



Strolling

in the **Stroud District**

Walks Schedule

(Updated 3rd May 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

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



SEVERNSIDE

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 *This walk is on hold until further notice*

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