Walking the Way to Health

DIRECTIONS

- Proceed to the canal towpath and turn Left onto towpath.
- At footpath (Approx 50 Metres from Bridge Road) turn Left onto footpath through housing estate.
- Proceed to River and pass through Vee walk through style into field.
- Bear right and follow footpath across field to cycle/walking track.
- Turn left on track and proceed to main A419 Bypass.
- At roundabout bear left, proceed to next roundabout.
- Bear left into Jubilee Way and follow road to footpath leading to Canal.
- At canal towpath, turn left and proceed towards Ebley Mill.
- At Ebley Mill Road return to main entrance.

HAZARDS:

- Be wary of footholds through estate while building is still continuing.
- If wet Field may be muddy.
- Cattle in field. Cow Pats

Duration
23-30 minutes

Distance:
1.5 miles

Terrain:
Tarmac, field and gravel paths

Level:
Easy

Start and Finish:
Stroud District Council Offices, Ebley Mill

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23-30 minutes

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1.5 miles

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Why Walk?

Walking is a great way to increase your physical activity levels as well as taking in the breathtaking scenery. There are a number of benefits that you can get from walking:

- Walking is great for fun and fitness
- Walking benefits health and wellbeing
- Walking is suitable for all ages
- Discover attractive and interesting places to walk
- Revisit favourite places
- Walking is free

At what intensity should I walk at?

‘Brisk’ walking means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat. You should still be able to talk. If you can’t carry out a conversation, then you’re going too fast and need to slow down.

How often should I walk?

The current recommendation for physical activity is 30 minutes of moderate activity on 5 or more days per week. That’s all it takes to improve your health and feel the difference.

If you find it difficult to complete 30mins in one go, you could walk for ten minutes, three times a day or 15 minutes twice a day at first. The most important thing is that you start at a comfortable level and build up gradually.

Are there any local walking groups?

The ‘Strolling in Stroud District’ group were established in 2006 and offer short led walks for all abilities. There are several regular walks that take place across the district with something for everybody on each walk. The group welcomes old and new walkers and is a fantastic way to meet new people.

There are also several ‘one-off’ walks that are delivered by a variety of organisations that take place throughout the year.

All of these walks and more can be found by contacting us on (01453) 754501 or by visiting our website www.strollinginstrouddistrict.org

Although every attempt has been made to ensure that the information contained within this leaflet is correct at the time of printing, the District Council cannot be held responsible for any discrepancies.

The Strolling in Stroud District group is a Walking the Way to Health Accredited Scheme.