

Tues 29th August - Long Ashton	
Starts: 10:00am	
Starting Point: Park & Ride bus stop at Station Road or Woodwell Road	
Buses: 902	
Tues 5th September - Abbots Pool	Steep hills, Rural terrain, Uneven ground
Starts: 10:00am	
Starting Point: Park & Ride bus stop at Station Road or Woodwell Road	
Buses: 902 & X3 or X4	
Tues 12th September - Snuff Mills by train	
Starts: 10:07am	
Starting Point: Shirehampton or Sea Mills Railway Station	
Tues 19th September - Echo Gate	Steep Hills, Rural terrain & Uneven ground
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	Buses: N/A
Tues 26th September - Portishead	Rural terrain, Uneven ground
Starts: 10:00am	
starting Point: Park & Ride bus stop at Station Road or Woodwell Road	
Buses: 902 & X3 or X4	
Tues 3rd October - Cardiff	
Starts: 10:07am	
Starting Point: Shirehampton or Sea Mills Railway Station	
Tues 10th October - Bristol Zoo to Christmas Steps	Steep Hills
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	Buses: 3 or 4
Tues 17th October - Victoria Rooms to Ashton Court	Steep hills
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	Buses: 3 or 4
Tues 24th October - Yellow Brick Road	Steep Hills, Rural terrain, Uneven ground
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	Buses: N/A
Tues 31st October - Durdham Downs and Clifton Downs	Steep hills
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	Buses: 3 or 4



**Issue 20**

## 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: August – October 2017**



Tues 1st August - Kingsweston Circular	Steep hills, Rural terrain & Uneven ground
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	Buses; N/A
Tues 8th August - Leigh Woods	Steep hills, Rural terrain & Uneven ground
Starts: 10:00am	
Starting Point: Park & Ride bus stop at Station Road or Woodwell Road	
Buses: 902 & X3 or X4	
Tues 15th August - Badocks Wood	Steep hills, Uneven ground
Starts: 10:00am	
Starting Point: Outside Health Centre/St Mary's Church	
Buses: 3 or 4	
Tues 22nd August - Riverleaze to Blaise	Steep hills, Uneven ground
Starts: 10:00am	
Starting Point: Park & Ride bus stop at Station Road or Woodwell Road	
Buses: 902	

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