



# Strolling

in the **Stroud District**

## Walks Schedule

*(Updated 6th March 2018)*

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 *This walk is currently on hold (JAN-18)*

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 currently on hold (MAR-17)*

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](http://www.strollinginstrouddistrict.org/WFHgrades.asp)*

All of these walks and more can be found at [www.strollinginstrouddistrict.org](http://www.strollinginstrouddistrict.org)

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