

# Strolling

## in Gloucestershire



**FROM SATURDAY 18TH JULY UNTIL  
SUNDAY 2ND AUG 2009 ..... THIS IS  
YOUR LOCAL WALKING FESTIVAL!**

Choose from a variety of walks, suitable for all ages, of varying distances and times across Gloucestershire.

### Saturday 18th July

#### Historic City Walk - Gloucester Civic Trust

**Meet:** Tourist Information Centre, Southgate Street, Gloucester

**Start:** 2pm • 1.5 hours • Contact TIC or Mrs Margaret Day - 01452 501666

**Walk:** Historical city walk conducted by a qualified Civic Trust Guide.

Suitable for wheelchairs & pushchairs

**Adults £2.50, Children FREE**

### Sundays: 19th, 26th July

#### Barnwood Health Walk (Put Your Best Foot Forward)

**Meet:** Sainsbury's, Barnwood, Gloucester

**Start:** 10am • 1 hour • 2-2.5 miles • Contact Peter Barnes - 01452 372061

**Walk:** This is a Health Walk, aimed at anyone who would like to get some fresh air and exercise in the company of others. It will be a circular walk with additional joining places on the route. Contact Peter for further details on these. Suitable for wheelchairs & pushchairs.

**FREE**

### Saturdays & Sundays:

**18-19th, 25-26th July, 1st-2nd August**

#### Docks Walk - Gloucester Civic Trust

**Meet:** Mariners' Chapel, Gloucester Docks, Gloucester

**Start:** 2pm • 1 hour • Contact TIC or Mrs Margaret Day - 01452 501666

**Walk:** Historical walk around Gloucester Docks conducted by a qualified Civic Trust Guide.

Suitable for wheelchairs & pushchairs

**£2.50 (adults) Children FREE**



**Sundays: 19th July, 26th July, 2nd August**

### Ghost Walk

**Meet:** Tourist Information Centre, Southgate Street, Gloucester

**Start:** 3pm and 5pm • 1 hour •

Pre-Booking - contact TIC or Lynn Cindery - 07908 552855

**Walk:** A guided tour of the creepy goings ons in Gloucester. You will be led through the creepiest corners and the darkest buildings to learn about the history of ghostly Gloucester.

Suitable for wheelchairs & pushchairs.

**Adults £5, Senior Citizens £4**

**Children over 6 £3, Children U6 FREE**



**Mondays: 20th, 27th July**

### Elmbridge Partnership Community Walk (Put Your Best Foot Forward)

**Meet:** Richians Club car park, off Sandyleaze, Gloucester

**Start:** 7pm • 1 hour • 2.5 miles

Contact Orlagh Stoner - 01452 554041

**Walk:** This is a Health Walk, aimed at anyone who would like to get some fresh air and exercise in the company of others. It will be a circular walk with additional joining places on the route. Contact Orlagh for further details on these. Suitable for wheelchairs & pushchairs.

**FREE**

**Tuesday 21st & Wednesday 29th July**

### Gloucester Park Health Walk (Put Your Best Foot Forward)

**Meet:** GL1 Leisure Centre, Gloucester

**Start:** 12.30pm • 1 hour • 1.5 miles

Contact Jonathan Edmunds - 01452 396659

[jonathan.edmunds@aspiretrust.org.uk](mailto:jonathan.edmunds@aspiretrust.org.uk)

**Walk:** This is a Health Walk around Gloucester Park, aimed at anyone who would like to get some fresh air and exercise in the company of others. Contact Jonathan for further details. Suitable for wheelchairs & pushchairs.

**FREE**

**Wednesdays: 22nd & 29th July**

### Ghost Walk

**Meet:** Tourist Information Centre, Southgate Street, Gloucester

**Start:** 8pm • 1.5 hours •

Pre-Booking - contact TIC or Lynn Cindery - 07908 552855

**Walk:** Meet outside Gloucester Tourist Information Centre for your guided tour of the creepy goings ons in Gloucester. You will be led through the creepiest corners and the darkest buildings to learn about the history of ghostly Gloucester.

Suitable for wheelchairs & pushchairs.

**Adults £4, Senior Citizens £3**

**Children over 6 £2, Children U6 FREE**

### Monday 27th July

#### Hempsted and River Circle Health Walk (Put Your Best Foot Forward)

**Meet:** Hempsted Cross, Gloucester

**Start:** 2pm • 1.5 hours • 2.25 miles

Contact Don Stockwell - 01452 524654

**Walk:** This is a Health Walk around the beautiful fields and footpaths surrounding Hempsted (if it is wet it may be a little muddy!), led by an experienced walk leader with a great knowledge of the area. For all ages - but not suitable for wheelchairs & pushchairs.

**FREE**



### Monday 27th July

#### Robinswood Hill Health Walk (Put Your Best Foot Forward)

**Meet:** Gloucestershire Wildlife Trust Visitor Centre car park

**Start:** 11am • 1 hour •

Contact Chlöe Joslin - 01452 396861

chloe.joslin@gloucester.gov.uk

**Walk:** This is a Health Walk at Robinswood Hill, aimed at anyone who would like to get some fresh air and exercise in the company of others. Due to the location it would only be suitable for those who could manage un-level, sloping and rough paths, so is not suitable for wheelchairs & pushchairs.

**FREE**

### Tuesday 28th & Thursday 30th July

#### Alney Island Health Walk (Put Your Best Foot Forward)

**Meet:** Outside Antique Centre Warehouse (next to North Warehouse), Gloucester Docks.

**Start:** Tuesday 10.30am, Thursday 12.30pm • 45 mins - 1 hour • Contact Chlöe Joslin -

01452 396861, chloe.joslin@gloucester.gov.uk

**Walk:** This is a Health Walk around Alney Island Nature Reserve, aimed at anyone who would like to get some fresh air and exercise in the company of others. For all ages - but not suitable for wheelchairs & pushchairs.

**FREE**



### Wednesday 29th July

#### The Old and the New, the Beautiful and the Ugly!

**Meet:** Southgate Car Park, Gloucester Docks.

**Start:** 7pm • 2-2.5 hours •

Contact Barry Leach - 0845 056 0835 or 07981 100265

**Walk:** This is a walk from the Docks, along the edge of the tip, through old Hempsted and return via the canal path. Some field paths may be muddy in parts. Two stiles to climb and one section of narrow path covered by tree roots. Stout footwear ideal. More detailed route description available. Experienced Walk Leader. For all ages - but not suitable for wheelchairs & pushchairs.

**FREE** - Donations welcome on night which will be used to help fund our community projects.



# Strolling

in Gloucestershire

## PUT YOUR BEST FOOT FORWARD

Put Your Best Foot Forward is Gloucester City's new Health Walk scheme. It is our aim to make walking sociable, safe, enjoyable and accessible for Gloucester City Residents. We hope that all the Put Your Best Foot health walks advertised in the schedule will continue to run regularly after the festival, with new walks being developed over the coming months.

For further details on the scheme please contact:

Chloe Joslin, Physical Activity Co-ordinator, Gloucester City Council  
Tel: 01452 396861 E-mail: [chloe.joslin@gloucester.gov.uk](mailto:chloe.joslin@gloucester.gov.uk)



All the walks are organised and have public liability insurance cover.

**NHS**  
Gloucestershire

