



# Strolling

in the **Stroud District**

## Walks Schedule

*(Updated 17th June 2019)*

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 *Now back from 6 August 2019*


Day: First Tuesday of each month   
Time: 10.30am  
Meet: The Ram Inn, GL6 8BB

## 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](mailto:walks@valevision.org.uk)**

Day: Every Thursday   
Time: 2.00pm  
Meet: Benches / post box on Parsonage Street (GL11 4EA)

## 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. To find out which days / start times / meet point, please contact our walk leaders Keith Parry on 07811 123700 or Nick Peters on 01452 740 265 or email [nandanailsworth@yahoo.co.uk](mailto:nandanailsworth@yahoo.co.uk)

## STONEHOUSE

Day: Every Tuesday   
Time: 10.15am  
Meet: Community Centre, Laburnum Way, off Regent Street

## STROUD *Now back for 2019*

Day: Every Wednesday   
Time: 2pm  
Meet: Stratford Park Leisure Centre, Stratford Road (in the outdoor space by the cafe to left of Main Reception)

## 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