

MARCH

Tues 3rd March - Bristol Zoo & Brandon Hill (Steep descents)

Starts: 09:55am

Starting Point: St Mary's Church/Health Centre

Buses: 3 or 4 (Return P&R)

Tues 10th March - Ashton Court Golf Course (Uneven surfaces)

Starts: 09:55am

Starting Point: P&R Station Rd or Woodwell Rd

Buses: P&R and X3 or X4

Tues 17th March - Henbury to Blaise (Hills)

Starts: 09:55am

Starting Point: St Mary's Church/Health Centre Buses: 3 or 4

Tues 24th March - Parry's Lane, Badock Woods (Hills)

Starts: 09:55am

Starting Point: St Mary's Church/Health Centre

Buses: 3 (Return from Westbury 11 or 508 Opp Coop)*

Tues 31st March - Echo Gate (Hills)

Starts: 10:00am

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

APRIL

Tues 7th April - Portishead Nature Reserve

Starts: 09:55am

Starting Point: P&R Station Rd or Woodwell Rd

Buses: P&R then X3 or X4

Tues 14th April - Victoria Rooms to Ashton Court

Starts: 09:55am

Starting Point: St Mary's Church/Health Centre

Buses: 3 or 4 (Return P&R)

Tues 21st April - Three Brooks (Bradley Stoke)

Starts: 09:55am

Starting Point: St Mary's Church/Health Centre

Buses: 3 or 4 then M1 (Return MI & 3 or 4)

Tues 28th April - Yellow Brick Road

Starts: 10:00am

Starting Point: St Mary's Church/Health Centre

Buses: N/A



Issue 30

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: February – April 2020



FEBRUARY

Tues 4th Feb - City Docks (from Anchor Road)

Starts: 09:55am

Starting Point: P&R Station Rd or Woodwell Rd

Buses: P&R

Tues 11th Feb - Durdham Downs & Clifton Downs (Hills & Steps)

Starts: 09:55am

Starting Point: St Mary's Church/Health Centre

Buses: 3 or 4 (Return P&R)

Tues 18th Feb - St Phillips Greenway Path

Starts: 09:55am

Starting Point: P&R Station Rd or Woodwell Rd

Buses: P&R

Tues 25th Feb - Blaise via Combe Dingle (Hills)

Starts: 10:00am

Starting Point: St Mary's Church/Health Centre

Buses: N/A

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