

Tues 6th March - White Tree/Redland/Centre. Starts: 10:00am Starting Point: St Mary's Church Buses: 3 (Return 902)	Hills, steps
Tues 13th March - Parrys Lane, Badock Woods. Starts: 10:00am Starting Point: St Mary's Church Buses: 3 (Return 11or 508)	Hills, uneven ground
Tues 20th March - Snuff Mills by train Starts: 10:00am Train: 10:07 Shirehampton Station	
Tues 27th March - Victoria Rooms to Ashton Court. Starts: 10:00am Starting Point: St Mary's Church Buses: 3 or 4 (Return 902)	Hills & uneven ground
Tues 3rd April - Durdham and Clifton Downs. Starts: 10:00am Starting Point: St Mary's Church Buses: 3 or 4 (Return 902)	Hills
Tues 10th April - Portishead Nature Reserve Starts: 10:00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902 & X3 or X4	
Tues 17th April - Echo Gate. Starts: 10:00am Starting Point: St Mary's Church Buses: N/A	Hills, uneven ground, rural terrain
Tues 24th April - Yellow Brick Road. Starts: St Mary's Church Starting Point: St Mary's Church Buses: N/A	Hills, Rural terrain



Issue 22

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 2018



Tues 6th Feb - St Phillips Causeway River Avon Path Starts: 10:00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902	
Tues 13th Feb - City Docks from Anchor Road Starts: 10:00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902	
Tues 20th Feb - Durdham Downs Circular.	Hills, Uneven
Starts: 10:00am Starting Point: St Mary's Church Buses: 3 or 4	
Tues 27th Feb - Greville Smyth Park/ Long Ashton.	Rural terrain
Starts: 10:00am Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road Buses: 902	
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