

## August and September Every Thursday



Time: 2.30 pm  
Description: Dursley health walk - even footpaths/pavements  
Leaders: Vale Vision volunteer  
Grade: HW  
Duration: ¾ to 1 hour  
Start: Dursley swimming pool entrance  
Optional tea and biscuits afterwards  
No dogs



**A health declaration form is required to be completed for the Thursday walks (Walking for Health accredited scheme)**

The Vale Vision shop is open to callers on Tuesdays, Thursdays and Fridays 9.30 a.m. to 1 p.m. if you can not call in then please contact us by telephone and leave a message on 01453 544933 or email: [valevision@btconnect.com](mailto:valevision@btconnect.com) We publish the 'What's On' brochure several times a year, copies are available from many outlets in the area and from the Vale Vision shop, also online.

Comfortable shoes or trainers are recommended for Health Walks. Sturdy footwear is required where walks are not described as Health Walks. Please bring waterproof clothing for inclement weather and in hot weather be sure to bring water for longer walks.

**If you would like to become part of the volunteer group facilitating these walks, please contact Vale Vision.**

**We require an additional trained leader for the Thursday weekly walks.** If you would like to be walk leader trained, contact The Sports and Health Development Manager at Stroud District Council Tel: 01453 754322 or leave your contact details at Vale Vision.

For those who wish to walk more often, please check local rambling groups and the Lion publication (usually available in the Vale Vision shop)



For those interested in other walks in the Stroud District, visit the Strolling in Stroud District Website:  
[www.strollinginstrouddistrict.org](http://www.strollinginstrouddistrict.org)

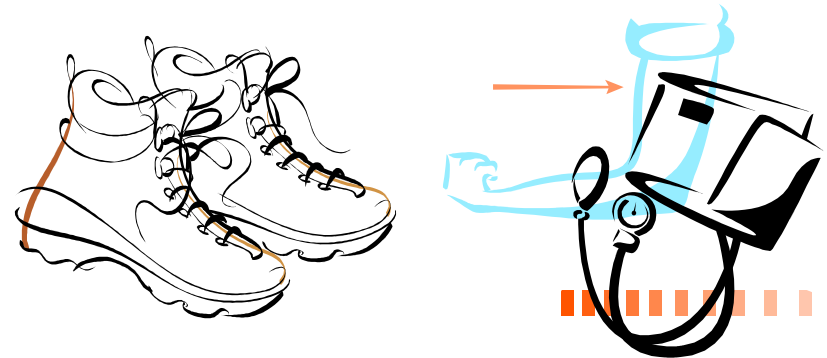


# Programme of Organised Walks

## For a healthy lifestyle - two grades of walks to suit all abilities plus a weekly 'Walking for Health' accredited walk on Thursdays to get you started



Wed. 4th Aug - Fri. 24th Sept 2010



Vale Vision Development Trust Ltd, 28 Long Street,  
Dursley, Gloucestershire, GL11 4HX  
Tel: 01453 544933, email: [valevision@btconnect.com](mailto:valevision@btconnect.com)  
VISIT OUR WEBSITE: [www.valevision.org.uk](http://www.valevision.org.uk)

**Vale Vision would like to thank ACT Consultancy & Training, based in Cam, for assisting in the printing and distribution of this programme.**

## August and September

Date: **1st Wednesday of the month—  
(4th Aug and 1st Sept)**

Time: 10.30 am

Description: Varying routes each month in and around Cam.  
May include uphill and downhill stretches and stiles.

Leaders: Shirley & Jim Hill

Grade: BD

Duration: 1 - 1.5 hour

Start: Seat by Post Box, Tesco, Cam  
No dogs

Date: **2nd Wednesday of the month  
(11th Aug and 8th Sept)**

Time: 10.30 am

Description: Varying routes each month in and around Uley.  
May include uphill and downhill stretches and stiles.  
If you have difficulty in getting to Uley please phone Bob on  
01453 543656 or Vale Vision shop the morning before walk

Leaders: Bob Littleford & Liz Stanley

Grade: BD

Duration: 1.5 hours approx

Start: Meet in Uley village near village green. Please park carefully.  
No dogs

Date: **3rd Wednesday of the month—2 different start points  
for these walks  
(18th Aug)**

Time: 10.30 a.m.

Description: Fairly flat walk on uneven ground. Wonderful views  
and fresh air

Leaders: Liz Stanley and Linda Cherry or A. N. Other

Grade: BD

Duration: 1.5 hours approx

Start: Public car park, Stinchcombe Hill Golf Course, please do not  
park in members car park area  
**(15th Sept)**

Start: Road verge opposite Twinberrow Wood (near Sculpture Trail  
sign) on road to Golf Course from direction of Whiteway Hill  
or via opposite direction from Hill Road. Undulating paths and  
tracks. If you have difficulty getting there from Dursley please  
leave your contact details at Vale Vision the morning before walk.  
No dogs.

## August and September

Date: **Every 4th Wednesday—  
(25th Aug and 22nd Sept)**

Time: **10.30 a.m.**

Description: Varying circular routes each month in and around Dursley.  
May include uphill and downhill stretches and stiles.

Leaders: Liz Stanley and Linda Cherry or A. N. Other

Grade: BD

Duration: 1.5 hours approx

Start: Meet Vale Vision Shop, 28 Long Street, Dursley.  
Optional tea and biscuits afterwards.  
No dogs



Date: **Last Friday in month  
(27th Aug and 24th Sept)**

Time: 2 pm

Description: Circular walk, may be muddy in places, some stiles/gradients  
Varying routes each month.

Leaders: Linda and Chris Cherry

Grade: RW

Distance: 4 miles/2hrs approx

Start: Vale Vision Shop, 28 Long Street, Dursley.  
Optional tea and biscuits afterwards.  
No dogs



**Sorry, No walks on any 5th Wednesday (29th Sept)**

**Under 18's MUST be accompanied by parent or guardian**  
**All walks are colour coded to assist progression for those who are not  
experienced walkers and to enable those who are more experienced to chose the  
level of walk suitable for them. These are just to be used as guidelines.**

**HW Health Walks** are for those not used to walking who need to build up their level  
and is part of the accredited scheme.

**BD Building Distance** walks are for those who are comfortable with HW and ready to  
build on this or for those already used to walking. Walkers walk at their own risk  
with responsible leaders on BD and RW walks.

**RW Regular Walker** are for those more used to walking and comfortable over  
footpaths, hill climbs and descents and rougher terrain.