

3 Geocaching

Mon May 30 2:00 pm 1-4 miles 3 hours

Geocaching is an international treasure hunt game where you use a GPS to seek hidden boxes. This walk is for those who have never done it before but all are welcome. There are 150 caches hidden within 2 miles of Nailsworth and we will start at the Arkell Centre in Forest Green. You will be given full instructions and if you have a GPS smart phone please bring it. Try to find as many geocaches as you want. No worries if you don't have a geocaching.com account. The first part of the walk – about an hour - will be buggy friendly and the second part will be further afield. Children under 14 should be accompanied by an adult. Cost: free. Booking no need. Info: Paul Hofman on 01453 834774. Start: Arkell Centre, Forest Green GL6 0BG.



5 Walk4health

Tue May 31 2:00 pm 2-3 miles 1.5 hours

An organised walk to encourage people to embrace the outdoors for many reasons. Managed by councils nationwide, the Walk4health scheme started some 14 years ago and is steadily growing in our area with 10 or so regular walks. The full programme can be seen on www.strollinginstroud-district.org. Cost: free. Booking no need. Info: David Brown on 01453 832542. Start: Nailsworth Library



7 Longer walk for health

Wed Jun 1 10:00 am 4-5 miles 3 hours

Once a month a group of walkers meet at Nailsworth library to walk a circular route of about 5 miles. These complement the weekly shorter walk4health. The pace is unhurried but there may be stiles and muddy paths so wear suitable clothing including footwear. There is a break half way, so please bring a snack and drink. Cost: free. Booking - no need Info: Ros John on 01453 834485. Start: Nailsworth Library



9 Robin Hood walk

Thu Jun 2 10:00 am 2 miles 2.5 hours

Follow in the footsteps of the outlaws, on an epicadventure through the woods. Come and help build shelters and fashion bows and arrows to defend ourselves against the rotten Sherriff of Ruskin woods. Haggle with the villagers for a loaf of bread, toast your spoil in camp, enjoy wide games and more. Led by Forest School Leader, Carrie Roet, the walk is suitable for children 5-10. Wear sturdy, waterproof boots. This is a parent and child event. Parents free. Cost: children £3, family £5. Booking essential. Info: Carrie Roet on 01453 889231. Start: Washpool, Horsley.



11 Stargazing walk

Thu Jun 2 10:00 pm 1 hour

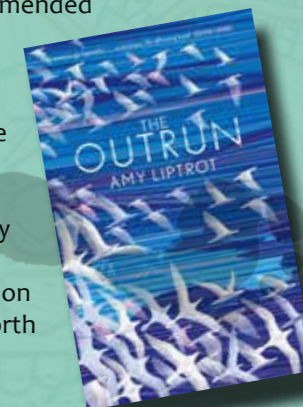
If the sky is clear, Howard will walk you through the constellations on view, the Milky Way if it's dark enough and a few of the brightest stars on show, giving you an idea of the vast scale of everything: speed, distances, sizes using analogies to help. If it's cloudy then we'll retire to the pub and talk about space, stars, galaxies, black holes, neutron stars, comets, meteors ... Cost: free. Booking essential. Info: Howard Koolman on 07753 465783. Start: The Horsley Hog.



13 A Walking Book Club

Fri Jun 3 7:00 pm 2-3 miles 2 hours

Try a book club with a difference. Read *The Outrun* by Amy Liptrot, then walk and talk about it with fellow walkers. The *Outrun* is a beautiful, inspiring read about living on the edge, the pull between island and city life, and the ability of nature to restore life and renew hope. It comes highly recommended and was a Radio 4 Book of the Week. We hope to continue with an ongoing group meeting every 3 months. The Yellow Lighted Bookshop offers a 10% discount and it's available through the Library Service. Cost: free. Booking essential. Info: Paul Hofman on 01453 834774. Start: Nailsworth Library.



4 Herbalist Walk

Mon May 30 7:00 pm 0.5 miles 1.5 hours

A rich and varied walk along the Horsley valley exploring the medicinal and spiritual qualities of our local herbs, led by herbalist Nathan Hughes. We will return to the Apothecary where Nathan will demonstrate simple salve making. Numbers are limited to 8. There is no parking here, please use the Horsley Mill car park. Cost: £4. Booking essential. Info: Jo Hofman on 01453 834774. Start: Ruskin Mill Apothecary.



6 Reflections on long distance walking

Tue May 31 7:30 pm 1.5 hours

An evening to celebrate the experience of long distance walking on this island and afar. Join us if you are interested in long distance walking yourself and want tips and ideas to help you get started. If you are more of an armchair adventurer who enjoys a tale of travel, this is for you. On the other hand, if you are a long distance walker and would like to come and share your experiences, we welcome you to do just that! So come and taste the magic we found on the open road and ring us if you would like to contribute. Cost: £4. Booking essential. Info: Jo Hofman on 01453 834774. Quaker Meeting House.



8 Walking with a Super Tramp

Wed Jun 1 6:30 pm 2 miles 2 hours

A town walk celebrating Nailsworth's famous poet W H Davies (1871-1940). "What is this life, if full of care, we have no time to stand and stare". We'll visit all 4 homes of the famous "Super Tramp", reading one of his poems at each. We'll finish at Glendower (by kind permission of his great nephew Norman Phillips) where refreshments will be available and you can see the house and garden which was the poet's final home. Donations welcome to Friends of Glendower. No dogs. Cost: Free but donations to Friends of Glendower. Booking essential. Info: Tony Burton on 01453 832228. Start: Nailsworth Library.



10 Bat Walk

Thu Jun 2 7:30 pm 1.5 miles 2.5 hours



Using ultrasonic bat detectors and our ears, we'll identify different bat species feeding on insects in and around Horsley Woods. Expect to hear two species of Pipistrelle bat and, perhaps, noctule and species of the Myotis group. Meet in Horsley Church for a brief introduction and re-convene for warming refreshments and a chat at the Hog in Horsley. Accompanied children (minimum age 6). Cost: £4, under 16s free. Booking essential. Info: Jo Hofman on 01453 834774. Start: Horsley Church.

12 Birdwatching Walk

Fri Jun 3 7:00 am 4.5 miles 2 hours

Martin Wright, an experienced bird watcher will lead this before-breakfast walk in local woodlands and beside water. He will help us identify birds by their call and visually. On previous walks we have seen song birds, woodpeckers, warblers, birds of prey and water birds. No dogs. Please bring binoculars if you have them. Cost: £3. Booking essential. Info: Ros John on 01453 834485. Start: Nailsworth Library.



14 Wild in the Country

Sat Jun 4 10:00 am 0.5 miles 2 hours

A walk in a wood where the invitation is to wake up the senses, relax, unwind and come home to the serious joy of playing in nature. A celebration of nature, the elements, the senses and you. Please wear suitable footwear. Adults only. Cost: £4. Booking essential. Info: Ruth Liengaard on 01453 832895. Start: Washpool, Horsley (by the stream).

