



January to March 2012



Every Thursday

Time: 2.00 pm—please note new start time of 2.00 p.m.

Description: Dursley health walk - even footpaths/pavements

Leaders: Andy & Jo Crofts

Grade: HW

Duration: 1/2 to 3/4 hour

Start: Dursley swimming pool entrance, near steps

Please wear sturdy footwear or walking boots on Wednesdays and boots on Fridays, also, bring waterproof clothing for inclement weather and in hot weather be sure to bring water for longer walks.

All walk leaders are volunteers, walk leaders may occasionally vary to the list to assist each other with other commitments

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

The Vale Vision shop is open to callers on Tuesdays, Thursdays and Fridays 09.30 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. 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.

Completion of a 'one-off' health declaration form is required by all new walkers (only repeated if medically required to do so). Walking for Health accredited scheme.

Also, refer to the Strolling in Stroud District Website: www.strollinginstrouddistrict.org For other walks in the Stroud area

FINALLY: If you would like to join our walk leader team please contact the Sports and Health Development Manger at Stroud District Council, tel. 01453 754322 or leave your contact details at Vale Vision.



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



# Programme of Organised Walks

## For a healthy lifestyle-



Wednesday 4th January to Friday 30th March 2012



including a 6 mile walk on Monday 5th March



Some walkers enjoying the sunshine on the North Nibley walk 30 Nov 2011—picture taken by Rob Boulton



Vale Vision thank Energy Solutions EU Ltd for their support and sponsorship in printing this leaflet. Contact Vale Vision for the opportunity of sponsoring other projects.

Vale Vision has been commissioned by Cam Parish Council and Dursley Town Council to produce an update on the Community Plan for Cam and Dursley. The proposed launch date for the revised plan is March 2012.

## January to March 2012

Date: **1st Wednesday of the month- (4th Jan, 1st Feb, 7th March)**

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 Jan, 8th Feb, 14th March)**

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 by noon the day before walk

Leaders: Bob Littleford & Chris Cherry

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 (two different start points\*\*)**

Time: 10.30 a.m.

Description: Wonderful views and fresh air, some climbing and stiles

Leaders: Chris and Linda Cherry

Grade: BD

Duration: 1.5 hours approx

Start: \*18th Jan and 21st March—public car park, Stinchcombe Hill Golf Club. No dogs  
\*15th Feb—public car park, Cam Peak. No dogs.

If you have difficulty getting there from Dursley please leave your contact details at Vale Vision by 12 noon the day before walk.

Date: **4th Wednesday of the month (25th Jan, 22nd Feb, 28th March)**

Time: 10.30 a.m.

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

Leaders: Rob Boulton and Marjory Wright

Grade: BD

Duration: 1.5 hours approx

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



## January to March 2012

Date: **5th Wednesday (29th Feb)**

Time: **10.30 a.m.**

Description: May be a bit more energetic and will include uphill and downhill stretches and stiles.

Leaders: Marjory Wright and Rob Boulton

Grade: BD +

Duration: 1.5 to 2 hours approx

Start: Meet by St Martin's Church, Frog Lane, North Nibley. No dogs

Date: **Fridays: 2nd Friday and last Friday of month (13th, 27th January, 10th, 24th February, 9th and 30th March)**

Time: 2 pm

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

Leaders: Linda and Chris Cherry OR Andy and Jo Crofts

Grade: RW

Distance: 4 miles/ 2hrs approx

Start: Vale Vision Shop, 28 Long Street, Dursley.  
Optional tea and biscuits afterwards.



**Monday 5th March** - Bonus walk for regular walkers - 6 mile circular walk, meet in car park, Newark Park, Ozleworth (NT) bring drink and snack, no refreshments available on route, could go to Hunters Hall for lunch afterwards if required or back into Dursley. Leaders Bob Littleford and Chris Cherry, If you have difficulty in getting to the walk from Cam or Dursley please phone Bob on 01453 543656 or Vale Vision shop by noon the day before walk. This is not part of the health walk programme. No dogs.

**Under 18's MUST be accompanied by parent or guardian please.**

**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.

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

Please seek advice from your doctor if you are not sure whether you should be taking exercise by walking.