feb 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 at Vale Vision or Strolling in Stroud.