

<p>Tues 29th May - Kingsweston Circular  Starts: 10.00am  Starting Point: St Mary's Church</p>	Buses: N/A
<p>Tues 5th June - Yellow Brick Road  Starts: 10:00am  Starting Point: St Mary's Church</p>	Buses: N/A
<p>Tues 12th June - Portishead  Starts: 10:00am  Starting Point: Park &amp; Ride Bus Stop Station Road or Woodwell Road</p>	Buses: 902 & X3 or X4
<p>Tues 19th June - Henbury - Blaise  Starts: 10:00am  Starting Point: St Mary's Church</p>	Buses: 3 or 4
<p>Tues 26th June - Bath Trip  Starts: 10:07  Starting Point: Shire Railway Station</p>	
<p>Tues 3rd July - Abbots Pool  Starts: 10:00am  Starting Point: Park &amp; Ride Bus Stop Station Road or Woodwell Road</p>	Buses: 902 & X3
<p>Tues 10th July - Durdham Downs &amp; Clifton Downs  Starts: 10:00am  Starting Point: St Mary's Church</p>	Buses: 3 or 4
<p>Tues 17th July - Echo Gate  Starts: 10.00am  Starting Point: St Mary's Church</p>	Buses: N/A
<p>Tues 24th July - Leigh Woods  Starts: 10:00am  Starting Point: Park &amp; Ride Bus Stop Station Road or Woodwell Road</p>	Buses: 902 & X3
<p>Tues 31st July - City Docks from @Bristol  Starts: 10:00am  Starting Point: Park &amp; Ride Bus Stop Station Road or Woodwell Road</p>	Buses: 902



**Issue 23**

## 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: May - July 2018



Tues 1st May - Ashton Court Golf Course Starts: 10.00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902 & X3
Tues 8th May - Riverleaze to Blaise Starts: 10.00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902
Tues 15th May - Long Ashton Starts: 10.00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902
Tues 22nd May - City Docks meeting at Hotwells Starts: 10.00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902

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