

JUNE

June 4th - Greville Smyth Park/Long Ashton

Starts: 10.00am

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

Buses: 902

June 11th - Leigh Woods

Starts: 10.00am

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

Buses: 902 & X3

June 18th - Echo Gate

Starts: 10.00am

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

June 25th - Bath Trip

Starts: 10:07am

Starting Point: Shirehampton Rail Station

JULY

July 2nd - Abbots Pool

Starts: 10:00

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

Buses: 902, X3 or X4

July 9th - Victoria Rooms - Ashton Court

Starts: 10:00am

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

Buses: 3 or 4 & return 902

July 16th - City Docks

Starts: 10:00am

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

Buses: 902

July 23rd - Portishead

Starts: 10:00am

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

Buses: 902 & X3 or X4

July 30th - Yellow Brick Road

Starts: 10:00am

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

Buses: N/A



Issue 27

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: May - July 2019



MAY

May 7th - Bristol Zoo & Christmas Steps

Starts: 10.00am

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

Buses: 3 or 4 & return on 902

May 14th - Shire Golf Course/Kingsweston Downs

Starts: 10.00am

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

Buses: N/A

May 21st - Parrys Lane - Badocks Wood

Starts: 09.55.

Starting point: O/S The George.

Buses: 3 & return 11 or 508

May 28th - Ashton Court Golf Course

Starts: 10.00am

Starting Point: Park & Ride Bus Stop Station Road or Woodwell Road. Buses: 902 & X3

Continued over page...