

SEPTEMBER

Tues 4th September - Ridingleaze to Blaise

Starts: 10:00am

Starting Point: Park & Ride bus stop Station Road or Woodwell Road

Buses: 902

Tues 11th September - Portishead

Starts: 10:00am

Starting Point: Park & Ride bus stop Station Road or Woodwell Road

Buses: 902, X3 or X4

Tues 18th September - Leigh Woods

Starts: 10:00am

Starting Point: Park & Ride bus stop Station Road or Woodwell Road

Buses: 902 & X3

Tues 25th September- Victoria Rooms to Ashton Court

Starts: 10:00am

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

Buses: 3 or 4, return 902

OCTOBER

Tues 2nd October - Cardiff

Starts: 10:07am

Starting Point: Shirehampton Railway Station

Details to follow

Tues 9th October - Bristol Zoo & Christmas Steps

Starts: 10:00am

Starting Point: Outside St Mary's/Health Centre

Buses: 3 or 4 & 902

Tues 16th October - Echo Gate

Starts: 10:00am

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

Buses: N/A

Tues 23rd October - City Docks from @Bristol

Starts: 10:00am

Starting Point: Park & Ride bus stop Station Road or Woodwell Road

Buses: 902

Tues 30th October - Durdham and Clifton Downs

Starts: 10:00am

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

Buses: 3 or 4, return 902



Issue 24

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 2018



AUGUST

Tues 7th August - Combe Dingle to Blaise

Starts: 10:00am

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

Buses: N/A

Tues 14th August - Ashton Court Golf Course

Starts: 10:00am

Starting Point: Park & Ride bus stop Station Road or Woodwell Road

Buses: 902 & X3

Tues 21st August - Snuff Mills

Starts: 10:07am

Starting Point: Shirehampton Railway Station

Tues 28th August - Long Ashton

Starts: 10:00am

Starting Point: Park & Ride bus stop Station Road or Woodwell Road

Buses: 902

Continued over page...