

MARCH

Tues 5th March - Henbury to Blaise

Starts: 10:00am

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

Tues 12th - City Docks

Starts: 10:00am

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

Buses: 902

Tues 19th - Snuff Mills by train

Starts: 10:07am

Starting Point: Shirehampton Railway Station

Tues 26th - Riverleaze to Blaise

Starts: 10:00am

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

Buses: 902

APRIL

Tues 2nd April - Durdham and Clifton Downs

Starts: 10:00am

Starting Point: St Mary's Church

Buses: 3 or 4 (Return 902)

Tues 9th April - Portishead Nature Reserve

Starts: 10:00am

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

Buses: 902 & X3 or X4

Tues 16th April - Victoria Rooms/Ashton Court

Starts: 10:00am

Starting Point: St Mary's Church

Buses: 3 or 4 (Return 902)

Tues 23th April - Yellow Brick Road

Starts: St Mary's Church

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

Tues 30th April - Echo Gate

Starts: St Mary's Church

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



Issue 26

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 2019



FEBRUARY

Tues 5th Feb - Combe Dingle to Blaise

Starts: 10:00am

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

Buses: N/A

Tues 12th - Ashton Court Golf Course

Starts: 10:00am

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

Buses: 902 & X3

Tues 19th - Durdham Downs Circular

Starts: 10:00am

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

Buses: 3 or 4

Tues 26th - Greville Smyth Park/ Long Ashton

Starts: 10:00am

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

Buses: 902

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