



Put Your Best Foot Forward...

Walking Groups



Email: info@bestfootforwardglos.co.uk Tel: 01242 715216 website: www.bestfootforwardglos.co.uk

1ST AUGUST 2011 – 31ST JANUARY 2012

Area (Level)	Day and Time	Meeting Point	Contact
Abbeydale (1/2)	Tuesday's 10am *Please note the 1 st Tuesday of the month will be a Level 3 country walk	Abbeydale Community Centre	Neil (01452) 619815
Abbeymead (1/2)	Wednesday's 11am	Turmot Hoer Car Park	Paul (01452) 542516
Barnwood (1/2)	Thursday's 10am	Barnwood Church	Neil (01452) 619815
Barnwood (1/2)	Sunday's 10am (apart from first Sunday of month - see below)	Barnwood Sainsbury's	Peter (01452) 372061
Hucclecote (1/2)	1 st Sunday of every month 10am	Hucclecote Library	Peter (01452) 372061
Hempsted (1-3)	Tuesday's 2pm	Hempsted Cross (Rea Lane)	Don (01452) 524654
City Centre (1)	1 st Monday of every month 1pm	Messenger House, St Michaels Square, Gloucester, GL1 1HX	Community Health Trainers (01452) 554408

In adverse weather conditions the walks might be cancelled. Please call or check the website.

All walks are free and last for around 1 hour. Level 1: Flat and smooth purposely laid paths (suitable for buggies/wheelchairs. Level 2: Slightly rough paths. Level 3: Some un-level, sloping rough paths.

Put Your Best Foot Forward (Room SC013)
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at Cheltenham and Gloucester