Walks Programme
July to December 2018

Supporting you to get active and stay active

As a couple we always enjoyed walking, Peter has Alzheimer now and it’s one of the few things we can still do together. We love the structure of the walks, knowing that they are happening every week makes us do it.
Carol and Peter, walkers

I was suffering from fatigue and walking or Pilates was recommended. I chose walking! It’s so simple and easy. I first came along a year ago and now I come every time.
Bernard, walker

I absolutely love being out of doors. Walking is my hobby. Being part of this network is important to me. I feel I’m really doing something useful.
Sandra, volunteer walk leader

Stepping Forward, our programme of slightly 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 also download this programme at www.southglos.gov.uk/walking-for-health

If you would like to know more, call Healthy Lifestyles on 01454 864005
Welcome to the July to December 2018 walks programme. There are changes to let you know about both on a local and national level, so please do read on.

The National Walking for Health scheme was previously administered by Macmillan Cancer Support and Ramblers. From 1 April, through funding from the players of the People’s Postcode Lottery and Macmillan, the Ramblers will continue to support local Walking for Health schemes. This means that we will now be known as ‘Ramblers Walking For Health’. Gradually logos, promotional and training materials will be updated with the new double logo. This change ensures that everyone is aware that Walking for Health is part of the Ramblers, and is helping more and more people discover the joys of walking. Insurance and accreditation guidelines remain the same.

On a local level, by the time you read this, I will have finished as the South Gloucestershire Walking for Health Project Worker and scheme co-ordinator. Firstly, I want to say an enormous thank you to the amazing and dedicated team of volunteer walk leaders who have made my job so enjoyable. My work and the walks simply couldn’t happen without you all, I’m so grateful to those of you who were around even before my time, as well as the lovely new recruits that I’ve had the pleasure to meet and train. The walks go from strength to strength and it really wouldn’t happen without you all!
Also, thank you lovely walkers. I really
have enjoyed meeting many of you over the past four years. It’s been inspiring to hear your stories and learn what a difference the walks have made to many of you. Please do keep walking! But don’t worry you aren’t being abandoned, for now if you have any queries you can email or call the healthy lifestyles team. Email healthylifestyles@southglos.gov.uk 01454 864005
I’m not really moving that far away, literally up one floor at Badminton Road offices. I’ll be working on the South Gloucestershire Second World War Stories project, funded by the Heritage Lottery Fund.
The project aims to explore the impact of the Second World War in South Gloucestershire, both during and in the post-war years. We hope to find stories which show what it was like to live, grow up and work in South Gloucestershire, as well as hearing from those who served in the forces. We’ll be holding reminiscence sessions, filming personal stories, finding Living History Volunteers who can share their stories with local school children, as well as developing an exhibition which will tour throughout the area. If you feel you can contribute in anyway please do contact me - Christina.wheeler@southglos.gov.uk - 01454 863951.
With warmest wishes
Christina

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.

Join us for Tea, Talk and Stories

Our Tea, Talk and Stories groups are a place to relax, make new friends and share stories with others every week. Just drop in, sit down and enjoy listening to a great story or poem; you can chat about the story or poem or simply enjoy a cup of tea!

Cadbury Heath Library, School Road, Cadbury Heath, BS30 8EN
Tuesdays 10:30am to 12 midday

Kingswood Library, High Street
BS15 4AR
Wednesdays, 1:30pm – 3:00pm (starting 25th April 2018)

Patchway Library, Patchway Hub,
Rodway Road, Patchway, BS34 5PE
Tuesdays 11:30am-1pm

Staple Hill Library, Broad Street,
Staple Hill, BS16 5LS
Mondays 1:30pm-3pm and Tuesdays 10:30am to 12 midday

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 colder weather.
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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grade 1 walk</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Grade 2 walk</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Grade 3 walk</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>

### 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 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.
Meet our groups

Each walking group offers something slightly different. This tells you a little more about them. Look out for their initials at the head of each listing.

**BBRP**
Bristol and Bath Railway Path
Every other Tuesday at 11am. The starting points alternate between Bitton Station and 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 one of the cafes.

**CSRFC**
Chipping Sodbury Rugby Club Walk
Alternate Tuesdays to the Railway Path walk. Set off at 11am. Gentle, flat walk on the hard surface around the rugby ground. Walk once around the track which is just over a mile, or twice if you feel like it!

**FC**
Frampton Cotterell
This group of walkers set out twice a month for walks around rural Frampton Cotterell and Coalpit Heath. Tuesdays or Wednesdays at 10.30am. Long and short walks are usually offered. (Walks over three miles are listed in the Stepping Forward Section).

**KM**
Kingsmeadow
Ideal for people who are new or returning to walking. **New venue:** sets out from Kingsmeadow @ Made Forever, Fisher Road, BS15 4RQ on the first Wednesday of the month at 10.30am.

**PP**
Page Park
 Twice weekly gentle walks around Page Park. Every Tuesday and Friday at 10.30am. Lasts around 30 mins. Go at your own pace. Also suitable for people with walking aids. After the walk enjoy a cuppa and a chat.

**F**
Filton – Nutfield House
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.

**FPS**
Filton, Patchway and Stokes
A weekly walk setting off at 11am lasting approximately 45 mins. Usually the starting places alternate between Bradley Stoke and Filton.

**SYD**
Sodbury, Yate and Dodington
This group meets every Friday at 10.30am. Walks are often around three miles in length, but sometimes slightly longer, so you will find these listed in the Stepping Forward section. If you need to contact this group for more information please ring 07724 627104.
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.

Every other Tuesday
Bristol Bath Railway Path Walk

Set off at 11am
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 5JL.

These walks are ideal for people who are new or returning to exercise. Walk for as long as you like, (anything between 10 mins and an hour) at your own pace, along the flat, easy access Railway Path. After the walk enjoy a cuppa and a chat at the café.

Every other Tuesday
Chipping Sodbury RFC Walk
(Opposite weeks to the BBRP Walk left)

Set off 11am
Chipping Sodbury Rugby Club, Wickwar Road, Chipping Sodbury BS37 6BH.

July 3
August 7, 24
July 17
August 7, 21
July 31
Sept 4, 18
August 14
October 2, 16, 30
August 28
November 13, 27
Sept 11
December 11
Sept 25

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.)

Dec 4, Dec 18 (please wear a piece of tinsel!!)

Nov 6, 20
Dec 4, Dec 18 (please wear a piece of tinsel!!)

Bitton
Bitton
Bitton
Bitton

19, 19A, 37, 42, (5 min walk), 684 (Tu, Th)

19, 19A, 35, 43, 634 (M, W, F)

19, 19A, 37, 42, (5 min walk), 684 (Tu, Th)

19, 19A, 35, 43, 634 (M, W, F)
Every 1st Wednesday of the month
Kingsmeadow @Made Forever

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>Kingsmeadow @ Made Forever, Fisher Road</td>
<td>Up to 2 miles / 1 hr</td>
<td>10.30am</td>
<td>A gentle monthly walk designed to accommodate any walker’s needs – allowing people to walk the distance they feel comfortable with. Walks vary, taking in Siston Common, the Railway Path and quiet streets around Kingswood.</td>
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<tr>
<td>August 1</td>
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<tr>
<td>September 5</td>
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<td>October 3</td>
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<td>November 7</td>
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<tr>
<td>December 5</td>
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Every other Thursday
Filton Nutfield House

<table>
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<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Time</th>
<th>Notes</th>
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<tbody>
<tr>
<td>July 5, 19</td>
<td>Nutfield House, Nutfield Grove, Filton BS34 7LJ</td>
<td>Up to 1 mile approx. 20 – 30 mins</td>
<td>2pm</td>
<td>Enjoying calm and quiet streets in Filton. All on pavements. These are ideal walks for people who are new to walking or returning to exercise.</td>
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<td>August 2, 16, 30</td>
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<td>September 13, 27</td>
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<tr>
<td>October 11, 25</td>
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<tr>
<td>November 8, 22</td>
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<tr>
<td>December 6, 20</td>
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Every Tuesday and Friday
Page Park Weekly Walks

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<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Time</th>
<th>Notes</th>
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<tbody>
<tr>
<td></td>
<td>The Sensory Garden, Page Park, Staple Hill BS16 5PJ</td>
<td></td>
<td>10.30am</td>
<td>These walks are ideal for people who would like to take part in gentle exercise around the flat, easy access Page Park. The walks last up to 30 mins and are accessible for people with walking aids. After the walk enjoy a cuppa and a chat.</td>
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<tr>
<td>Date</td>
<td>Event</td>
<td>Distance / Duration</td>
<td>Time</td>
<td>Location</td>
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<tr>
<td>Tuesday 3 July</td>
<td>New - Wild Flower Meadow</td>
<td>1.6 miles / 1 hour</td>
<td>10.30am</td>
<td>The New Inn, Badminton Road, Mayshill, Nr Frampton Cotterell BS36 2NT</td>
</tr>
<tr>
<td>Wednesday 4 July</td>
<td>St Anne's</td>
<td>3 miles / 1 hour</td>
<td>2pm</td>
<td>Scout Hut by Longwell Green Community Centre, Shellards Road, BS30 9DU</td>
</tr>
<tr>
<td>Thursday 5 July</td>
<td>Through the Woods</td>
<td>1.9 miles / 45 minutes</td>
<td>11am</td>
<td>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road,</td>
</tr>
<tr>
<td>Friday 6 July</td>
<td></td>
<td>2 - 3 miles</td>
<td>10.30am</td>
<td>Riverside carpark (behind Pets at Home), Link road Yate BS37 4FT</td>
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</tbody>
</table>

**Additional Notes:**
- **FC**
- **KC**
- **FPS**
- **SYD**
### Thursday 12 July

**Down by the Leisure Centre**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Duration</th>
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<tr>
<td>1.8 miles</td>
<td>45 minutes</td>
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</table>

**11am**

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

**3B, 73, 77 (5 min walk)**

*Down past the Leisure Centre to Three Brooks Lake. This walk is on some gravel paths*

### KC

**Thursday 12 July**

**Oldland Halt**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Duration</th>
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<tbody>
<tr>
<td>1.5 and 2.5 miles</td>
<td>45 mins and 1 hour</td>
</tr>
</tbody>
</table>

**1.30pm**

**Please note earlier start time**

The Batch 8 Park Road, Warmley Bristol BS30 8EB

**19, 43**

*Taking in Warmley Pitch and Putt, Siston Brook and the Railway Path.*

### Wednesday 18 July

**Cock Road Ridge**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Duration</th>
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<tr>
<td>1.5 miles</td>
<td>30 minutes or 3 miles</td>
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</tbody>
</table>

**2pm**

Asda car park, Craven Way, Bristol BS30 7DY

**17, 44 (5 min walk)**

*Around Cock Road Ridge, Grimsbury farm and surrounding area.*

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**FC**

**Saturday 13 July**

**progression walk (see Stepping Forward Programme)**
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Carol and Peter, walkers

I was suffering from fatigue and walking or Pilates was recommended. I chose walking! It's so simple and easy. I first came along a year ago and now I come every time.

Bernard, walker

I absolutely love being out of doors. Walking is my hobby. Being part of this network is important to me. I feel I'm really doing something useful.

Sandra, volunteer walk leader.

If you would like to know more, call Healthy Lifestyles on 01454 864005

Walking for health - July to December 2018.indd   1 16/05/2018   11:08

Thursday 19 July
Abbeywood and Splatts Wood

1.9 miles / 45 minutes
11am
Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol BS34 8SS
10, 19, 19A, 73, 77, 625

Pleasant stroll around MOD and past Splatts Wood or if not wet underfoot through the wood.

Friday 20 July
progression walk (see Stepping Forward Programme)

Thursday 26 July
Over Primrose Bridge

1.4 miles / 35 minutes
11am
Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS
3B, 73, 77 (5 min walk)

Stroll around the area taking in part of Patchway Common and crossing Primrose Bridge. This walk is on some gravel paths.

Thursday 26 July
Around Warmley

3 miles
2pm
Sir Bernard Lovell School car park, North St, Bristol BS30 8TS
19, 19A, 42

Exploring the paths and delights of Warmley - teas at Esther's Café

Friday 27 July

2 - 3 miles
10.30am
Sunnyside Pavilion, Moorland Road, Yate BS37 4BX
46, 47, X47, 82, 84, 85, 86, 202, 622

Wednesday 1 August
Wick

1 mile / 30 min or 3.2 miles / 1 hour
2pm
Wick Village Hall, Manor Road, Wick, BS30 5RG. Hall has its own car park.
735, 620, 634 (Tu, Th)
Thursday 2 August
BBP and UWE

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

A surprisingly pleasant wander around Bristol Business Park & UWE.

Friday 3 August
progression walk (see Stepping Forward Programme)

Tuesday 7 August
Frampton End Stroll

2 miles / 1 hour
10.30am
Opposite Ginger Bread Man Café, Church Rd, Frampton Cotterell BS36 2JX - Park in side road

Easy stroll along country lane with lovely views - coffee and cake £1.50

Thursday 9 August
The Stokes Circuit

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

Wander around Bradley Stoke taking in part of Little Stoke, Stoke Lodge and Patchway Common. This walk is on some gravel paths.

Thursday 9 August
Lovells Loop

3 miles / 1 hour
2pm
Under the clock tower, Page Park, Staple Hill BS16 5PJ - on street parking

Including Carsons Copse and the railway path. Refreshments afterwards at the BeanTree café.

Friday 10 August
progression walk (see Stepping Forward Programme)
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Sandra, volunteer walk leader.

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**KC**

**Wednesday 15 August**

**Bridge Yate**

1.5 miles / 30 min or 3 miles / 1 hour

2pm

Warmley Clock Tower, Tower Road North, BS30 8XU Centre has its own car park with extremely limited spaces. Please try to park on the nearby streets.

19,19A, 43

Two walks that weave their way around Warmley. Include streamside paths and the Railway path.

**FPS**

**Thursday 16 August**

**Aztec West**

2.3 miles / 55 minutes

11 am

Coniston Community Centre, Coniston Rd, Patchway, BS34 5LP. Park in long-stay area by GP surgery.

75, 625

A walk around the lakes of Aztec West from Coniston Community Centre.

**SYD**

**Friday 17 August**

progression walk (see Stepping Forward Programme)

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**FC**

**Wednesday 22 August**

**Bradley Brook Nature Reserve**

1.75 miles / 1 hour

10.30am

The Swan, Winterbourne BS36 1RW - Park in Nicholls Lane if not using pub.

X46, 82, 626

Delightful country stroll on easy paths.

**FPS**

**Thursday 23 August**

**Through Jubilee Green**

1.6 miles / 40 mins

11am

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

3B, 73, 77 (5 min walk)

Wandering through Jubilee Green on to part of Patchway Common. All on sealed paths.
<table>
<thead>
<tr>
<th>KC</th>
<th>FPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday 23 August</strong>&lt;br&gt;Castle Farm</td>
<td><strong>Thursday 30 August</strong>&lt;br&gt;Harry Gifford</td>
</tr>
<tr>
<td>1 mile/30 min or 2.5 miles/45min</td>
<td>2 miles / 45 minutes</td>
</tr>
<tr>
<td>2pm</td>
<td>11am</td>
</tr>
<tr>
<td>Castle Farm Car Park, Castle Farm Road, Hanham BS15 3NN&lt;br&gt;🚗 17, 44 (10 min walk)</td>
<td>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, Bristol BS34 8SS&lt;br&gt;🚗 10, 19, 19A, 73, 77, 625</td>
</tr>
<tr>
<td><strong>Wooded lanes and green spaces - no toilets - refreshments at Hanham Hall.</strong></td>
<td><strong>A pleasant walk around parts of Stoke Gifford and Harry Stoke.</strong></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>SYD</th>
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<tr>
<td><strong>Friday 24 August</strong></td>
<td><strong>Friday 31 August</strong>&lt;br&gt;progression walk (see Stepping Forward Programme)</td>
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<tr>
<td>2 - 3 miles</td>
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<tr>
<td>10.30am</td>
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<tr>
<td>St Nicholas Family centre, Off Chargrove, Abbotswood BS37 4LG&lt;br&gt;🚗 47, X47, 620</td>
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<table>
<thead>
<tr>
<th>KC</th>
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<tbody>
<tr>
<td><strong>Wednesday 29 August</strong>&lt;br&gt;Conham</td>
<td><strong>Tuesday 4 September</strong>&lt;br&gt;Duck Pond and Blackberry Brake</td>
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<tr>
<td>3 miles / 1 hour</td>
<td>2 miles / 1 hour</td>
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<tr>
<td>2pm</td>
<td>10.30am</td>
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<tr>
<td>Main Hall, St. Aidan’s Church Hall, Fir Tree Lane, St George, BS5 8TZ  Parking on residential streets&lt;br&gt;🚗 37, 44, 45</td>
<td>Miners Village Hall, Badminton Rd, Coalpit Heath BS36 2QB&lt;br&gt;🚗 46, 47, X47, 86, 202 (5 min walk)</td>
</tr>
<tr>
<td><strong>Taking in the hidden green spaces including Dundridge Park, Conham Vale and Magpie Bottom.</strong></td>
<td><strong>Gentle footpath stroll at village edge - Park in side road. Café stop during walk.</strong></td>
</tr>
</tbody>
</table>
Wednesday 5 September
Swineford

3.4 miles / 1 ½ hours
2pm
Swineford Picnic Area, Bath Road, Bristol BS30 6LN
19, 37
Walk along the River Avon and on the Bristol Bath Railway Path. Teas available afterwards in the Swan pub.

Thursday 6 September
Bradley Stoke Reserve

2 miles / 40 minutes
11am
Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS
3B, 73, 77 (5 min walk)
Walk around the Bradley Stoke Nature Reserve, visiting the lake. This walk is on some gravel paths.

Friday 7 September

2 - 3 miles
10.30am
The Pop Inn, West Walk, Yate Shopping Centre BS37 4DQ
41, 46, X46, 47, X47, X49 82, 84, 85, 86, 202, 622 (5 min walk)

Wednesday 12th September
Eastville Park

2.5 miles / 50 mins
2pm
Snuff Mills Car Park, River View, off of Broomhill Road, Stapleton BS16 1DL
5, 48A, 46 & 626 (10 min walk)
A flat walk on good paths along the River Frome and around Eastville Park lake.

Thursday 13 September
Through the Woods

1.9 miles / 45 minutes
11am
Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol BS34 8SS
10, 19, 19A, 73, 77, 625
Walk through paths and roads of UWE and Abbeywood via Splatts Wood.
**Friday 14 September**  
progression walk (see Stepping Forward Programme)

**Wednesday 19 September**  
Stroll to Chestnut Farm  
2 miles / 1 hour  
10.30am  
Opposite Ginger Bread Man Café, Church Rd, Frampton Cotterell BS36 2JX - Park in side road.  
82, 46, 202 (5 min walk)  
Lovely country lanes & farmland views.

**Thursday 20 September**  
Down by the Leisure Centre  
1.8 miles / 45 minutes  
11am  
Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS  
3B, 73, 77 (5 min walk)  
Down past the Leisure Centre to Three Brooks Lake. This walk is on some gravel paths.

**Friday 21 September**  
progression walk (see Stepping Forward Programme)

**Thursday 27 September**  
Abbeywood and Splatts Wood  
1.9 miles / 45 minutes  
11am  
Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol BS34 8SS  
10, 19, 19A, 73, 77, 625  
Pleasant stroll around MOD and past Splatts Wood or if not wet underfoot through the wood.
**KC**

**Thursday 27 September**
**Warmley Forest**

1 mile / 30 min or 2.5 miles / 1 hour  
2pm

Warmley Forest Visitors Centre, High St, Warmley, BS30 5JL. Centre has its own car park  
🚌 19, 19A, 35, 43, 634 (M, W, F)  
Along Siston Brook.

**SYD**

**Friday 28 September**
**progression walk (see Stepping Forward Programme)**

**KC**

**Thursday 3 October**
**Leap Valley**

3 miles / 1 hour  
2pm

Badminton Gardens, Beaufort Rd, Downend, BS16 6SG. Please don’t use BG carpark use overflow car park on Beaufort Rd.  
🚌 48, X48  
*Exploring the Leap Valley and surrounding footpaths.*

**FPS**

**Thursday 4 October**
**Over Primrose Bridge**

1.4 miles / 35 minutes  
11am

Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS  
🚌 3B, 73, 77 (5 min walk)  
*Stroll around the area taking in part of Patchway Common and crossing Primrose Bridge. This walk is on some gravel paths.*

**SYD**

**Friday 5 October**

3 miles  
10.30am

The Fox, Broad Lane, Yate, BS37 7LD  
🚌 X46, 622

**FC**

**Tuesday 9 October**
**Half Moon Country Stroll**

2 miles  
10.30am

Badminton Arms, Badminton Road Coalpit Health BS36 2KJ - Park in Woodside Rd if not using pub.  
🚌 46, 47, X47, 86, 202  
*Pleasant country views & fields.*
**Stepping Forward, our programme of slightly longer progression walks, is at the back of this programme or [www.southglos.gov.uk/documents/Stepping-Forward](http://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 also download this programme at [www.southglos.gov.uk/walking-for-health](http://www.southglos.gov.uk/walking-for-health)

---

**KC**

**Wednesday 10 October**

**Hanham**

<table>
<thead>
<tr>
<th>3 miles / 1 hour</th>
<th>2pm</th>
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</table>

Hanham Methodist Church, Chapel Road, Bristol BS15 8SD

票据

*A flat walk around residential streets, including ‘Panorama walk’ with its fantastic views.*

---

**FPS**

**Thursday 11 October**

**BBP and UWE**

<table>
<thead>
<tr>
<th>2.2 miles / 1 hour</th>
<th>11am</th>
</tr>
</thead>
</table>

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

票据

*A surprisingly pleasant wander around Bristol Business Park & UWE.*

---

**SYD**

**Friday 12 October**

**progression walk (see Stepping Forward Programme)**

---

**KC**

**Wednesday 17 October**

**St Anne’s**

<table>
<thead>
<tr>
<th>3 miles / 1 hour</th>
<th>2pm</th>
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</thead>
</table>

Scout Hut by Longwell Green Community Centre, Shellards Road, BS30 9DU

票据

*Walk through Willsbridge valley, onto the Dramway and St Anne’s Church at Oldland.*

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**FPS**

**Thursday 18 October**

**The Stokes Circuit**

<table>
<thead>
<tr>
<th>2.5 miles / 1 hour</th>
<th>11am</th>
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</thead>
</table>

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

票据

*Wander around Bradley Stoke taking in part of Little Stoke, Stoke Lodge and Patchway Common. This walk is on some gravel paths.*
**Friday 19 October**  
progression walk (see Stepping Forward Programme)  

**Tuesday 23 October**  
Nightingale’s Bridge  
1.75 miles / 1 hour  
10.30am  
Live & Let Live, Park Lane, Frampton Cotterell BS36 2EF  
*46, 82, 202*  
Stroll along track & across grass to historic bridge.

**Thursday 25 October**  
Stoke Gifford Old & New  
1.6 miles / 40 minutes  
11 am  
Opposite St. Michael’s Café, The Green, Stoke Gifford, BS34 8PD  
*10, 19, 19A, X73, 77, 82, 625*  
A walk around Stoke Gifford and its parks.

**Friday 26 October**  
2 - 3 miles  
10.30am  
Sunnyside Pavilion, Moorland Road, Yate BS37 4BX  
*46, 47, X47, 82, 84, 85, 86, 202, 622*  

**Thursday 25 October**  
Rodway  
3 miles / 1 hour  
2pm  
Park on residential streets near Lamb Inn, Windsor Place, Mangotsfield, BS16 9DD  
*7, 10, 49, 462*  
*This lovely walk visits Mangotsfield Station and village and Pomphrey Hill.*

**Tuesday 30 October**  
Scarecrow Stroll  
1 mile / 1 hour  
10.30am  
Opposite Gingerbreadman Cafe, Church Rd, Frampton Cotterell BS36 2JX - Park in side road  
*82, 46, 202 (5 min walk)*  
Fascinating village trail to find scarecrows. Optional quiz. Expect to take longer to look & photograph.
Wednesday 31 October
Willsbridge Mill

3 miles / 1 hour (happy to offer shorter walk as well)
1.30pm

**Please note earlier start time**

The Batch, 8 Park Road, Warmley Bristol BS30 8EB

19, 43

Exploring the Siston Brook Path and Willsbridge Mill.

Thursday 1 November
Through Jubilee Green

1.6 miles / 40 minutes
11am

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

3B, 73, 77 (5 min walk)

Wandering through Jubilee Green on to part of Patchway Common. All on sealed paths.

Friday 2 November
progression walk (see Stepping Forward Programme)

Wednesday 7 November
Bitton Rural

1.5 miles / 35 min or 3 miles / 1 hour
2pm

Bitton Railway Station, Bath Rd, BS30 6HD. Station has its own car park.

19, 19A, 37, 42, (5 min walk), 684 (Tu, Th)

Happy to offer shorter walk. Includes Cherry Gardens and Railway Path.

Thursday 8 November
Harry Gifford

2 miles / 45 minutes
11am

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

10, 19, 19A, 73, 77, 625

A pleasant walk around parts of Stoke Gifford and Harry Stoke.

Friday 9 November
progression walk (see Stepping Forward Programme)
**Wednesday 14 November**
**Stroll to Chestnut Farm**

2 miles / 1 hour  
10.30am

Opposite Ginger Bread Man Café, Church Rd, Frampton Cotterell BS36 2JX - Park in side road.  
 entidad: 82, 46, 202 (5 min walk)

*Lovely country lanes & farmland views.*

---

**Thursday 15 November**
**Bradley Stoke Reserve**

2 miles / 40 minutes  
11am

Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS  
 entidad: 3B, 73, 77 (5 min walk)

*Walk around the Bradley Stoke Nature Reserve, visiting the lake. This walk is on some gravel paths.*

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**Friday 16 November**

2 - 3 miles approx  
10.30am

The Lawns, Church Road, Yate BS37 5BG  
 entidad: 46, X46

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**Wednesday 21 November**
**The Pulpit Walk - Hanham**

3 miles / 1 hour  
2pm

Hanham Methodist Church, Chapel Road, Bristol BS15 8SD  
 entidad: 17, 37, 45

*A new walk exploring Hanham Mount, the pulpit and quiet lanes.*
Thursday 22 November
Through the Woods
1.9 miles / 45 minutes
11am
Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, Bristol BS34 8SS
Walk through paths and roads of UWE and Abbeywood via Splatts Wood.

Friday 23 November
progression walk (see Stepping Forward Programme)

Tuesday 27 November
Bury Fields and Woods
1.8 miles / 1 hour
10.30am
Golden Heart, Down Road, off A432 at Kendleshire BS36 1AU - park at bottom of pub car park
Varied scenery in Frome Valley & pretty lanes.

Thursday 29 November
Bridge Yate
1.5 miles / 30 minutes or 3 miles / 1 hour
2pm
Warmley Clock Tower, Tower Road North, BS30 8XU. Centre has its own car park with extremely limited spaces. Please try to park on the nearby streets.
Two walks that weave their way around Warmley. Include streamside paths and the railway path.

Friday 30 November
progression walk (see Stepping Forward Programme)
**KC**

**Wednesday 5 December**
**Emersons Green**

<table>
<thead>
<tr>
<th>2.5 miles / 1 mile</th>
<th>2pm</th>
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</thead>
<tbody>
<tr>
<td>Emersons Green Village Hall, Emerson Way, Bristol BS16 7AP</td>
<td></td>
</tr>
<tr>
<td>10, 48, M3, 49, 86, 462</td>
<td></td>
</tr>
</tbody>
</table>

*Two walks around Emerson’s Green. The longer walk visits the Ring Road Earthworks. Surprising countryside views.*

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**FPS**

**Thursday 6 December**
**Abbeywood and Splatts Wood**

<table>
<thead>
<tr>
<th>1.9 miles / 45 minutes</th>
<th>11am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, Bristol BS34 8SS</td>
<td></td>
</tr>
<tr>
<td>10, 19, 19A 73, 77, 625</td>
<td></td>
</tr>
</tbody>
</table>

*Pleasant stroll around MOD and past Splatts Wood or if not wet underfoot through the wood.*

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**SYD**

**Friday 7 December**

<table>
<thead>
<tr>
<th>2 - 3 miles</th>
<th>10.30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morrisons Supermarket, Station Road, Yate BS37 5PW</td>
<td></td>
</tr>
<tr>
<td>47, X47, X49, 82, 84, 85, 86, 202, 622</td>
<td></td>
</tr>
</tbody>
</table>

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**FC**

**Wednesday 12 December**
**Glebe Stroll and Park**

<table>
<thead>
<tr>
<th>1.5 miles / 1 hour</th>
<th>10.30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Peter’s Church, Church Rd, Frampton Cotterell BS36 2AB - Park in Mill Lane (when full, use pub car park).</td>
<td></td>
</tr>
<tr>
<td>46, 82, 202</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Walks</th>
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</table>
| Wednesday 12 December | **Lovells Loop**  
3 miles / 1 hour  
2pm  
Under the clock tower, Page Park, Staple Hill BS16 5PJ - on street parking  
**7, 49, X49**  
*Including Carsons Copse and the railway path. Refreshments afterwards at the new BeanTree café.* |
| Thursday 13 December | **Over Primrose Bridge**  
1.4 miles / 35 minutes  
11am  
Opposite bus stop outside Domino’s, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol BS32 8BS  
**3B, 73, 77 (5 min walk)**  
*Stroll around the area taking in part of Patchway Common and crossing Primrose Bridge. This walk is on some gravel paths.* |
| Friday 14 December | **progression walk (see Stepping Forward Programme)** |
| Wednesday 19 December | **Golden Valley**  
1 mile / 30 min or 3 miles / 1 hour  
2pm  
Wick Village Hall, Manor Road, Wick, BS30 5RG. Hall has its own car park.  
**35, 620, 634 (Tu, Th)**  
*Exploring the Golden Valley.* |
| Thursday 20 December | **BBP and UWE**  
2.2 miles / 1 hour  
11am  
Opposite side of car park to store entrance, Sainsbury’s, Fox Den Road, Stoke Gifford, Bristol BS34 8SS  
**10, 19, 19A, 73, 77, 625**  
*A surprisingly pleasant wander around Bristol Business Park & UWE.* |
| Friday 21 December | **2 - 3 miles**  
10.30am  
St Nicholas Family centre, Off Chargrove, Abbotswood BS37 4LG  
**47, X47, 620** |
Thursday 27 December
The Stokes Circuit

2.5 miles / 1 hour

11am

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

3B, 73, 77 (5 min walk)

Wander around Bradley Stoke taking in part of Little Stoke, Stoke Lodge and Patchway Common. This walk is on some gravel paths.

Please join me in wishing Christina all the best with her new project.

During her time with Walking for Health, Christina has done a great job - working with a team of great volunteers - in encouraging people to take up walking or keep on walking. She has helped to introduce several new, shorter walks at the same time as supporting our Stepping Forward leaders to provide for those of us who continue to enjoy longer walks. And everything in between! Thanks to Christina the programme you’re reading is both a labour of love and a work of art! It’s useful, too: it keeps us all informed and helps us find the walks to suit us best.

But did you know that during that same time, Christina was involved in the creation of the Mind You website for young people and mental health, written a novel for young readers and achieved a Masters degree in Children’s Literature – and has been a lovely person to work with! Is there no end to her talents? And now she is working on a World War Two project. What next indeed!

Farewell and Good Luck, Christina. We’ll all miss you!

Brian Gardner
Active Lifestyles Team Leader
South Gloucestershire Council