

Important information for new walkers

- Please meet at least 5 minutes prior to start of walk.
- Dress according to the weather. On hot days, bringing a drink of water is recommended.
- Suitable shoes are recommended. Some paths may be muddy during or after bad weather. Boots with a good grip are advised for longer walks.
- A health declaration form is required to be completed on first health walk or building distance walk.
- If you have not exercised for some time, or have a medical condition which may affect your fitness to walk; please consult your G.P. or medical professional before walking.
- No pets allowed on walks. Guide dogs or assistance dogs allowed on Thursday health walks.
- All health walks are non smoking.



Interested in becoming a health walk leader?

The Vale Vision Walking for Health walk leader team welcomes new walk leaders.

If you are interested and wish to find out more about leading please contact us at walks@valevision.org.uk or telephone 07749 364526.

Join our Walking for Health groups

Walking in a group is a great way to start walking and stay motivated. You'll meet new friends, have fun and discover new places to walk in your local area as well as improving your fitness. All walks are led by trained volunteer Walk Leaders.

Why walk? Walking can...

- ♥ Make you feel good
- ♥ Give you more energy
- ♥ Reduce stress and help you feel better
- ♥ Keep your heart 'healthy'
- ♥ Reduce blood pressure
- ♥ Help you manage your weight
- ♥ Help you socialise

Dursley is a Walkers Are Welcome town and has an annual walking festival.



The 2017 walking festival will be held from Thursday 5th October through to Sunday 8th October.



Free Health Walks in Dursley, Cam and Uley Gloucestershire



Day	Time	Meeting Point	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Wed ♥♥	10:30 am - Noon	Cam - by bench and post box near Post Office	4	1	1	5	3	7	5	2	6	4	1	6
		Uley - by bench opposite church	11	8	8	12	10	14	12	9	13	11	8	13
		Cam Peak - public car park	18	15	15	19	17	21	19	16	20	18	15	20
		Dursley - by benches and post box near Barclays Bank	25	22	22	26	24	28	26	23	27	25	22	
		North Nibley - variable start points, please check with leaders or telephone 07749 364526			29		31			30			29	
Thurs ♥	2:00 pm - 3:00 pm	Dursley - by benches and post box near Barclays Bank	5,12 19,26	2,9 16,23	2,9 16,23 30	6,13, 20,27	4,11 18,25	1,8 15,22 29	6,13 20,27	3,10 17,24, 31	7,14 21,28	5,12 19,26	2,9 16,23 30	7,14 21
Fri ♥♥♥	10:30 am - 12:30 pm	Dursley - by benches and post box near Barclays Bank	13	10	10	14	12	9	14	11	8	13	10	8
	2:00 pm - 4:00 pm	Dursley - by benches and post box near Barclays Bank	27	24	31	28	26	30	28	25	29	27	24	

Walk Grades in this leaflet

- ♥ Thursday walks are Health Walks at a gentle pace, up to a maximum of 1 hour duration. Please wear comfortable shoes.
- ♥♥ Wednesday Health Walks are classed as “building distance walks” for those who can manage stiles, grassy or woodland tracks, uphill and downhill for longer period of up to 1.5 hours. Walking boots advised and essential in winter.
- ♥♥♥ Friday walks are up to 2 hours. Walks normally include some uphill and downhill stretches, stiles and grassy or woodland paths. Walking boots are recommended for these walks. These walks are not part of the Walking for Health scheme but are led by trained walk leaders from the Vale Vision team.

Dursley Health Walks are arranged and led by volunteers from Vale Vision.

Walking4Health and www.strollinginstrouddistrict.org are district-wide programmes, co-ordinated by Stroud District Council Sport and Health Development service (including training of new volunteer walk leaders). Vale Vision works in partnership to create, manage and deliver the walks in this leaflet.

For more information about the Dursley area health walks please telephone us on 07749 364526 or email us at walks@valevision.org.uk.