

DECEMBER

Tues 3rd Dec - City Docks

Starts: 09:55am

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

Buses: P&R

Tues 10th Dec - Bristol Zoo & Brandon Hill

Starts: 10:00am

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

Buses: 3 or 4 & P&R

Tues 17th Dec - Yellow Brick Road followed by Xmas Lunch

Starts: 10:00am

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

Tues 24th Dec - No walk planned

Tues 31st Dec - Long Ashton

Starts: 09:55am

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

Buses: P&R

JANUARY

Tues 7th Jan - Portishead

Starts: 09:55am

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

Buses: P&R & X3 or X4

Tues 14th Jan - Echo Gate

Starts: 10:00am

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

Buses: N/A

Tues 21st Jan - Snuff Mills

Starts: 10:00am

Starting Point: Shirehampton Railway Station

Buses: N/A

Tues 28th Jan - Henbury to Blaise

Starts: 10:00am

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

Buses: 3 or 4



Issue 29

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: November 2019 – January 2020



NOVEMBER

Tues 5th Nov - Durdham Downs & Clifton Downs

Starts: 10:00am

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

Buses: 3 or 4 & P&R

Tues 12th Nov - Ashton Court Golf Course

Starts: 09:55am

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

Buses: P&R & X3 or X4

Tues 19th Nov - Blaise via Combe Dingle

Starts: 10:00am

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

Tues 26th Nov - Victoria Rooms to Ashton Court

Starts: 10:00am

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

Buses: 3 or 4 & P&R

Continued over page...