



Gloucester City Council

# Put Your Best Foot Forward...

## Walking Groups

01452 396707 healthwalks@gloucester.gov.uk www.bestfootforwardglos.co.uk

August 1<sup>st</sup> – October 31<sup>st</sup> 2010

Area (Level)	Day and Time	Meeting Point	Contact
Abbeydale (1/2)	Tuesday 10am	Abbeydale Community Centre	Neil (01452) 619815
Abbeymead (1/2)	Wednesday 11am	Turmut Hoer Car Park	Paul (01452) 542516
Alney Island (2)	Thursday 12.30pm	Lock Bridge, Gloucester Docks	Amanda (01452) 396126
Barnwood (1/2)	Thursday 10am	Barnwood Church	Neil (01452) 619815
Barnwood (1/2)	Sunday 10am	Barnwood Sainsburys	Peter (01452) 372061
Coopers Hill (3)	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of month 5.30pm (August and September only)	Coopers Hill Car Park, On A46	Gavin 07847 463193
Hempsted (1-3)	Tuesday 2pm	Hempsted Cross (Rea Lane)	Don (01452) 524654
Kingsholm (1/2)	Wednesday 6pm (August only)	Hillfield Gardens, London Road	Vanessa 07877 071355
Kingsholm (1/2)	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of the month 9.15am	Hillfield Gardens, London Road	Vanessa 07877 071355
Quedgeley (2/3)	Monday 23 <sup>rd</sup> August and Monday 27 <sup>th</sup> September 6pm	Quedgeley Church gate, School Lane	Amanda (01452) 396126
Robinswood Hill (3)	Friday 11am (August only)	Reservoir Road Car Park	Edward (01242) 604568
Tredworth (1)	First Tuesday of the month 9.30am	Community Health Trainers Office, 88 Tredworth High St	Community Health Trainers (01452) 554408

All walks are free and last about an hour. Level 1: Flat and smooth purposely laid paths (suitable for buggies/wheelchairs). Level 2: Slightly rough paths. Level 3: Some unlevel, sloping rough paths.

**In adverse weather conditions the walks might be cancelled. Please call or check our website for updates.**

