

19. Longer Health Walk

Wed 4 June 10:00 am 4.5 miles 2-3 hours

The monthly health walk, sponsored by the Nailsworth Health Partnership, that complements the weekly Stroud District Council walks and takes participants a bit further into the countryside around Nailsworth. The pace is unhurried but be prepared for some ups and downs and a few stiles. There will be a brief stop about half way, so you may like to bring a drink and snack. Hilly, rural footpaths and stiles, possibly muddy or uneven surfaces. Please wear suitable clothing/footwear. No need to book. No dogs. Info: Rosalind John : 01453 834485. Start: outside Nailsworth Library.

20. Peace Walk

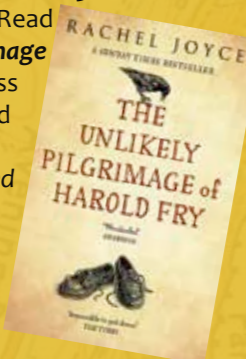
Thu 5 June 6:00 pm 1 mile 1 hour

Join us for a gentle, flat and accessible walk around our town, stopping to quietly consider each verse of Lao-Tse's prayer for peace. In the year where we remember all that happened between 1914 and 1918, this walk will give you an opportunity to consider how we maintain peace in our lives, homes and community both local and global. We will leave biodegradable copies of the poem at each stopping place. The walk will end at the Quaker Meeting House for refreshments. Free. No dogs. Info: Su Chard 01453 827633. Start: outside Nailsworth Library.

21. A Walking Book Club

Fri 6 June 6:00 pm 2-3 miles 2.5 hours

Try a Book Club with a difference! Read Rachel Joyce's *The Unlikely Pilgrimage of Harold Fry*, then walk and discuss it with other people who have read it too. It's available in the Yellow Lighted Bookshop at £1 off! No need to book. Free. Info: Paul Hofman on 01453 834774. Start: outside Nailsworth Library.



22. The Ice Cream Round

Sat 7 June 2:00 pm 2-3 miles 2.5 hours.

Come and hike to the heights of Minchinhampton Common, ramble round to Rodborough, and reward yourself with an indulgent ice cream at Winstone's. Return along lanes and paths through Amberley and Theescombe. A hilly route but wonderful views and no stiles! Wear suitable clothing and footwear for a country walk and bring a drink. Info: Rosalind John 01453 834485. Start: outside Nailsworth Library.



nailsworth
HEALTH
partnership



Nailsworth Walking Festival 2014 programme

A creative mix of walks and events to exercise your body and mind.

25 May - 7 June

www.nailsworthhealthpartnership.org

www.facebook.com/nailsworthhealthpartnership

Welcome to this year's Nailsworth Walking Festival. Organised by Nailsworth Health Partnership and now in its 4th year, the festival has grown just like NHP itself.

Last year 395 people joined the 22 walks that we organised and just over 1300 miles were walked. We are hoping that this year the weather will be as good as 2013 but even if not the range and mix of events will hopefully appeal to a wide range of people.

Our overall aim has always been to combine the healthy benefits of walking in the fresh air with a theme that hopefully will improve your wellbeing too, whether it is learning something new, or experiencing the world from a different perspective.

Spread over 2 weeks we are collaborating with local organisations. Bearing in mind that this year is the centenary of the start of the First World War, our first walk is the last event of the Nailsworth Festival (www.nailsworthfestival.org.uk) and incorporates a visit to all of the local war memorials and the exhibition at the Quaker Meeting House on the peace work of the Friends Ambulance Unit and the Friends Relief Service. We are also organising joint walks with Stroudwater Textile Trust (www.stroud-textile.org.uk) and the Friends of Glendower

Start early in the morning (6 am) to hear the end of the dawn chorus and identify local birds by their call and plumage. Stay up till after dark and listen with special equipment to several varieties of bats. Participate in a meditative walk stopping to quietly consider each verse of Lao-Tse's prayer for peace. Run (or walk) on a Hash Bash, where hares lay the trail and hounds try to catch them. Walk between pubs (naturally with stops for refreshments) or climb up to Rodborough Common for the reward of an ice cream. As in previous years we will be having a drawing walk. In the morning walk and sketch to interpret the beauty of the landscape and in the afternoon spend time creating a unique book to reflect your walk. *The Unlikely Pilgrimage of Harold Fry*

by local author Rachel Joyce is our Walking Book Club choice.

You can even let others do the walking. Come to the talk by Dave Wilson of his 1042 mile walk from Land's End to Cape Wrath. Or listen to Jo Hofman telling us of her pilgrimage walking the Santiago de Compostela.

Browse through the leaflet and decide which walks appeal to you. Come on your own or with friends. Some walks are free and there is a small charge for others – **children under 16 accompanied by adults are always free.** All walks are bookable via the NHP website or <http://bookwhen.com/nhp>. You are encouraged to book a place as some walks have a limit on numbers. Where dogs are welcome they should be on leads throughout the walk.

Since the Nailsworth Health Partnership began in 2010, this voluntary organisation has maintained its aim to improve the health and wellbeing of the local population as well as forge co-operative links between mainstream and complementary health professionals. The Walking Festival is one of the many events that NHP has under its umbrella. Others include gentle exercise classes at the Arkell Centre and Woodchester Valley Village, a monthly longer health walk, a quarterly gluten free support group and occasional educational talks. The Prices Mill Surgery Patient Participation Group (PPG) is also part of NHP.

In the last 18 months, with the help of a substantial BIG Lottery Grant, we have also set up a website with videos of our activities, run a successful health fair and funded a community defibrillator (cPAD) outside Tesco Express. It is easy (and free) to join NHP – either via the website (www.nailsworth-healthpartnership.org) or contact Marilyn Miles on 01453-832974 or Jo Hofman on 01453-834774

You can also follow us on facebook www.facebook.com/NailsworthHealthPartnership

Walks, talks & workshops

		Booking?	Adult Cost *	Under 16s	Dogs	Start
1	War & Peace Walk	✓	£3	✓	×	N
2	Bat Walk	✓	£4	✓	×	V
3	Hash Bash	×	-	✓	✓	M
4	Walking for Health	×	-	✓	×	N
5	Mike's Mystery Meander	×	-	✓	✓	N
6	Land Art Walk	✓	£4**	✓		S
7	Glendower Walk	×	-	✓	×	N
8	Land's End - Cape Wrath	✓	£4	✓	×	Q
9	Geocaching	×	-	✓	×	W
10	Story Walk	✓	£4	✓	×	R
11	Pamper Walk	✓	£15	×	×	W
12	Drawing Walk	✓	£4	✓	×	W
13	Walking Pages	✓	£20	×	×	V
14	Magical Mystery Pub Walk	×	-	×	✓	N
15	Industry Walk	×	£3	✓	✓	N
16	The Camino	✓	£4	✓	×	Q
17	Birdwatching Walk	×	-	✓	×	N
18	Herbalist Walk	✓	£4	✓	×	R
19	Longer Health Walk	×	-	✓	×	N
20	Peace Walk	×	-	✓	✓	N
21	A Walking Book Club	×	-	✓	✓	N
22	The Ice Cream Round	×	-	✓	✓	N

*Under 16s are free for all events, excluding:
** Child cost (adults free)

M	Mortimer Gardens, Old Market, GL6 oDU
N	Nailsworth Library, Old Market, GL6 oDU
Q	Quaker Meeting House, Chestnut Hill, GL6 oRA
R	Ruskin Mill, Old Bristol Road, GL6 oLA **
S	Subscription Rooms
V	Horsley Village Hall, Priory Fields, GL6 oPT
W	Car park, Bartonend Lane, Washpool, GL6 oPP
** Please do not park at this location	