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

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

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 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.

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
How to contact us

Tel: 01454 864005
Email: Healthylifestyles@southglos.gov.uk
Web: www.southglos.gov.uk/walking
Address: South Gloucestershire Council, Public Health and Wellbeing division, PO Box 1955, Bristol BS37 0DE
Facebook: www.southglos.gov.uk/facebook
Twitter: @sgloscouncil

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
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
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
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)
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
Inclines
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 Warmley  
23 July Bitton  
6 August Warmley  
20 August Bitton  
3rd September Warmley  
17 September Bitton  
1 October Warmley  
15 October Bitton  
29 October Bitton  
12 November Bitton  
26 November Bitton  
10 December Bitton

(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
FC
Frampton Cotterell
Walking for Health and/or
Stepping Forward
monthly walks

📅 Tuesdays
⏰ 10:30am

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

📅 Fridays
⏰ 10:30am
If you need to contact this group for more information please ring 07724 627104.

FPS
Filton, Patchway and Stokes
Walking for Health
weekly walks:

📅 Thursdays
⏰ 11:00am

Stepping Forward
weekly walks:

📅 Mondays
⏰ 11:00am
If you need to contact this group for more information please ring 07724 627107.

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

📅 Fridays
⏰ 11:00am

KC
Kings Chase
Walking for Health
weekly walks:

📅 Wednesdays or Thursdays
⏰ 2:00pm
<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Event</th>
<th>Distance/Time</th>
<th>Start Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday 2 July</strong></td>
<td><strong>Bury Lanes &amp; Woods</strong></td>
<td>1.8 miles / 1 hour</td>
<td>10:30am</td>
<td>Golden Heart, Down Road, off A432 Kendleshire, BS36 1AU</td>
</tr>
<tr>
<td><strong>Wednesday 3 July</strong></td>
<td><strong>Longwell Green Scout Hut</strong></td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Scout Hut by Longwell Green Community Centre, Shellards Road, BS30 9DU</td>
</tr>
<tr>
<td><strong>Thursday 4 July</strong></td>
<td><strong>BBP &amp; UWE</strong></td>
<td>2.2 miles / 1 hour</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>
<tr>
<td><strong>Friday 5 July</strong></td>
<td><strong>Riverside</strong></td>
<td>2-3 miles / 60-90 minutes</td>
<td></td>
<td>Riverside, Yate Shopping Centre, BS37 4FT</td>
</tr>
<tr>
<td><strong>Thursday 11 July</strong></td>
<td><strong>The Stokes Circuit</strong></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, Bristol BS32 8BS</td>
</tr>
<tr>
<td><strong>Thursday 11 July</strong></td>
<td><strong>Esther’s Café</strong></td>
<td>3 miles / 1 hour</td>
<td>2pm</td>
<td>Esther’s Café, Sir Bernard Lovell’s School, North Street, Oldland Common, BS30 8TS</td>
</tr>
<tr>
<td>Location</td>
<td>Date</td>
<td>Distance</td>
<td>Duration</td>
<td>Time</td>
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<tr>
<td>Shire Way</td>
<td>Friday 12 July</td>
<td>2-3 miles</td>
<td>60-90 min</td>
<td>10:30am</td>
</tr>
<tr>
<td>KC</td>
<td>Cock Road Ridge</td>
<td>3 miles</td>
<td>1 hour</td>
<td>2:00pm</td>
</tr>
<tr>
<td>FPS</td>
<td>Through Jubilee Green</td>
<td>1.6 miles</td>
<td>40 min</td>
<td>11:00am</td>
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</tr>
<tr>
<td>SYD</td>
<td>Chipping Sodbury</td>
<td>2-3 miles</td>
<td>60-90 min</td>
<td>10:30am</td>
</tr>
<tr>
<td>FPS</td>
<td>Harry Stoke</td>
<td>2 miles</td>
<td>45 min</td>
<td>11:00am</td>
</tr>
<tr>
<td>KC</td>
<td>Warmley Forest</td>
<td>2.5 miles</td>
<td>1 hour</td>
<td>2:00pm</td>
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<tr>
<td>Location</td>
<td>Date</td>
<td>Distance/Time</td>
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<tr>
<td><strong>Sunnyside</strong></td>
<td><strong>Friday 26 July</strong></td>
<td>2-3 miles / 60-90 minutes</td>
<td>10:30am</td>
<td>Sunnyside, Moorland Rd, BS37 4BX</td>
</tr>
<tr>
<td><strong>The Fox</strong></td>
<td><strong>Friday 2 August</strong></td>
<td>2-3 miles / 60-90 minutes</td>
<td></td>
<td>The Fox, Broad Lane, Yate, BS37 7LD</td>
</tr>
<tr>
<td><strong>Wick Village Hall</strong></td>
<td><strong>Wednesday 31 July</strong></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><strong>Ram Hill &amp; Dramway</strong></td>
<td><strong>Tuesday 6 August</strong></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><strong>Bradley Stoke Reserve</strong></td>
<td><strong>Thursday 1 August</strong></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>
</tr>
<tr>
<td><strong>Through the Woods</strong></td>
<td><strong>Thursday 8 August</strong></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**

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

Under the clock tower, Page Park, Staple Hill, BS16 5PJ

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**Brimsham**
**Friday 9 August**

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

Brimsham Park, Lark Rise, BS37 7PJ

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**Warmley Clock Tower**
**Wednesday 14 August**

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

Warmley clock tower, Tower Road North, BS30 8XU

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**Down by the Leisure Centre**
**Thursday 15 August**

- **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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**Abbeywood & Splatts Wood**
**Thursday 22 August**

- **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

---

**Castle Farm**
**Thursday 22 August**

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

Castle farm car park, Castle farm road, Hanham, BS15 3NN

(Resize/coffee stop at Kift Lodge)
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Distance/Time</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SYD</strong></td>
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<tr>
<td>Abbotswood</td>
<td>Friday 23 August</td>
<td>2-3 miles / 1-1.5 hours</td>
<td>10:30am</td>
<td>St Nicholas Family Centre, Off Chargrove, Abbotswood, Yate, BS37 4LG</td>
</tr>
<tr>
<td><strong>KC</strong></td>
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<tr>
<td>St Aidan’s Church Hall</td>
<td>Wednesday 28 August</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Main Hall, St Aidan’s Church hall, Fir Tree Lane, St George, BS5 8TZ</td>
</tr>
<tr>
<td><strong>FPS</strong></td>
<td></td>
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<tr>
<td>Over Primrose Bridge</td>
<td>Thursday 29 August</td>
<td>1.4 miles / 35 minutes</td>
<td>11:00am</td>
<td>Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco),</td>
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<td></td>
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<td></td>
<td>Savages Wood Road, Bradley Stoke, BS32 8BS</td>
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<tr>
<td><strong>FC</strong></td>
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<tr>
<td>Glebe Stroll &amp; Park</td>
<td>Tuesday 3 September</td>
<td>1.5 miles / 45minutes</td>
<td>10:30am</td>
<td>St Peter’s Church, Church Rd, Frampton Cotterell BS36 2AB</td>
</tr>
<tr>
<td><strong>FPS</strong></td>
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<tr>
<td>Aztec West</td>
<td>Thursday 5 September</td>
<td>2.3 miles / 55 minutes</td>
<td>11:00am</td>
<td>Coniston Community Centre, Coniston Rd, Patchway, BS34 5LP</td>
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<td>Park in long-stay area by GP surgery</td>
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<tr>
<td><strong>KC</strong></td>
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<tr>
<td>Bitton Station</td>
<td>Thursday 5 September</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Bitton Railway Station, Bath Road, BS30 6HD</td>
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<tr>
<td>Location</td>
<td>Date</td>
<td>Distance</td>
<td>Duration</td>
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<tr>
<td><strong>SYD</strong></td>
<td><strong>Yate</strong></td>
<td>2-3 miles</td>
<td>60-90 minutes</td>
<td>10:30am</td>
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<td></td>
<td><strong>Friday 6 September</strong></td>
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<td></td>
<td><strong>The Pop Inn, Yate BS37 4DQ</strong></td>
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<tr>
<td><strong>KC</strong></td>
<td><strong>Snuff Mills</strong></td>
<td>2.5 miles</td>
<td>50 minutes</td>
<td>2:00pm</td>
</tr>
<tr>
<td></td>
<td><strong>Wednesday 11 September</strong></td>
<td></td>
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<tr>
<td></td>
<td><strong>Snuff Mills Car Park, River View, Off of Broomhill Road, Stapleton, BS16 1DL</strong></td>
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<tr>
<td><strong>FPS</strong></td>
<td><strong>BBP &amp; UWE</strong></td>
<td>2.2 miles</td>
<td>1 hour</td>
<td>11:00am</td>
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<td></td>
<td><strong>Thursday 12 September</strong></td>
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<td></td>
<td><strong>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS</strong></td>
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<tr>
<td><strong>SYD</strong></td>
<td><strong>Chipping Sodbury</strong></td>
<td>2-3 miles</td>
<td>60-90 minutes</td>
<td>10:30am</td>
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<td></td>
<td><strong>Friday 13 September</strong></td>
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<td></td>
<td><strong>Chipping Sodbury Rugby Club, BS37 6BH</strong></td>
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<tr>
<td><strong>KC</strong></td>
<td><strong>Swineford Picnic Area</strong></td>
<td>3.4 miles</td>
<td>1.5 hours</td>
<td>2:00pm</td>
</tr>
<tr>
<td></td>
<td><strong>Wednesday 18 September</strong></td>
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<tr>
<td></td>
<td><strong>Swineford Picnic Area, Bath Road, BS30 6LN</strong></td>
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</tr>
<tr>
<td><strong>FPS</strong></td>
<td><strong>The Stokes Circuit</strong></td>
<td>2.5 miles</td>
<td>1 hour</td>
<td>11:00am</td>
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<td></td>
<td><strong>Thursday 19 September</strong></td>
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<td></td>
<td><strong>Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</strong></td>
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</tbody>
</table>
Through Jubilee Green
Thursday 26 September

1.6 miles / 40 minutes
11:00am

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

Esther’s Café
(Sir Bernard Lovell School)
Thursday 26 September

3 miles / 1 hour
2:00pm

Esther’s Lodge, 136 Memorial Road, Hanham, BS15 3LQ

Badminton Gardens
Wednesday 2 October

3 miles / 1 hour
2:00pm

Badminton Gardens, Beaufort Rd, Downend, BS16 6SG

Please don’t use BG carpark use overflow car park on Beaufort Rd.

Harry Stoke
Thursday 3 October

2 miles / 45 minutes
11:00am

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

Duck Pond & Blackberry Brake
Tuesday 8 October

2 miles / 1 hour
10:30am

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

Hanham Methodist Church
Wednesday 9 October

3 miles / 1 hour
2:00pm

Methodist Church Hanham Chapel Road, BS15 8SD
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Distance/Time</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FPS</strong> Bradley Stoke Reserve**</td>
<td><strong>Thursday 10 October</strong></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 8B</td>
</tr>
<tr>
<td><strong>FPS</strong> Through the Woods**</td>
<td><strong>Thursday 17 October</strong></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>
<tr>
<td><strong>KC</strong> Snuff Mills (Walking through Oldbury Court)**</td>
<td><strong>Thursday 17 October</strong></td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Snuff Mills Car Park, River view, off Broomhill Road, Stapleton, BS16 1DL</td>
</tr>
<tr>
<td><strong>SYD</strong> Chipping Sodbury**</td>
<td><strong>Friday 18 October</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>FPS</strong> Down by the Leisure Centre**</td>
<td><strong>Thursday 24 October</strong></td>
<td>1.8 miles / 45 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> Sunnyside**</td>
<td><strong>Friday 25 October</strong></td>
<td>2-3 miles / 60-90 minutes</td>
<td>10:30am</td>
<td>Sunnyside, Moorland Rd, BS37 4BX</td>
</tr>
<tr>
<td><strong>FC</strong></td>
<td><strong>Half Moon Country Stroll</strong></td>
<td><strong>Tuesday 5 November</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Stroll with Scarecrows</strong></td>
<td><strong>Tues 29 October</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Opposite Cafe, Church Rd, Frampton Cottrell, BS36 2JX</strong></td>
<td><strong>Opposite Cafe, Church Rd, Frampton Cottrell, BS36 2JX</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>2 miles / 1 hour</strong></td>
<td><strong>2 miles / 1 hour</strong></td>
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</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>10:30am</strong></td>
<td><strong>10:30am</strong></td>
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</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Longwell Green Scout Hut</strong></td>
<td><strong>Wednesday 30 October</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Scout Hut by Longwell Green community centre, Shellards Road, BS30 9DU</strong></td>
<td><strong>Scout Hut by Longwell Green community centre, Shellards Road, BS30 9DU</strong></td>
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<td></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>3 miles / 1 hour</strong></td>
<td><strong>3 miles / 1 hour</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>2:00pm</strong></td>
<td><strong>2:00pm</strong></td>
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</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Abbeywood &amp; Splatts Wood</strong></td>
<td><strong>Thursday 31 October</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS</strong></td>
<td><strong>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, BS34 8SS</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>1.9 miles / 45 minutes</strong></td>
<td><strong>1.9 miles / 45 minutes</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>11:00am</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Over Primrose Bridge</strong></td>
<td><strong>Thursday 7 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</strong></td>
<td><strong>Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS</strong></td>
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<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>1.4 miles / 35 minutes</strong></td>
<td><strong>1.4 miles / 35 minutes</strong></td>
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<td></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>11:00am</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Bitton Station</strong></td>
<td><strong>Thursday 7 November</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>Bitton Railway Station, Bath Road, Bitton, BS30 6HD</strong></td>
<td><strong>Bitton Railway Station, Bath Road, Bitton, BS30 6HD</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>3 miles / 1 hour</strong></td>
<td><strong>3 miles / 1 hour</strong></td>
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<tr>
<td>![Map Icon] ![Walking Icon] ![Cafe Icon] ![Wheelchair Icon] ![Shopping Cart Icon]</td>
<td><strong>2:00pm</strong></td>
<td><strong>2:00pm</strong></td>
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<tr>
<td>Location</td>
<td>Date</td>
<td>Distance / Time</td>
<td>Time</td>
<td>Address</td>
</tr>
<tr>
<td>--------------</td>
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</tr>
<tr>
<td>Downend Central</td>
<td>Wednesday 13 November</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Shopper's Car Park, behind Co-op, Downend, BS16 5UJ</td>
</tr>
<tr>
<td>Severn Beach</td>
<td>Thursday 14 November</td>
<td>1.8 miles / 55 minutes</td>
<td>11:00am</td>
<td>Outside the Shops, Beach Road, Severn Beach, BS35 4PQ</td>
</tr>
<tr>
<td>The Lawns</td>
<td>Friday 15 November</td>
<td>2-3 miles / 60-90 minutes</td>
<td></td>
<td>The Lawns, Church Rd, BS37 5BG</td>
</tr>
<tr>
<td>BBP &amp; UWE</td>
<td>Thursday 21 November</td>
<td>2.2 miles / 1 hour</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>
<tr>
<td>Warmley Clock Tower</td>
<td>Thursday 21 November</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Warmley Clock Tower, Tower Road North, BS30 8XU</td>
</tr>
<tr>
<td>Hanham Methodist Church</td>
<td>Wednesday 27 November</td>
<td>3 miles / 1 hour</td>
<td>2:00pm</td>
<td>Methodist Church Hanham Chapel Road, BS15 8SD</td>
</tr>
</tbody>
</table>
FPS

The Stokes Circuit
Thursday 28 November

егодня 2.5 miles / 1 hour
⏰ 11:00am
Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS

FC

Tuesday 3 December

 сегодня 1.5 miles / 45 minutes
⏰ 10:30am
St Peter's Church, Church Rd, Frampton Cotterell, BS36 2AB

FPS

Through Jubilee Green
Thursday 5 December

 сегодня 1.6 miles / 40 minutes
⏰ 11:00am
Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS

KC

Emerson’s Green Library
Thursday 5 December

 сегодня 3 miles / 1 hour
⏰ 2:00pm
Emerson Green Library, Emersons Way, BS16 7AP

SYD

The Lawns
Friday 6 December

 сегодня 2-3 miles / 60-90 minutes
⏰ 10:30am
The Lawns, Church Road, BS37 5BG

KC

Page Park
Wednesday 11 December

 сегодня 3 miles / 1 hour
⏰ 2:00pm
Under the Clock Tower, Page Park, Staple Hill, BS16 5PJ
<table>
<thead>
<tr>
<th></th>
<th>FPS</th>
<th>SYD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Harry Stoke</strong></td>
<td><em>Thursday 12 December</em></td>
<td><em>Abbotswood</em></td>
</tr>
<tr>
<td><strong>Opposite side of</strong></td>
<td>car park to store entrance, Sainsbury's, <em>Fox Den Road, Stoke Gifford, BS34 8SS</em></td>
<td><em>Friday 20 December</em></td>
</tr>
<tr>
<td></td>
<td>2 miles / 45 minutes</td>
<td>2-3 miles / 60-90 minutes</td>
</tr>
<tr>
<td><strong>Opposite side of</strong></td>
<td>car park to store entrance, Sainsbury's, <em>Fox Den Road, Stoke Gifford, BS34 8SS</em></td>
<td></td>
</tr>
<tr>
<td><strong>Bradley Stoke Reserve</strong></td>
<td><em>Thursday 19 December</em></td>
<td></td>
</tr>
<tr>
<td><strong>Opposite bus stop</strong></td>
<td>outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, BS32 8BS*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 miles / 40 minutes</td>
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</tr>
</tbody>
</table>

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, Pomphey 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**
- 3.5 miles
- 10:30am
- Codrington Arms, North Rd, BS37 7LG

### Monday 16 December
**Filton**
- 3 miles
- 11:00am
- Filton Leisure Centre, Elm Park, BS34 7PS

### Monday 23 December
**Little Stoke**
- 3.6 miles
- 11:00am
- Outside The Ship Inn, Thornbury Road, BS35 3LL

### Friday 20 December
**Old Down**
- 4 miles
- 11:00am
- Old Down Cricket Club, Olveston Road, Old Down, BS32 4PH

### Friday 13 December
**Codrington**
- 4 miles
- 10:30am
- Sainsbury's Superstore car park, Fox Den Road, Stoke Gifford, BS34 8SS

### Friday 13 December
**Alveston**
- 4 miles
- 11:00am
- Down, BS32 4HP and Social Club, Alveston Road, Old Down, BS32 4PH

### Friday 13 December
**Stoke Gifford**
- 4 miles
- 11:00am
- Sainsbury's Superstore car park, Fox Den Road, Stoke Gifford, BS34 8SS
Monday 9 December
St Michael’s Green

Blaise Castle

Monday 2 December

Blaise Castle

Monday 2 December

Blaise Castle

Monday 2 December

Blaise Castle

Friday 6 December
Thornbury

St Michael’s Green

Monday 2 December

St Michael’s Green

Monday 2 December

St Michael’s Green

Friday 3 December
Frampton beside the Frome

Friday 29th November
Tortworth Farm Shop, Box Walk, Wotton-under-Edge, GL12 8HF

Friday 29th November
Rose & Crown, Pucklechurch, BS16 9PS

Monday 9 December
Aveton Hill, Thornbury BS35 3JH

Monday 9 December
Aveton Hill, Thornbury BS35 3JH

Monday 9 December
Aveton Hill, Thornbury BS35 3JH

Monday 9 December
Aveton Hill, Thornbury BS35 3JH

Tuesday 3 December
Frampton Cotterell, BS36 2AB

Tuesday 3 December
Frampton Cotterell, BS36 2AB

Tuesday 3 December
Frampton Cotterell, BS36 2AB

Tuesday 3 December
Frampton Cotterell, BS36 2AB

Friday 29th November
Tortworth Farm Shop, Box Walk, Wotton-under-Edge, GL12 8HF

Friday 29th November
Rose & Crown, Pucklechurch, BS16 9PS

Friday 29th November
Rose & Crown, Pucklechurch, BS16 9PS

Friday 29th November
Rose & Crown, Pucklechurch, BS16 9PS
<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 25 November</td>
<td>3.5 miles</td>
<td>11:00am</td>
<td>Sainsbury's superstore car park, Fox Den Road, BS34 8SS</td>
</tr>
<tr>
<td>Monday 18 November</td>
<td>3.5 miles</td>
<td>11:00am</td>
<td>Snuff Mills Car Park, River View, off Broomhill Road, Stapleton, BS16 1DL</td>
</tr>
<tr>
<td>Friday 22 November</td>
<td>4 miles</td>
<td>11:00am</td>
<td>The Swan Inn, Tytherington, Duck Street, GL12 8QB</td>
</tr>
<tr>
<td>Friday 22 November</td>
<td>4 miles</td>
<td>10:30am</td>
<td>Old Down Cricket Club, Olveston Sports, Alveston Road, BS37 7PJ</td>
</tr>
<tr>
<td>Monday 25 November</td>
<td>4.3 miles</td>
<td>11:00am</td>
<td>The Swan Hotel, Gloucester Road, Almondsbury, BS32 4AA</td>
</tr>
<tr>
<td>Friday 15 November</td>
<td>4 miles</td>
<td>11:00am</td>
<td>Brimsham Park, Lark Rise, BS37 7PJ</td>
</tr>
<tr>
<td>Friday 15 November</td>
<td>4 miles</td>
<td>11:00am</td>
<td>Old Down, Broomhill Road, Stapleton, BS16 1DL</td>
</tr>
<tr>
<td>Monday 18 November</td>
<td>3.5 miles</td>
<td>11:00am</td>
<td>Snuff Mills Car Park, River View, off Broomhill Road, Stapleton, BS16 1DL</td>
</tr>
<tr>
<td>Monday 25 November</td>
<td>4.3 miles</td>
<td>11:00am</td>
<td>The Swan Hotel, Gloucester Road, Almondsbury, BS32 4AA</td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Distance</td>
<td>Location</td>
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<tr>
<td>Friday 1 November</td>
<td>10:30am</td>
<td>3.5 miles</td>
<td>Thornbury Active Lifestyle Centre,</td>
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<td></td>
<td></td>
<td></td>
<td>Shire Way, BS35 3JB</td>
</tr>
<tr>
<td>Friday 8 November</td>
<td>10:30am</td>
<td>3-4 miles</td>
<td>Westerleigh Village Hall, BS37 8QN</td>
</tr>
<tr>
<td>Monday 4 November</td>
<td>11:00am</td>
<td>3.5 miles</td>
<td>Coniston Community Centre,</td>
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<tr>
<td></td>
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<td></td>
<td>Patchway, Patchway, BS34 5LP</td>
</tr>
<tr>
<td>Friday 1 November</td>
<td>11:00am</td>
<td>4 miles</td>
<td>The Anchor Inn, Church Road,</td>
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<td></td>
<td>Oldbury on Severn, BS35 1OA</td>
</tr>
<tr>
<td>Friday 8 November</td>
<td>11:00am</td>
<td>4 miles</td>
<td>Thornbury Active Lifestyle Centre,</td>
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<td></td>
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<td></td>
<td>Shire Way, BS37 8YS</td>
</tr>
<tr>
<td>Thursday 5 November</td>
<td>10:30am</td>
<td>3.5 miles</td>
<td>Badminton Arms, Badminton Rd,</td>
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<td>Coaltip Heath, BS36 2KJ</td>
</tr>
<tr>
<td>Friday 1 November</td>
<td>10:30am</td>
<td>3-4 miles</td>
<td>Frog Lane, Fields &amp; Woods,</td>
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<td>Fields &amp; Woods, Fields &amp; Woods</td>
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<td></td>
<td>Frog Lane, Fields &amp; Woods,</td>
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<tr>
<td>Date</td>
<td>Start Time</td>
<td>End Time</td>
<td>Road, Distance</td>
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<td>----------------</td>
</tr>
<tr>
<td>Monday 14 October</td>
<td>11:00am</td>
<td></td>
<td>Bradley Stoke, BS32 9BS</td>
</tr>
<tr>
<td>Tuesday 22 October</td>
<td>10:30am</td>
<td></td>
<td>2 miles/3 hours</td>
</tr>
<tr>
<td>Monday 21 October</td>
<td>11:00am</td>
<td></td>
<td>Winterbourne, BS36 1RW – Park in side road if not using pub</td>
</tr>
<tr>
<td>Thursday 24 October</td>
<td>11:00am</td>
<td></td>
<td>Thirlestowe Hill, Thirlestowe, BS35 3LL</td>
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<tr>
<td>Friday 25 October</td>
<td>11:00am</td>
<td></td>
<td>Alveston, BS35 3LL</td>
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<tr>
<td>Friday 28 October</td>
<td>11:00am</td>
<td></td>
<td>Easter Compton Farm Shop, Main Road</td>
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<tr>
<td>Monday 28 October</td>
<td>11:00am</td>
<td></td>
<td>Easter Compton, BS35 3LL</td>
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<td>Thursday 21 October</td>
<td>10:30am</td>
<td></td>
<td>Alveston, BS35 4LL</td>
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<tr>
<td>Tuesday 26 October</td>
<td>10:30am</td>
<td></td>
<td>The Swan, Winterbourne, BS36 1RW</td>
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<tr>
<td>Monday 29 October</td>
<td>11:00am</td>
<td></td>
<td>Outside The Ship Inn, Thornbury Rd, Fiddlers Wood Lane, Bradley Stoke</td>
</tr>
<tr>
<td>Tuesday 29 October</td>
<td>10:30am</td>
<td></td>
<td>Opposite Cafe, Church Rd, Frampton</td>
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</tbody>
</table>
Friday 4 October

Brislington, Sunbridge and School Club, Avonford Road, Old Down Cricket Club, Old Down Sports Ground, BS32 4PQ

<table>
<thead>
<tr>
<th>Time</th>
<th>Distance</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00am</td>
<td>3.5 miles</td>
<td>4 miles</td>
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Friday 11 October

Brimsham Park, Lark Rise, BS37 7PJ

<table>
<thead>
<tr>
<th>Time</th>
<th>Distance</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>10:30am</td>
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Friday 11 October

Old Down

<table>
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<tr>
<th>Time</th>
<th>Distance</th>
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<tbody>
<tr>
<td>11:00am</td>
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<td>3-4 miles</td>
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Monday 7 October

Filton

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>11:00am</td>
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<td>3-4 miles</td>
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</table>

Tuesday 8 October

Blackberry Brake

<table>
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<th>Time</th>
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<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>3 miles</td>
<td>3-4 miles</td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Distance</td>
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<td>-----------------------</td>
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</tr>
<tr>
<td>Monday 20 September</td>
<td>11:00am</td>
<td>3.5 miles</td>
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<tr>
<td>Friday 20 September</td>
<td>11:00am</td>
<td>4 miles</td>
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<tr>
<td>Friday 27 September</td>
<td>10:30am</td>
<td>3-4 miles</td>
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<tr>
<td>Friday 27 September</td>
<td>10:30am</td>
<td>3-4 miles</td>
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<tr>
<td>Monday 30 September</td>
<td>11:00am</td>
<td>3.5 miles</td>
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<tr>
<td>Friday 23 September</td>
<td>11:00am</td>
<td>4.6 miles</td>
</tr>
<tr>
<td>Friday 20 September</td>
<td>11:00am</td>
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<tr>
<td>Monday 27 September</td>
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<tr>
<td>Friday 20 September</td>
<td>11:00am</td>
<td>4 miles</td>
</tr>
<tr>
<td>Monday 30 September</td>
<td>11:00am</td>
<td>3.5 miles</td>
</tr>
</tbody>
</table>
Monday 9 September
Shunt Mills, BS34 5LP
11:00am
3.5 miles

Monday 2 September
Lockleaze, BS7 9NN
11:00am
3 miles

Monday 16 September
Coniston Community Centre, Coniston
11:00am
3.5 miles

Tuesday 3 September
St Peter’s Church, Church Rd,
Frampton Cotterell, BS36 2AB
10:30am
4 miles

Friday 6 September
Thombury
Thombury Active Lifestyle Centre,
Thombury Hill, Thombury, BS35 3JB
11:00am
3 miles

Thursday 3 September
Frome Valley & Algars Manor
Broomhill Road, Stapleton, BS16 1DL
11:00am
3 miles

Friday 13 September
Alveston
Outside The Ship Inn, Thombury Rd,
Alveston
11:00am
4 miles

Snuff Mills
Snuff Mills Car Park, River View, off Broomhill Rd, Stapleton, BS16 1DL
11:00am
3.5 miles

Alveston
Alveston, BS35 3LL
11:00am
3.5 miles

Alveston
Alveston, BS35 3LL
11:00am
3.5 miles

Alveston
Alveston, BS35 3LL
11:00am
3.5 miles

Top of Lindsay Road, Lockleaze,
Lockleaze, BS7 9NN
11:00am
3 miles
Old Down Cricket Club, Olveston, Old Down, BS32 4PH

Friday 23 August

Old Down

BS32 4PH

Rose & Crown, Rangeworthy, Rangeworthy, BS37 7RB

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

Monday 19 August

Easter Compton

Old Down

Hambrook Primary School, Moorend Road, Hambrook, BS16 1SJ

Hambrook

Monday 26 August

Hambrook

Oldbury on Severn, Church Road, Oldbury, BS35 1QA

Oldbury

Friday 16 August

Alveston

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

Alveston

Friday 30 August

Rangeworthy

Rose & Crown, Rangeworthy, BS37 7RB

Oldbury

Friday 26 August

Hamblettck

Hamblettck

Monday 30 August

Hamblettck

Oldbury

Friday 30 August

Fefs
Tytherington  
**Friday 2 August**  
**4 miles**  
11:00am  
The Swan Inn, Tytherington, Duck Street, GL12 8QB

Almondsbury  
**Monday 5 August**  
**3 miles**  
11:00am  
Lower Knowle Farmyard, Monmouth Hill, Lower Almondsbury, BS32 4ES (the farmyard is easy to miss but is close to the Shops at Flexparts Lane, Winterbourne)

**Tuesday 6 August**  
**3.75 miles**  
10:30am  
Miners Village Hall, Badminton Rd, Miners Village Hall, Badminton Rd, BS37 8GN

Winterbourne  
**Friday 9 August**  
**4 miles**  
11:00am  
Thornbury Active Lifestyle Centre, Alveston Hill, Thornbury, BS35 3JB

**Thornbury**  
**Friday 2 August**  
**4 miles**  
11:00am  
The Swan Inn, Tytherington, Duck Street, GL12 8QB

**Winterbourne**  
**Monday 5 August**  
**3 miles**  
11:00am  
The Shops at Flaxpits Lane, Winterbourne, BS36 1JY

**Westerleigh**  
**Friday 6 August**  
**4 miles**  
11:00am  
Thornbury Active Lifestyle Centre, Alveston Hill, Thornbury, BS35 3JB

**Westerleigh Village Hall, Badminton Rd, Miners Village Hall, Badminton Rd, BS37 8GN**

**Thursday 6 August**  
**Bitterwell Lake & Fields**  
**10:30am**  
**3 miles**

**FC**

**Stret, GL12 8GB**

**The Swan Inn, Tytherington, Duck Street, GL12 8QB**
<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
<th>End Time</th>
<th>Distance</th>
<th>Location</th>
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<tbody>
<tr>
<td>Friday 12 July</td>
<td>11:00</td>
<td></td>
<td>4 miles</td>
<td>The Anchor Inn, Church Road, Oldbury, BS35 1QA</td>
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<td>Monday 15 July</td>
<td>11:00</td>
<td></td>
<td>11:00</td>
<td>Snuff Mills Car Park, BS16 1DL</td>
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<tr>
<td>Friday 19 July</td>
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<td>Outside The Ship Inn, Thornbury Rd, Alveston, BS32 4PH</td>
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<tr>
<td>Monday 22 July</td>
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<td>3.5 miles</td>
<td>Sainsbury’s Superstore car park, Fox Den Road, Bredley Stoke, BS34 8SS</td>
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<td>Friday 26 July</td>
<td>11:00</td>
<td></td>
<td>4 miles</td>
<td>Old Down Cricket Club, Old Down Sports, Old Down BS32 4PH</td>
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</tbody>
</table>
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.

<table>
<thead>
<tr>
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<tr>
<td>Monday 8 July</td>
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<tr>
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</tr>
<tr>
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<td>11:00am</td>
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</tbody>
</table>
Stepping Forward
July – December 2019
For further information visit: www.southglos.gov.uk/walking
Programme of shorter walks.
www.southglos.gov.uk
For further information visit: www.southglos.gov.uk/walking
www.southglos.gov.uk