

## **SEPTEMBER**

Sept 3rd - City Docks

Starts: 10:00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road

Buses: 902

Sept 10th - Snuff Mills

Starts: 10:00am

Starting Point: Shirehampton Railway Station

Sept 17th - Ashton Court Golf Course

Starts: 10:00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road

Buses: 902 & X3 or X4

Sept 24th - Riverleaze to Blaise

Starts: 10:00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road

Buses: 902

## **OCTOBER**

Oct 1st - Cardiff

Starts: 10:00am

Starting Point: Shirehampton Railway Station

Oct 8th - Durdham Downs & Clifton Downs

Starts: 10:00am

Starting Point: Outside St Mary's Church/Health Centre

Buses: 3 or 4 & 902

Oct 15th - Portishead Nature Reserve

Starts: 10:00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road

Buses: 902 & X3 or X4

Oct 22nd - Blaise via Combe Dingle

Starts: 10:00am

Starting Point: Outside St Mary's Church/Health Centre

Buses: N/A

Oct 29th - Yellow Brick Road

Starts: 10:00am

Starting Point: Outside St Mary's Church/Health Centre Buses: N/A



**Issue 28**

## **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 2019**



#### **AUGUST**

August 6th - Leigh Woods

Starts: 10:00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road

Buses: 902 & X3 or X4

August 13th - St Phillips Greenway Path (Reverse)

Starts: 10:00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road

Buses: 902

August 20th - Shire Golf Course & Kingsweston Down followed by lunch at PBA

Starts: 10:00am

Starting Point: Outside St Mary's Church/Health Centre

Buses: N/A

August 27th - Bristol Zoo & Brandon Hill

Starts: 10:00am

Starting Point: Outside St Mary's Church/Health Centre

Buses: 3 or 4 & 902

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