



Put Your Best Foot Forward...

Walking Groups

01452 396861 healthwalks@gloucester.gov.uk www.bestfootforwardglos.co.uk

November 1st 2010 - January 31st 2011

Area (Level)	Day and Time	Meeting Point	Contact
Abbeydale (1/2)	Tuesday 10am <i>1st Tuesday of the month will be a Level 3 country walk (1 hour)</i>	Abbeydale Community Centre	Neil (01452) 619815
Abbeymead (1/2)	Wednesday 11am	Turmut Hoer Car Park	Paul (01452) 542516
Alney Island (2)	Thursday 4 th November, 2 nd December, 30 th December, 27 th January 12.30pm	Lock Footbridge Gloucester Docks	John (01452) 528117
Barnwood (1/2)	Thursday 10am	Barnwood Church	Neil (01452) 619815
Barnwood (1/2)	Sunday 10am	Barnwood Sainsburys	Peter (01452) 372061
Hempsted (1-3)	Tuesday 2pm	Hempsted Cross (Rea Lane)	Don (01452) 524654
Kingsholm (1/2)	Saturday 6 th November, 4 th December and 8 th January 9.15am	Hillfield Gardens London Road	Vanessa 07877 071355
Tredworth (1)	First Tuesday of the month 9.30am	Community Health Trainers office, 88 Tredworth High Street	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.

