

## **COTSWOLD WALKERS Spring 2017**

Did you know that regular walking can improve your  
Energy                      Weight Control                      Life Expectancy

### **CATCH A BUS ..... and WALK! Use your bus pass**

Please note that start and finish times for these walks depend on bus times. Stout trainers or walking boots are advised especially after rain. Unless otherwise stated the walk distance will be about 4.5 miles. You may like to bring a drink or snack to have half-way, there will be a refreshment stop. If you have any doubts about the weather or anything please ring Dinah Wise (01285 652744) the evening before the walk. \*If you feel 9.10 is too early, let me know and we can start at 10.20, with a later finishing time (obviously!)

**Thursday 9<sup>th</sup> February – Around Bagendon\*** leader: Dinah Wise  
We'll catch the 9.10 am bus from the Forum to Perrotts Brook for this dry-under foot walk. We'll walk up hill (by Iron Age earthworks) towards Woodmancote and then back by a different route to Bagendon and then to the bus stop. Interesting walk with far-reaching views. Expect to catch the 12.40 bus back to Cirencester.

**Thursday March 16<sup>th</sup> – Cheltenham Parks and Racegoers!\*** Dinah Wise  
Please note a week later – by popular request. We'll catch the 9.10 bus (last year this was very full of race goers, so I suggest we go to Victoria Road opposite Newcombe Court). After walking along the old railway line in Cheltenham, we'll cross into the parks and come down through Pittville Park and the fun of the racegoers! Again, tarmac paths all the way. Lunch in Cheltenham or catch the next bus. (10 past the hour)

**Thursday April 13<sup>th</sup> (Maundy Thursday) – A walk in the Park**  
Catch the Gloucester Bus at 9.45 from the Forum to Daglingworth. After a gentle climb up into the Park, we will stop at our favourite place for coffee before walking back down into Cirencester, choice of routes depending on the weather.

*For more information on 'Walking the Way to Health' please contact Sarah Clifton-Gould at Cotswold District Council on 01285 623450 or [dinahwise@greenbee.net](mailto:dinahwise@greenbee.net)*