Stepping Forward, our programme of longer progression walks, is at the back of this programme or www.southglos.gov.uk/documents/Stepping-Forward.

Please help us to save paper and the planet by only taking this copy if you don’t have access to the internet.

You can download this programme at www.southglos.gov.uk/walking-for-health.
Our volunteer walk leaders continue to do an amazing job to keep our varied Walking for Health programme going week after week, all year round. New volunteers are always welcome. You don’t have to lead a walk: we need volunteers to walk at the back and in the middle and to help out in other ways.

There’s a training day on Tuesday, 10 September 2019 in Yate. To register or find out more please visit https://oneyou.southglos.gov.uk/move-more/walking/#mcetoc_1d6gl34a4q or contact us: 01454 864005 or healthylifestyles@southglos.gov.uk

Please bear in mind that leaders look after the needs of the whole group and can’t offer one to one support for individuals.

One You South Gloucestershire

Have you ever wondered how to get help to be smoke free, check yourself, drink less, eat well, move more, sleep better, stress less or watch your weight?

One You South Gloucestershire is a healthy lifestyles and wellbeing service to help adults make important, lasting improvements to their health.

The service is provided by South Gloucestershire Council and partners including GP surgeries, pharmacies and Southern Brooks Community Partnership. It’s for all adults over the age of 18 who live in South Gloucestershire or are registered with a GP practice in South Gloucestershire.

To find out how to get started please visit: oneyou.southglos.gov.uk

HAPPY WALKING!

Brian Gardner, Team Leader, Healthy Lifestyles, South Gloucestershire Council
Join us for a FREE buggy walk

Get some fresh air, meet new friends and explore the area. These walks are perfect for parents, carers and grandparents. After the walk, relax with a cuppa and a chat. No need to book. Just turn up.

**Yate Library**
44 West Walk BS37 4AX.
1st & 3rd Monday of the month
Set off at 10:00am

**Bitton Station, (outside the café)**
Bath Road, Bitton BS30 6HD.
1st Monday of the month
Set off at 10:00am

**Lyde Green & Emersons Green**
Emersons Green Library,
Emersons Way BS16 7AP
1st & 3rd Thursday of the month
Set off at 10:00am

---

**Getting to the walks**

Please try to travel to the walks by public transport whenever possible. You can plan your journey here:

[travelwest.info/bus/timetables-and-journey-planning](http://travelwest.info/bus/timetables-and-journey-planning)

---

**ALL WALKERS WALK AT THEIR OWN RISK**

During the briefing at the start of each walk potential hazards are highlighted. We would be very grateful if walkers could pay particular attention to the briefing for their own safety and the safety of others.

Please don’t walk if you are feeling unwell.

Please note that all walks are at the leaders’ discretion on the day.

---

No specialist equipment is needed for our walks, other than sturdy footwear and rainwear. Please make sure you bring water and a hat, especially in the warmer weather.
All our walks are graded so you can be sure of finding the right walk for you. Look out for the footprint icon at the head of each listing.

**Grading**

![Grade 1 walk](image)
Suitable for people who are looking to be more active, or are returning from injury or illness. Walks are on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles. Walks last around 30 mins but can be extended on the day if the walkers wish.

![Grade 2 walk](image)
Suitable for people who are looking to increase their activity levels. Walks are between 30 - 60 mins and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

![Grade 3 walk](image)
For people looking for more challenging walks and increasing their level of physical activity. Walks are generally 60 - 90 mins and may include steeper slopes, steps, uneven surfaces and stiles.

![Stepping Forward (progression walks)](image)
This symbol indicates that a walk is more strenuous and over 90 mins in length. When it appears within a Walking For Health listing it indicates that there is a progression walk – listed in the Stepping Forward section – available alongside the shorter walk.

**Key**

- Toilets
- Refreshments available
- Uneven ground
- Steps
- Stiles
- May be muddy
- Wheelchair friendly
- Rest opportunities
- Buggy friendly
- No dogs please

**Dogs are welcome unless otherwise stated. Please keep them on a lead.**
Regular Walks

The following walks always start at the same time and place. They don’t appear in the listings so if you would like to join in please take a note of the dates.

**BBRP**

**Bristol & Bath Railway Path**

📅 **Alternate Tuesdays**

⏰ **11:00am – see dates below**

Starting from either Bitton Station or Warmley Station, the beauty of this walk is that it is ‘there and back again’ on the flat Railway Path so walkers can go as far as they feel able before returning to the cafe.

**Bitton**

Avon Valley Railway. Bitton Station, Bath Road, Bitton BS30 6HD

**Warmley**

Parking available for walkers at Warmley Forest Visitor Centre. 3a London Road, Warmley BS30 5JB.

9 July
23 July
6 August
20 August
3rd September
17 September
1 October
15 October
29 October
12 November
26 November
10 December

(please wear a piece of tinsel)

**CSRFC**

**Chipping Sodbury Rugby Club**

📅 **Every 2nd & 4th Tuesday of the month**

⏰ **11:00am – see dates below**

This gentle grade 1 walk is ideal for people who are new or returning to exercise. Walk for as long as you like at your own pace, around the flat, easy access hard track. The route is 1.5km and takes around 30 mins at an easy pace. (Toilets and refreshments available at nearby high street or supermarket)

Chipping Sodbury Rugby Club, Wickwar Road, Chipping Sodbury BS37 6BH

9 & 23 July
13 & 27 August
10 & 24 September
8 & 22 October
12 & 26 November
10 & 24 December
Kingsmeadow @ Made for Ever

1st Wednesday of the month 
10:30am – see dates below

Ideal for people who are new or returning to walking. Up to 2 miles / 1 hr.
Kingsmeadow @ Made Forever, Fisher Road, Kingswood BS15 4RQ
3 July 
7 August 
4 September 
2 October 
6 November 
4 December

Filton Nutfield House

Every other Thursday 
see dates below

Fortnightly walks, ideal for people who are new or returning after a long absence. The walk starts and finishes at Nutfield House, Nutfield Grove in Filton. The walk is at 2pm every other Thursday and is up to one mile in length.
Nutfield House, Nutfield Grove, Filton BS34 7LJ
4 & 18 July 
1, 15 & 29 August 
12 & 26 September 
10 & 24 October 
7 & 21 November 
5 & 19 December

Page Park

Every Tuesday & Friday 
10:30am Up to 30 minutes

Go at your own pace. Also suitable for people with walking aids. After the walk enjoy a cuppa and a chat.
The Sensory Garden, Page Park, Staple Hill BS16 5PJ
Frampton Cotterell
Walking for Health
and/or
Stepping Forward
monthly walks

タイ \(\text{Tuesdays} \) 10:30am

Filton, Patchway and Stokes
Walking for Health
weekly walks:

又
\(\text{Thursday} \) 11:00am

Stepping Forward
weekly walks:

又
\(\text{Monday} \) 11:00am

If you need to contact this group for more information please ring 07724 627107.

Kings Chase
Walking for Health
weekly walks:

又
\(\text{Wednesdays or Thursdays} \) 2:00pm

Sodbury, Yate and Dodington
Walking for Health
and/or
Stepping Forward
weekly walks:

又
\(\text{Friday} \) 10:30am

If you need to contact this group for more information please ring 07724 627104.

Thornbury
Stepping Forward
weekly walks
(see back of this booklet):

又
\(\text{Friday} \) 11:00am
Bury Lanes & Woods  
**Tuesday 2 July**

Distance: 1.8 miles / 1 hour  
Time: 10:30am  
Location: Golden Heart, Down Road, off A432 Kendleshire, BS36 1AU

---

Longwell Green Scout Hut  
**Wednesday 3 July**

Distance: 3 miles / 1 hour  
Time: 2:00pm  
Location: Scout Hut by Longwell Green Community Centre, Shellards Road, BS30 9DU

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BBP & UWE  
**Thursday 4 July**

Distance: 2.2 miles / 1 hour  
Time: 11:00am  
Location: Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS

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The Stokes Circuit  
**Thursday 11 July**

Distance: 2.5 miles / 1 hour  
Time: 11:00am  
Location: Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS

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Esther’s Café (Sir Bernard Lovell School)  
**Thursday 11 July**

Distance: 3 miles / 1 hour  
Time: 2pm  
Location: Esther’s Café, Sir Bernard Lovell’s School, North Street, Oldland Common, BS30 8TS

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Riverside  
**Friday 5 July**

Distance: 2-3 miles / 60-90 minutes  
Location: Riverside, Yate Shopping Centre, BS37 4FT
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Duration</th>
<th>Time</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SYD</strong></td>
<td><strong>Shire Way</strong></td>
<td>2-3 miles / 60-90 minutes</td>
<td>10:30am</td>
<td>Shire Way Community Centre, Yate, BS37 8YS</td>
</tr>
<tr>
<td><strong>KC</strong></td>
<td><strong>Cock Road Ridge</strong></td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Asda car park, Carven Way, Longwell Green, BS30 7DY</td>
</tr>
<tr>
<td><strong>FPS</strong></td>
<td><strong>Through Jubilee Green</strong></td>
<td>1.6 miles / 40 minutes</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</td>
</tr>
<tr>
<td><strong>SYD</strong></td>
<td><strong>Chipping Sodbury</strong></td>
<td>2-3 miles / 60-90 minutes</td>
<td>10:30am</td>
<td>Chipping Sodbury Rugby Club, BS37 6BH</td>
</tr>
<tr>
<td><strong>KC</strong></td>
<td><strong>Harry Stoke</strong></td>
<td>2 miles / 45 minutes</td>
<td>11:00am</td>
<td>Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, BS34 8SS</td>
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<tr>
<td><strong>KC</strong></td>
<td><strong>Warmley Forest</strong></td>
<td>2.5 miles / 1 hour</td>
<td>2:00pm</td>
<td>Warmley Forest Visitors Centre, High St, Warmley, BS30 5JL</td>
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<tr>
<td>Location</td>
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<tr>
<td>Sunnyside</td>
<td>Friday 26 July</td>
<td>2-3 miles / 60-90 minutes</td>
<td>10:30am</td>
<td>Sunnyside, Moorland Rd, BS37 4BX</td>
</tr>
<tr>
<td>Wick Village Hall</td>
<td>Wednesday 31 July</td>
<td>1 mile / 30 minutes or 3.2 miles / 1 hour</td>
<td>2:00pm</td>
<td>Wick Village Hall, Manor Road, Wick, BS30 5RG</td>
</tr>
<tr>
<td>Bradley Stoke Reserve</td>
<td>Thursday 1 August</td>
<td>2 miles / 40 minutes</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</td>
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<tr>
<td>The Fox</td>
<td>Friday 2 August</td>
<td>2-3 miles / 60-90 minutes</td>
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<td>The Fox, Broad Lane, Yate, BS37 7LD</td>
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<tr>
<td>Ram Hill &amp; Dramway</td>
<td>Tuesday 6 August</td>
<td>2 miles / 1 hour</td>
<td>10:30am</td>
<td>Miners Village Hall, Badminton Rd, Coalpit Heath, BS36 2QB</td>
</tr>
<tr>
<td>Through the Woods</td>
<td>Thursday 8 August</td>
<td>1.9 miles / 45 minutes</td>
<td>11:00am</td>
<td>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS</td>
</tr>
</tbody>
</table>
Lovell’s Loop
Thursday 8 August

3 miles / 1 hour
2:00pm
Under the clock tower, Page Park, Staple Hill, BS16 5PJ

Brimsham
Friday 9 August

2-3 miles / 60-90 minutes
10:30am
Brimsham Park, Lark Rise, BS37 7PJ

Warmley Clock Tower
Wednesday 14 August

3 miles / 1 hour
2:00pm
Warmley clock tower, Tower Road North, BS30 8XU

Down by the Leisure Centre
Thursday 15 August

1.8 miles / 45 minutes
11:00am
Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS

Abbeywood & Splatts Wood
Thursday 22 August

1.9 miles / 45 minutes
11:00am
Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS

Castle Farm
Thursday 22 August

3 miles / 1 hour
2:00pm
Castle farm car park, Castle farm road, Hanham, BS15 3NN
(Tea/coffee stop at Kift Lodge)
<table>
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<tr>
<th><strong>SYD</strong></th>
<th><strong>FC</strong></th>
<th><strong>FPS</strong></th>
<th><strong>KC</strong></th>
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</table>
| **Abbotswood**  
**Friday 23 August**  
[2-3 miles / 1-1.5 hours](#)  
[10:30am](#)  
St Nicholas Family Centre, Off Chargrove, Abbotswood, Yate, BS37 4LG | **Glebe Stroll & Park**  
**Tuesday 3 September**  
[1.5 miles / 45minutes](#)  
[10:30am](#)  
St Peter's Church, Church Rd, Frampton Cotterell BS36 2AB | **Over Primrose Bridge**  
**Thursday 29 August**  
[1.4 miles / 35 minutes](#)  
[11:00am](#)  
Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS | **Bitton Station**  
**Thursday 5 September**  
[3 miles / 1 hour](#)  
[2:00pm](#)  
Bitton Railway Station, Bath Road, BS30 6HD |

**St Aidan’s Church Hall**  
**Wednesday 28 August**  
[3 miles / 1 hour](#)  
[2:00pm](#)  
Main Hall, St Aidan’s Church hall, Fir Tree Lane, St George, BS5 8TZ

**Glebe Stroll & Park**  
**Tuesday 3 September**  
[1.5 miles / 45minutes](#)  
[10:30am](#)  
St Peter's Church, Church Rd, Frampton Cotterell BS36 2AB

**Aztec West**  
**Thursday 5 September**  
[2.3 miles / 55 minutes](#)  
[11:00am](#)  
Coniston Community Centre, Coniston Rd, Patchway, BS34 5LP  
Park in long-stay area by GP surgery

**Bitton Station**  
**Thursday 5 September**  
[3 miles / 1 hour](#)  
[2:00pm](#)  
Bitton Railway Station, Bath Road, BS30 6HD
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<td>2-3 miles / 60-90 minutes</td>
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<tr>
<td>The Pop Inn, Yate BS37 4DQ</td>
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<td><strong>KC</strong></td>
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<td><strong>Snuff Mills</strong></td>
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<td><strong>Wednesday 11 September</strong></td>
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<td>🕔</td>
<td>2.5 miles / 50 minutes</td>
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<tr>
<td>Snuff Mills Car Park, River View, Off of Broomhill Road, Stapleton, BS16 1DL</td>
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<td><strong>BBP &amp; UWE</strong></td>
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<td><strong>Thursday 12 September</strong></td>
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<td>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS</td>
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<td><strong>Friday 13 September</strong></td>
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<td>10:30am</td>
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<tr>
<td>Chipping Sodbury Rugby Club, BS37 6BH</td>
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<td><strong>KC</strong></td>
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<td><strong>Swineford Picnic Area</strong></td>
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<td><strong>Wednesday 18 September</strong></td>
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<td>🕔</td>
<td>3.4 miles / 1.5 hours</td>
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<td>2:00pm</td>
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<tr>
<td>Swineford Picnic Area, Bath Road, BS30 6LN</td>
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<tr>
<td><strong>FPS</strong></td>
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<td><strong>The Stokes Circuit</strong></td>
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<td><strong>Thursday 19 September</strong></td>
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<td>2.5 miles / 1 hour</td>
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<tr>
<td>Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</td>
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<td>Distance / Duration</td>
<td>Time</td>
<td>Location</td>
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<tr>
<td>Through Jubilee Green</td>
<td>Thursday 26 September</td>
<td>1.6 miles / 40 minutes</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</td>
<td></td>
</tr>
<tr>
<td>Esther’s Café (Sir Bernard Lovell School)</td>
<td>Thursday 26 September</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Esther’s Lodge, 136 Memorial Road, Hanham, BS15 3LQ</td>
<td></td>
</tr>
<tr>
<td>Badminton Gardens</td>
<td>Wednesday 2 October</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Badminton Gardens, Beaufort Rd, Downend, BS16 6SG</td>
<td></td>
</tr>
<tr>
<td>Harry Stoke</td>
<td>Thursday 3 October</td>
<td>2 miles / 45 minutes</td>
<td>11:00am</td>
<td>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS</td>
<td></td>
</tr>
<tr>
<td>Duck Pond &amp; Blackberry Brake</td>
<td>Tuesday 8 October</td>
<td>2 miles / 1 hour</td>
<td>10:30am</td>
<td>Miners Village Hall, Badminton Rd, Coalpit Heath, BS36 2QB</td>
<td></td>
</tr>
<tr>
<td>Hanham Methodist Church</td>
<td>Wednesday 9 October</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Methodist Church Hanham Chapel Road, BS15 8SD</td>
<td></td>
</tr>
</tbody>
</table>
# Bradley Stoke Reserve
**Thursday 10 October**

- **Distance:** 2 miles / 40 minutes
- **Time:** 11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8B

---

# Through the Woods
**Thursday 17 October**

- **Distance:** 1.9 miles / 45 minutes
- **Time:** 11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, BS34 8SS

---

# Snuff Mills (Walking through Oldbury Court)
**Thursday 17 October**

- **Distance:** 3 miles / 1 hour
- **Time:** 2:00pm

Snuff Mills Car Park, River view, off Broomhill Road, Stapleton, BS16 1DL

---

# Chipping Sodbury
**Friday 18 October**

- **Distance:** 2-3 miles / 60-90 minutes
- **Time:** 10:30am

Chipping Sodbury Rugby Club, BS37 6BH

---

# Down by the Leisure Centre
**Thursday 24 October**

- **Distance:** 1.8 miles / 45 minutes
- **Time:** 11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS

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# Sunnyside
**Friday 25 October**

- **Distance:** 2-3 miles / 60-90 minutes
- **Time:** 10:30am

Sunnyside, Moorland Rd, BS37 4BX
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Distance</th>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 29 Oct</td>
<td>Stroll with Scarecrows</td>
<td>2 miles</td>
<td>1 hour</td>
<td>10:30am</td>
<td>Opposite Cafe, Church Rd, Frampton Cottrell, BS36 2JX</td>
</tr>
<tr>
<td>Wed 30 Oct</td>
<td>Longwell Green Scout Hut</td>
<td>3 miles</td>
<td>1 hour</td>
<td>2:00pm</td>
<td>Scout Hut by Longwell Green community centre, Shellards Road, BS30 9DU</td>
</tr>
<tr>
<td>Thurs 31 Oct</td>
<td>Abbeywood &amp; Splatts Wood</td>
<td>1.9 miles</td>
<td>45 minutes</td>
<td>11:00am</td>
<td>Opposite side of car park to store entrance, Sainsbury's, Fox Den Road,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Stoke Gifford, BS34 8SS</td>
</tr>
<tr>
<td>Tues 5 Nov</td>
<td>Half Moon Country Stroll</td>
<td>2 miles</td>
<td>1 hour</td>
<td>10:30am</td>
<td>Badminton Arms, Badminton Rd, Coalpit Heath, BS36 2KJ</td>
</tr>
<tr>
<td>Thurs 7 Nov</td>
<td>Over Primrose Bridge</td>
<td>1.4 miles</td>
<td>35 minutes</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco),</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Savages Wood Road, Bradley Stoke, BS32 8BS</td>
</tr>
<tr>
<td>Thurs 7 Nov</td>
<td>Bitton Station</td>
<td>3 miles</td>
<td>1 hour</td>
<td>2:00pm</td>
<td>Bitton Railway Station, Bath Road, Bitton, BS30 6HD</td>
</tr>
</tbody>
</table>
**KC**

**Downend Central**  
*Wednesday 13 November*

- Distance: 3 miles / 1 hour
- Time: 2:00pm
- Location: Shopper’s Car Park, behind Co-op, Downend, BS16 5UJ

**FPS**

**Severn Beach**  
*Thursday 14 November*

- Distance: 1.8 miles / 55 minutes
- Time: 11:00am
- Location: Outside the Shops, Beach Road, Severn Beach, BS35 4PQ

**SYD**

**The Lawns**  
*Friday 15 November*

- Distance: 2-3 miles / 60-90 minutes
- Location: The Lawns, Church Rd, BS37 5BG

**FPS**

**BBP & UWE**  
*Thursday 21 November*

- Distance: 2.2 miles / 1 hour
- Time: 11:00am
- Location: Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS

**KC**

**Warmley Clock Tower**  
*Thursday 21 November*

- Distance: 3 miles / 1 hour
- Time: 2:00pm
- Location: Warmley Clock Tower, Tower Road North, BS30 8XU

**KC**

**Hanham Methodist Church**  
*Wednesday 27 November*

- Distance: 3 miles / 1 hour
- Time: 2:00pm
- Location: Methodist Church Hanham Chapel Road, BS15 8SD
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Distance / Time</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPS</td>
<td>Thursday 28 November</td>
<td>2.5 miles / 1 hour</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</td>
</tr>
<tr>
<td>FC</td>
<td>Tuesday 3 December</td>
<td>1.5 miles / 45 minutes</td>
<td>10:30am</td>
<td>St Peter's Church, Church Rd, Frampton Cotterell, BS36 2AB</td>
</tr>
<tr>
<td>FPS</td>
<td>Thursday 5 December</td>
<td>1.6 miles / 40 minutes</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</td>
</tr>
<tr>
<td>Emerson’s Green Library</td>
<td>Thursday 5 December</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Emerson Green Library, Emembers Way, BS16 7AP</td>
</tr>
<tr>
<td>SYD</td>
<td>Friday 6 December</td>
<td>2-3 miles / 60-90 minutes</td>
<td>10:30am</td>
<td>The Lawns, Church Road, BS37 5BG</td>
</tr>
<tr>
<td>KC</td>
<td>Wednesday 11 December</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Under the Clock Tower, Page Park, Staple Hill, BS16 5PJ</td>
</tr>
</tbody>
</table>
**FPS**

Harry Stoke  
**Thursday 12 December**

2 miles / 45 minutes  
⏰ 11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, BS34 8SS

**KC**

Wick Village Hall  
**Wednesday 18 December**

1 mile / 30 minutes or 3.2 miles / 1 hour  
⏰ 2:00pm

Wick Village Hall, Manor Road, Wick, BS30 5RG

**FPS**

Bradley Stoke Reserve  
**Thursday 19 December**

2 miles / 40 minutes  
⏰ 11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS

**SYD**

Abbotswood  
**Friday 20 December**

2-3 miles / 60-90 minutes  
⏰ 10:30am

St Nicholas Family Centre, BS37 4LG

---

**RUN SOUTH GLOUCESTERSHIRE**

If you are looking for something a little faster, there is a huge range of opportunities to take part in recreational running in South Gloucestershire: weekly parkruns in Thornbury, Pomphrey Hill and Chipping Sodbury, many Run Together groups, Couch to 5K courses and measured routes in parks:

[www.southglos.gov.uk/runsouthglos](http://www.southglos.gov.uk/runsouthglos)
Monday 30 December
Stoke Gifford

10:30am
3-4 miles

Codrington Arms, North Rd, BS37 7LG

Monday 16 December
Filton

11:00am
3 miles

Filton Leisure Centre, Elm Park, BS34 7PS

Friday 13 December
Codrington

10:30am
3-4 miles

Codrington Arms, North Rd, BS37 7LG

Monday 23 December
Little Stoke

11:00am
3.6 miles

Outside The Ship Inn, Thornbury Road, Alveston, BS35 3LL

Friday 20 December
Old Down

11:00am
4 miles

Old Down Cricket Club, Olveston Sports Lane, BS32 4PH

Old Down, Stoke Gifford, BS34 8SS

Sainsbury’s Superstore car park, Fox Den Road, Stoke Gifford, BS34 8SS

Monday 15 December
Filton

11:00am
3 miles

Filton Leisure Centre, Elm Park, BS34 7PS

Friday 13 December
Codrington

10:30am
3-4 miles

Codrington Arms, North Rd, BS37 7LG
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
<th>Distance</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 2 December</td>
<td>Blaise Castle</td>
<td>11:00am</td>
<td>4 miles</td>
<td>Wotton-under-Edge, Box Walk, Wotton-under-Edge, GL12 8HF</td>
<td></td>
</tr>
<tr>
<td>Friday 29 November</td>
<td>Pucklechurch</td>
<td>10:30am</td>
<td>3.5 miles</td>
<td>Rose &amp; Crown, Pucklechurch, BS16 9PS</td>
<td></td>
</tr>
<tr>
<td>Tuesday 3 December</td>
<td>Frampton beside the Frome</td>
<td>10:30am</td>
<td>3.5 miles</td>
<td>Frampton Cotterell, BS36 2AB</td>
<td></td>
</tr>
<tr>
<td>Monday 9 December</td>
<td>St Michael's Green</td>
<td>11:00am</td>
<td>4 miles</td>
<td>Avation Hill, Thornbury BS35 3JB</td>
<td>FPS</td>
</tr>
<tr>
<td>Friday 6 December</td>
<td>Thornbury</td>
<td>11:00am</td>
<td>3.5 miles</td>
<td>Main car park off Kings Weston Road, Lawrence Weston, BS10 7QS</td>
<td></td>
</tr>
<tr>
<td>Thursday 3 December</td>
<td>Frampton beside the Frome</td>
<td></td>
<td></td>
<td>St Peter's Church, Church Rd, Frampton Cotterell, BS36 2AB</td>
<td>FC</td>
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</tbody>
</table>

**Event Details:**
- **SYD:** St Michael's Green, Stoke Gifford,
- **Tortworth:** Rose & Crown, Pucklechurch,
- **Blaise Castle:** Wotton-under-Edge, Box Walk, Wotton-under-Edge, GL12 8HF,
- **Frampton beside the Frome:** St Peter's Church, Church Rd, Frampton Cotterell, BS36 2AB,
- **St Michael's Green:** Avation Hill, Thornbury BS35 3JB,
<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday 25 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almondsbury</td>
<td>4.3 miles</td>
<td>11:00am</td>
</tr>
<tr>
<td><strong>Friday 22 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Old Down</td>
<td>4 miles</td>
<td>10:30am</td>
</tr>
<tr>
<td><strong>Friday 22 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brimsham Park</td>
<td>3-4 miles</td>
<td>10:00am</td>
</tr>
<tr>
<td><strong>Monday 18 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snuff Mills</td>
<td>3.5 miles</td>
<td>11:00am</td>
</tr>
<tr>
<td><strong>Monday 15 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stoke Gifford</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday 11 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sainsbury's superstore car park, Fox Den Road, Stoke Gifford, BS34 8SS</td>
<td>4.5 miles</td>
<td>11:00am</td>
</tr>
<tr>
<td><strong>Friday 15 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Swan Inn, Tytherington, Duck Street, GL12 8QB</td>
<td>4 miles</td>
<td>11:00am</td>
</tr>
<tr>
<td><strong>Friday 22 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brimsham Park</td>
<td>3-4 miles</td>
<td>10:30am</td>
</tr>
<tr>
<td><strong>Sunday 24 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almondsbury</td>
<td>4 miles</td>
<td>11:00am</td>
</tr>
</tbody>
</table>
Friday 8 November
Thornbury
Westerleigh

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Thursday 5 November
Frog Lane, Fields & Woods

3.5 miles
10:30am
Coalpit Heath, BS36 2KJ

Tuesday 5 November
Frog Lane, Fields & Woods

3.5 miles
10:30am
Badminton Arms, Badminton Rd, BS36 2KJ

Friday 1 November
Oldbury
Shire Way

4 miles
11:00am
The Anchor Inn, Church Road, Oldbury on Severn, BS35 1QA

Monday 4 November
Patchway
Coniston

3.5 miles
11:00am
Coniston Community Centre, Coniston Road, BS34 5LP

Westerleigh

Friday 8 November
Thornbury

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Coniston

Monday 4 November
Patchway

3.5 miles
11:00am
Coniston Community Centre, Coniston Road, BS34 5LP

Frog Lane, Fields & Woods

Tuesday 5 November
Badminton

3.5 miles
10:30am
Badminton Arms, Badminton Rd, BS36 2KJ

Frog Lane, Fields & Woods

Thursday 5 November
Badminton

3.5 miles
10:30am
Coalpit Heath, BS36 2KJ

Thornbury

Friday 8 November
Westerleigh

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Oldbury

Friday 1 November
Oldbury

4 miles
11:00am
The Anchor Inn, Church Road, Oldbury on Severn, BS35 1QA

Shire Way

Friday 1 November
Shire Way

4 miles
11:00am
Thornbury Active Lifestyle Centre, Shire Way, BS35 3JB

Shire Way

Friday 1 November
Shire Way

4 miles
11:00am
Shire Way Community Centre, Shire Way, BS35 3JB

Thornbury

Friday 8 November
Thornbury

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Thornbury

Friday 8 November
Thornbury

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Shire Way

Friday 1 November
Shire Way

4 miles
11:00am
Shire Way Community Centre, Shire Way, BS35 3JB

Thornbury

Friday 8 November
Thornbury

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Shire Way

Friday 1 November
Shire Way

4 miles
11:00am
Shire Way Community Centre, Shire Way, BS35 3JB

Thornbury

Friday 8 November
Thornbury

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Shire Way

Friday 1 November
Shire Way

4 miles
11:00am
Shire Way Community Centre, Shire Way, BS35 3JB

Thornbury

Friday 8 November
Thornbury

3.4 miles
10:30am
Westerleigh Village Hall, BS37 8QN

Shire Way

Friday 1 November
Shire Way

4 miles
11:00am
Shire Way Community Centre, Shire Way, BS35 3JB
**Bradley Stoke**

**Monday 14 October**

4 miles 11:00am

Bradley Stoke Active Lifestyle Centre, Fiddlers Wood Lane, Bradley Stoke, BS32 9BS

**Friday 18 October**

4 miles 11:00am

Thornbury Active Lifestyle Centre, Alveston Hill, Thornbury, BS35 3JB

**Winterbourne**

**Monday 21 October**

3.5 miles 11:00am

The Swan, Winterbourne, BS36 1RW – Park in side road if not using pub

**Easter Compton**

**Monday 28 October**

4.5 miles 11:00am

Easter Compton Farm Shop, Main Road, Easter Compton, BS35 5RE

**Alveston**

**Friday 25 October**

4 miles 11:00am

Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL

**Scarecrow Trail**

**Tuesday 29 October**

2 miles/3 hours 10:30am

Opposite Cafe, Church Rd, Frampton Cotterell, BS36 2JX
Old Down, BS32 4PH
and Social Club, Aviston Road, Old
Down Cricket Club, Olveston Sports

Brimsham Park, Lark Rise, BS37 7PJ

Miners Village Hall, Badminton Rd,
Coalpit Heath, BS36 2QB

Brimsham Park, Lark Rise, BS37 7PJ

Miners Village Hall, Badminton Rd,
Coalpit Heath, BS36 2QB

Brimsham Park, Lark Rise, BS37 7PJ

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Coalpit Heath, BS36 2QB

Brimsham Park, Lark Rise, BS37 7PJ

Miners Village Hall, Badminton Rd,
Coalpit Heath, BS36 2QB

Brimsham Park, Lark Rise, BS37 7PJ

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Coalpit Heath, BS36 2QB

Brimsham Park, Lark Rise, BS37 7PJ

Miners Village Hall, Badminton Rd,
Coalpit Heath, BS36 2QB

Brimsham Park, Lark Rise, BS37 7PJ

Miners Village Hall, Badminton Rd,
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 20 Sept</td>
<td>10:30am</td>
<td>3-4 miles</td>
<td>Codrington Arms, BS37 7LG</td>
</tr>
<tr>
<td></td>
<td>11:00am</td>
<td>4 miles</td>
<td>Stoke Gifford, Sainsbury’s Superstore car park, Fox Den Road, BS34 8SS</td>
</tr>
<tr>
<td>Friday 23 Sept</td>
<td>11:00am</td>
<td>4.6 miles</td>
<td>Sainsbury’s Superstore car park, Fox Den Road, BS34 8SS</td>
</tr>
<tr>
<td>Friday 27 Sept</td>
<td>10:30am</td>
<td>3-4 miles</td>
<td>Old Sodbury Football Club, BS37 6LX</td>
</tr>
<tr>
<td>Friday 27 Sept</td>
<td>11:00am</td>
<td>4 miles</td>
<td>The Anchor Inn, Church Road, Oldbury</td>
</tr>
<tr>
<td>Monday 30 Sept</td>
<td>11:00am</td>
<td>3.5 miles</td>
<td>Blaise Castle, Lawrence Weston, BS10 7GS</td>
</tr>
<tr>
<td>Monday 23 Sept</td>
<td>11:00am</td>
<td>4 miles</td>
<td>Tortworth Farm Shop, Box Walk, Wotton-under-Edge, GL12 8HF</td>
</tr>
<tr>
<td>Monday 20 Sept</td>
<td>11:00am</td>
<td>4 miles</td>
<td>Tortworth Farm Shop, Box Walk, Wotton-under-Edge, GL12 8HF</td>
</tr>
<tr>
<td>Monday 27 Sept</td>
<td>11:00am</td>
<td>3.5 miles</td>
<td>Blaise Castle, Lawrence Weston, BS10 7GS</td>
</tr>
<tr>
<td>Monday 30 Sept</td>
<td>11:00am</td>
<td>4 miles</td>
<td>Stoke Gifford, Sainsbury’s Superstore car park, Fox Den Road, BS34 8SS</td>
</tr>
<tr>
<td>Date</td>
<td>Start Time</td>
<td>End Time</td>
<td>Distance</td>
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<tr>
<td>Monday 2 September</td>
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<td>3 miles</td>
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<tr>
<td>Wednesday 4 September</td>
<td>11:00am</td>
<td></td>
<td>3 miles</td>
</tr>
<tr>
<td>Friday 6 September</td>
<td>10:30am</td>
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<td>3 miles</td>
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<tr>
<td>Monday 9 September</td>
<td>11:00am</td>
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<td>3.5 miles</td>
</tr>
<tr>
<td>Friday 13 September</td>
<td>11:00am</td>
<td></td>
<td>4 miles</td>
</tr>
<tr>
<td>Monday 16 September</td>
<td>11:00am</td>
<td></td>
<td>3.5 miles</td>
</tr>
<tr>
<td>Date</td>
<td>Location</td>
<td>Time</td>
<td>Distance</td>
</tr>
<tr>
<td>-------------</td>
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</tr>
<tr>
<td>Friday 16 August</td>
<td>Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL</td>
<td>11:00am</td>
<td>4 miles</td>
</tr>
<tr>
<td>Old Down</td>
<td>Old Down Cricket Club, Olveston Sports, Alveston Rd, Old Down, BS32 4PL</td>
<td>11:00am</td>
<td>4 miles</td>
</tr>
<tr>
<td>Easter Compton</td>
<td>Easter Compton Farm Shop, Main Road, Easter Compton, BS35 5RE</td>
<td>11:00am</td>
<td>4.4 miles</td>
</tr>
<tr>
<td>Friday 23 August</td>
<td>Rose &amp; Crown, Rangeworthy, BS37 7NB</td>
<td>11:30am</td>
<td>3-4 miles</td>
</tr>
<tr>
<td>Rangeworthy</td>
<td>Rose &amp; Crown, Rangeworthy, BS37 7NB</td>
<td>11:30am</td>
<td>3-4 miles</td>
</tr>
<tr>
<td>Monday 19 August</td>
<td>Outside The Ship Inn, Thornbury Rd, Alveston, BS35 3LL</td>
<td>11:00am</td>
<td>4 miles</td>
</tr>
<tr>
<td>Monday 26 August</td>
<td>Hambrook Primary School, Moorend Road, Hambrook, BS16 1SJ</td>
<td>11:00am</td>
<td>4.5 miles</td>
</tr>
<tr>
<td>Friday 30 August</td>
<td>Rose &amp; Crown, Rangeworthy, BS37 7NB</td>
<td>11:30am</td>
<td>3-4 miles</td>
</tr>
<tr>
<td>Oldbury</td>
<td>The Anchor Inn, Church Road, Oldbury, BS35 1QA</td>
<td>2:00pm</td>
<td>4 miles</td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
<td>Location</td>
<td>Distance</td>
</tr>
<tr>
<td>-----------</td>
<td>--------</td>
<td>-----------------------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Friday 2 August</td>
<td>11:00am</td>
<td>The Swan Inn, Tytherington, Duck Street, GL12 8QB</td>
<td>4 miles</td>
</tr>
<tr>
<td>Monday 5 August</td>
<td>11:00am</td>
<td>Bearwood Lake &amp; Fields, Almondsbury</td>
<td>3 miles</td>
</tr>
<tr>
<td>Monday 6 August</td>
<td>10:30am</td>
<td>Miners Village Hall, Badminton Rd., Coalpit Heath, BS36 2QB</td>
<td>3.75 miles</td>
</tr>
<tr>
<td>Wednesday 12 August</td>
<td>11:00am</td>
<td>The Shops at Flaxpits Lane, Winterbourne, BS36 1JY</td>
<td>4 miles</td>
</tr>
<tr>
<td>Friday 16 August</td>
<td>10:30am</td>
<td>Westerleigh Village Hall, BS37 8GN</td>
<td>3-4 miles</td>
</tr>
<tr>
<td>Thursday 6 August</td>
<td>11:00am</td>
<td>Bitterwell Lake &amp; Fields, Almondsbury</td>
<td>3 miles</td>
</tr>
<tr>
<td>Friday 9 August</td>
<td>11:00am</td>
<td>Thornbury Active Lifestyle Centre, Alveston Hill, Thornbury, BS35 3JB</td>
<td>4 miles</td>
</tr>
<tr>
<td>Thursday 5 August</td>
<td>11:00am</td>
<td>Winterbourne, BS36 1JY</td>
<td>3 miles</td>
</tr>
<tr>
<td>Wednesday 12 August</td>
<td>11:00am</td>
<td>Winterbourne, BS36 1JY</td>
<td>3 miles</td>
</tr>
<tr>
<td>Friday 16 August</td>
<td>10:30am</td>
<td>Westerleigh Village Hall, BS37 8GN</td>
<td>3-4 miles</td>
</tr>
</tbody>
</table>
Oldbury
Friday 12 July
11:00am
4 miles
The Anchor Inn, Church Road, Oldbury
on Severn, BS35 1QA
FPS
Snuff Mills
Monday 15 July
11:00am
4 miles
Snuff Mills Car Park, BS16 1DL
Alveston
Friday 19 July
11:00am
4 miles
Outside The Ship Inn, Thornbury Rd,
Alveston, BS32 4PH
and Social Club, Alveston Road,
Old Down Cricket Club, Olveston Sports
motion.
Stoke Gifford
Monday 22 July
11:00am
3.5 miles
Sainsbury's superstore car park, Fox
Den Road, Stoke Gifford, BS34 8SS
Old Down
Monday 26 July
11:00am
4 miles
Old Down Cricket Club, Olveston Sports
motion.
Bradley Stoke
Monday 29 July
11:00am
3.5 miles
Bradley Stoke Active Lifestyle Centre,
Fiddlers Wood Lane, Bradley Stoke,
Welcome to our July – December 2019 Stepping Forward programme

Stepping Forward (progression) walks are perfect for people who prefer something longer and more strenuous. For the key to symbols and other information please see the first few pages of the Walking for Health section.

Monday 8 July

Stoke Gifford

4 miles

11:00am

Fps

Tuesday 2 July

Pye Corner & Bradley Brook

3 miles

10:30am

Fps

Severn Beach

Monday 1 July

Severn Beach

4 miles

11:00am

Fps

Golden Heart, Down Road, off A432

Severn Beach

Monday 1 July

Severn Beach

4 miles

11:00am

Fps

Golden Heart, Down Road, off A432

Shops on Beach Road, Severn Beach
For further information visit: www.southglos.gov.uk/walking
Please see the front of this leaflet for the Walking for Health programme of shorter walks.

Stepping Forward

July – December 2019