

Tues 5th December - Badocks Wood followed by Xmas Lunch Starts: 10:00am Starting Point: Outside St Mary's Church/Health Centre Buses: 3 or 4	Steep hill, Uneven
Tues 12th December - Echo Gate Starts: 10:00am Starting Point: Outside St Mary's Church/Health Centre Buses: N/A	Steep hills, Uneven
Tues 19th December - Portishead Starts: 10:00am Starting Point: Park & Ride bus stop Station Road or Woodwell Road Buses: 902 & X3 or X4	
Tues 26th December - No walk planned	
Tues 2nd January - Yellow Brick Road Starts: 10:00am Starting Point: Outside St Mary's Church/Health Centre Buses: N/A	Steep hills, Rural terrain
Tues 9th January - Riverleaze to Blaise Starts: 10:00am Starting Point: Park & Ride bus stop Station Road or Woodwell Road Buses: 902	Steep hills, Rural terrain
Tues 16th January - Bristol Zoo and Christmas Steps Starts: 10:00am Starting Point: Outside St Mary's Church/Health Centre Buses: 3 or 4	Steep hills
Tues 23rd January - Victoria Rooms to Ashton Court Starts: 10:00am Starting Point: Outside St Mary's Church/Health Centre Buses: 3 or 4	Steep hills
Tues 30th January - Durdham and Clifton Downs Starts: 10:00am Starting Point: Outside St Mary's Church/Health Centre Buses: 3 or 4	Steep hills



**Issue 21**

## Shire Nomads Walking Group



### Free walks programme for the over 55's



### Progressive walks are up to 5 miles & up to 3 hours

The walks are a mixture of town and country routes and are aimed at advanced walkers who would enjoy meeting likeminded people and to get fitter through walking

Hello and Welcome

## Shire Nomads Walking Group Programme

If you are looking to join a fun, friendly group of social walkers, our group is for you.

All of our walks are:

- \* FREE to attend, unless otherwise stated
- \* Set at a moderate pace and cover a distance of up to 5 miles
- \* Led by fully trained walk leaders



The walking group is aimed at people aged 55+ and the walks are suitable for anyone able to walk for up to 5 miles – 3 hours mostly without stopping.

The aim is to walk for up to 3 hours at a reasonable pace and cover between 4-5 miles. The walks are varied with some local and others further afield. We like to stop for tea/coffee at a café during or after walks when possible. **Please bring money for refreshments and travel costs.**

For further information:

**Contact Walk Leader Steve Doble – 0776 346 4186**

Hints for walking:

- ✚ Dress appropriately for the weather
- ✚ Wear suitable supportive footwear
- ✚ Start each walk slowly, building up speed
- ✚ Slow down towards the end of each walk
- ✚ Walk to increase breathing but not to exhaust
- ✚ Drink plenty of water – bring a bottle of water and any snacks you need
- ✚ Do not walk if you feel unwell
- ✚ Remember any necessary medication e.g. inhaler

## Walks Programme: November 2017 – January 2018



Tues 7th November - Combe Dingle to Blaise Steep hills, Rural terrain  
Starts: 10:00am  
Starting Point: Outside St Mary's Church/Health Centre Buses: N/A

Tues 14th November - Ashton Court Golf Course Steep hills, Rural terrain  
Starts: 10:00am  
Starting Point: Park & Ride bus stop Station Road or Woodwell Road  
Buses: 902 & X3

Tues 21st November - Kingsweston Circular Steep hills, Rural terrain  
Starts: 10:00am  
Starting Point: Outside St Mary's Church/Health Centre Buses: N/A

Tues 28th November - City Docks  
Starts: 10:00am  
Starting Point: Park & Ride bus stop Station Road or Woodwell Road  
Buses: 902

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