

# Get Wiltshire Walking



Free graded weekly walking groups led by fully qualified walk leaders. Friendly and fun, they are a great opportunity to get fit, meet new people and get to know your local area.

## Starter walk

A 30 minute walk across largely flat, stable terrain at a gentle pace with frequent pauses. Suitable for those wishing to become more active or those recovering from surgery or illness.

## Stroller walk

A 45-60 minute walk across varied terrain with some pauses. A progression walk for those looking to increase their physical activity and build stamina.

## Strider walk

This is a 60-90 minute largely continuous walk across varied terrain including some gradients. A walk intended to offer a more vigorous pace and workout.

All our walks are led by fully trained leaders who are able to manage and tailor the walk to meet the requirements of the participants.

Providing you are independently mobile and able to meet the physical demands of the walk everyone is welcome.

By attending the walk participants are declaring themselves fit for the activity and they maintain responsibility for their own safety and well being throughout the walk.

We are sorry, but no dogs, other than sensory dogs, are allowed.

# Starter, Stroller and Strider walks

Day	Location	Grade of walk	Meeting point	Time
Monday	BoA	Walking for the Mind Dementia friendly	The Library, Bridge Street, BoA, BA15 1BY	2pm
	Melksham		Tourist Information Centre, Melksham, SN12 6LS	9.30am
	RWB		Town Hall Museum, RWB, SN4 7AU	9.30am
	Great Bedwyn		Cricket Club, Frog Lane, Great Bedwyn, SN8 3PB	10.30am
Tuesday	Shrewton		Shrewton Sports and Social Club car park, SP3 4JL	9.30am
	Chippenham		Monkton Park, Wiltshire Council Offices, SN15 1ER	9.30am
	Durrington		Durrington Swimming Pool and Fitness Centre, SP4 8HH	11am
	Ludgershall		St James Street car park, Ludgershall, SP11 9QG	9.30am
	Trowbridge		Wiltshire Council, County Hall, BA14 8JN	9.30am
	Warminster	 	Community Hub, Warminster, BA12 9BT Lake Pleasure Grounds, Warminster, BA12 9NP	9.30am 10am
	Amesbury	 	Amesbury Library, Smithfield Street, SP4 7AL	10am
Cricklade	Progression walk	Cricklade Leisure Centre, Cricklade, SN6 6JW	6.30pm	
Wednesday	BoA		Outside the Weaving Shed, BoA, BA15 1EJ	9.30am
	Corsham		Springfield Community Campus, Corsham, SN13 9DN	9.30am
	Calne		Town Hall car park, The Strand, Calne, SN11 0EN	10am
	Downton		The Borough Café, Downton, SP5 3LY	10am
	Salisbury		Five Rivers Health and Wellbeing Centre, Salisbury, SP1 3NR	9.30am
Thursday	Calne		Town Hall car park, The Strand, Calne, SN11 0EN	9.30am
	Pewsey		Bouverie Hall car park, North Street, Pewsey, SN9 5EQ	9.30am
	Westbury	 	Leigh Park car park, Westbury Leigh, BA13 3SQ	9.30am
Friday	Cricklade	 	Waylands, Cricklade, SN6 6BT (Next to the flag poles)	9.30am
	Devizes		Devizes Leisure Centre, SN10 5AB	9.30am
	Durrington		Durrington Swimming Pool and Fitness Centre, SP4 8HH	9.30am

Full details of the walking programme are available at:  
[wiltshire.gov.uk/leisure-cycling-walking-and-running](http://wiltshire.gov.uk/leisure-cycling-walking-and-running) or alternatively contact  
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