



Strolling

in the **Stroud District**

Walks Schedule

(Updated 14th November 2017)

Walking is a great way to improve your health and wellbeing - it's fun, inexpensive and a great way to meet people.

These short led walks take place every week across the Stroud District and every walk is led by a fully qualified **VOLUNTEER** walk leader who ensures the walks are safe and at the right intensity.

The walks are **FREE**, suitable for all abilities and last between 30mins - 60mins.



Walks Schedule

CHALFORD *This walk is currently on hold (NOV-17)*

Day: Every Monday
Time: 11am
Meet: Chalford Baptist Church



DURSLEY

Day: Every Wednesday
Time: 10.30am
Meet: *Please contact Vale Vision (as the meet changes each week) on 07749 364526 or walks@valevision.org.uk*



Day: Every Thursday
Time: 2.00pm
Meet: Dursley Pool steps



MINCHINHAMPTON

Day: Every Wednesday
Time: 2pm
Meet: Minchinhampton Market Square



NAILSWORTH

Day: Every Tuesday
Time: 2pm
Meet: Nailsworth Library



PAINSWICK

Day: Every Tuesday
Time: 1.45am meet for 2pm start
Meet: Painswick Town Hall



SEVERN SIDE

These walks start from various villages in the Severnside ward each month. Please contact our walk leader Nick Peters on 01452 740 265 or email nandanailsworth@yahoo.co.uk to find out which days / start times / meet point.

STONEHOUSE

Day: Every Tuesday
Time: 10.15am
Meet: Community Centre, Laburnum Way, off Regent Street



STROUD *Restarting on 4th October 2017*

Day: Every Wednesday
Time: 2pm
Meet: Tesco car park, Stratford Road



Understanding Our Walks Grading System

All our walks are accredited by Walking for Health using the following grading:

Walking for Health grade 1 walk

Up to 30 mins on flat ground or gentle slopes with mainly firm surfaces.



Walking for Health grade 2 walk

Between 45 - 60 mins. Mixture of pathways and grass tracks.



Walking for Health grade 3 walk

Between 60 - 90 mins. Mixture of pathways and grass tracks.



For more info, see: www.strollinginstrouddistrict.org/WFHgrades.asp

All of these walks and more can be found at www.strollinginstrouddistrict.org

For more information contact Sport & Health Development, Stroud District Council on 01453 754322