

August to October

Getting fitter?

Longer walks retained in new walking to health programme for trial period.

Date: **Last Friday in each month (28th Aug, 25th Sept and 30th Oct)**
Time: 2 pm
Description: Circular walk, may be muddy in places, some stiles/gradients
Varying routes each month.
Leaders: Linda and Chris Cherry
Grade: RW
Distance: 4 miles/ 2hrs approx
Start: Vale Vision Shop, 28 Long Street, Dursley.
Optional tea and biscuits afterwards.
No dogs



The Vale Vision shop is open to callers on Tuesdays and Fridays 09.30 a.m. to 12.30 p.m. and 1.30 p.m. to 4.30 p.m., if you can not call in then please contact us by telephone and leave a message on 01453 544933 or email: valevision@btconnect.com

We publish the 'What's On' brochure several times a year, copies are available from many outlets in the area and from the Vale Vision shop, also online, www.valevision.org.uk.

Comfortable shoes or trainers are recommended for Health Walks. Sturdy footwear is required where walks are not described as Health Walks. Please bring waterproof clothing for inclement weather and in hot weather be sure to bring water for longer walks.

For those who wish to walk more often, please check local rambling groups and the Lion publication (usually available in the Vale Vision shop)

If you would like to become part of the group organising these walks, contact Vale Vision.

If you would like to be walk leader trained, contact The Healthy Lifestyles Development Officer at Stroud District Council Tel: 01453 754501 or leave your name at Vale Vision.



For those interested in other walks in the Stroud District, visit the Strolling in Stroud District Website: www.strollinginstrouddistrict.org



NEW!

Programme of Organised Walks

For all abilities

Now includes walks every
Wednesday and Thursday
plus one monthly longer walk on Fridays.

Wednesday 5th August 2009 -
Friday 30th October 2009



Vale Vision Development Trust Ltd, 28 Long Street, Dursley,
Gloucestershire, GL11 4HX
Tel: 01453 544933, email: valevision@btconnect.com
VISIT OUR WEBSITE: www.valevision.org.uk



August to October

Date: **Every 1st Wednesday**
Time: 10.30 am
Description: Varying routes each month in and around Cam. May include uphill and downhill stretches and stiles.
Leaders: Shirley & Jim Hill
Grade: BD
Duration: 1 - 1.5 hour
Start: Seat by Post Box, Tesco, Cam
No dogs

Date: **Every 2nd Wednesday**
Time: 10.30 am
Description: Varying routes each month in and around Uley. May include uphill and downhill stretches and stiles.
If you have difficulty in getting to Uley please phone Bob on 01453 543656 or Vale Vision shop on Tuesdays and Fridays
Leaders: Bob Littleford & David Harrowin
Grade: BD
Duration: 1.5 hours approx
Start: Meet in Uley village near village green.
Please park carefully.
No dogs

Date: **Every 3rd Wednesday**
Time: **10.15 a.m.**
Description: Varying routes each month in and around Stonehouse. May include uphill and downhill stretches and stiles.
Leaders: Linda Cherry and Liz Stanley
Grade: BD
Duration: 1.5 to 2.5 hours approx, inc. Bus travel
Start: Meet at May Lane Bus Station, Dursley to catch Stagecoach service no. 20 to Stonehouse at 10.20. Bring bus fare or bus pass. Optional cup of tea afterwards.
No dogs



All walks are colour coded to assist progression for those who are not experienced walkers and to enable those who are more experienced to choose the level of walk suitable for them. These are just to be used as guidelines.

Under 14's MUST be accompanied by parent or guardian

August to October

Date: **Every 4th Wednesday**
Time: **10.30 a.m.**
Description: Varying routes each month in and around Dursley. May include uphill and downhill stretches and stiles. May include the Sculpture Trail / Breakheart Quarry and Stinchcombe Hill if transport is available to avoid the climbs.
Leaders: Liz Stanley and Linda Cherry
Grade: BD
Duration: 1.5 hours approx
Start: Meet Vale Vision shop, 28 Long Sreet, Dursley.
Optional tea and biscuits afterwards. No dogs



Date: **Every Thursday (each week)**
Time: 2.30 pm
Description: Dursley health walk - even footpaths/pavements
Leaders: John Little
Grade: HW
Duration: ¾ to 1 hour
Start: Dursley swimming pool entrance
Optional tea and biscuits afterwards
No dogs



Date: **5th Wednesday** - September 30th only
Time: 10.30 am
Description: Varying routes each month in and around Cam. May include uphill and downhill stretches and stiles.
Leaders: Shirley & Jim Hill
Grade: BD
Duration: 1 - 1.5 hour
Start: Seat by Post Box, Tesco, Cam
No dogs

HW Health Walks are for those not used to walking who need to build up their level.

BD Building Distance walks are for those who are comfortable with HW and ready to build on this or for those already used to walking.

RW Regular Walker are for those more used to walking and comfortable over footpaths, hill climbs and descents and rougher terrain.