

Walk your way to Health

www.strollinginthestrouddistrict.org



Did you know that there are now a series of short led walks every week across the Stroud District that are aimed at improving people's health?

Walking is a great way to improve your health and wellbeing as they are fun, inexpensive, and a great way to meet people.

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.

All of the walks can be found at www.strollinginstrouddistrict.org or for more information contact Jane Bullows, Stroud District Council on 01453 754322



Strolling
in the **Stroud** District

STROUD
DISTRICT
COUNCIL
www.stroud.gov.uk

WALKS SCHEDULE

Nailsworth

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

Chalford

Walkers please note that this walk will now resume on 4th February 2013.

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

Stonehouse

Day: Every Tuesday
Time: 10:15am
Meet: Community Centre, Laburnum Way, off Regent Street

Stroud

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

Wotton-Under-Edge

Day: Every Wednesday
Time: 2pm
Meet: Chipping Car Park

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: 7pm up to the 12th September 2012 **THEN reverts back to being an afternoon walk, meeting at 2pm from the 19th September 2012 until further notice.**
Meet: Minchinhampton Market Square

Frampton On Severn & Severnside Parishes

Day: First Monday and third Wednesday of each month
Time: All walks start at 10am
Meet: ***Please contact Nick Peters on 01452 740265 (Frampton on Severn walk leader) as the walk area changes each month*** (covering Saul, Whitminster, Arlingham, Longley, Elmore). SAUL walks will always start from the Junction Car park, Frampton On Severn walks will always start from the Bell Inn car park and Whitminster walks will always start from Whitminster Village Hall Carpark.