




















## HINTS FOR WALKING

Dress appropriately for the weather.  
 Wear suitable supportive footwear.  
 Walk to increase breathing but not to exhaust.  
 Drink plenty of water.  
 Remember to bring any necessary medication e.g. inhaler.  
 Tell a walk leader if you are leaving a walk.

You can see pictures from most of our past walks on our webpage here:  
<http://www.troopers-hill.org.uk/strollers/pastwalks.htm>.

### Key to symbols used on walk details overleaf

			
Up to 1 mile (10-30 mins)	Moderate Inclines	Cafe Available	Pub/Lunch
			
1 - 2 miles (30-60 mins)	Steep Inclines	Steps	Bus or Coach Trip
			
2 - 3 miles (60-90 mins)	Rural or Challenging Terrain	Uneven Ground	Train Trip
<b>MUD</b>			
Probability of Mud	Buggy Friendly	Toilets Available	Wheelchair Accessible
			
Picnic Opportunity	Rest Opportunities	Guided Walk	Stiles
			
Kissing Gate			

# St George Strollers

Autumn Walks Oct - Dec 2019



The St George Strollers  
 organise regular, healthy walks in or around the  
 vicinity of St George, East Bristol.

Your first walk with us is free but we suggest a voluntary  
 £1 donation per walk thereafter

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Your local contact is Liz Scott: 0117 952 2513 or  
 Email: [strollers@troopers-hill.org.uk](mailto:strollers@troopers-hill.org.uk)

More information and photos of our previous walks at:  
<http://www.troopers-hill.org.uk/strollers/>

Date	Walk	Meeting Point	Transport	Description	Symbols
<b>Every Tuesday</b>	<b>St George Park Stroll</b>	<b>The Beehive Centre Stretford Road 10.30</b>		<b>These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.</b>	
Wed 2 <sup>nd</sup> Oct	Swineford to Saltford Riverside Walk	Outside Aldi Church Road 09.40am	First Bus No. 37 9.53 am	A linear walk starting at The Swan, Swineford. We will walk across fields to the River Avon, cross via the Railway Path and continue alongside the Avon, past Swinford Lock towards Saltford, finishing at The Riverside pub. (Toilets at The Shallows picnic area 20p). Only two steps but approx one foot each, and kissing gates. <i>Leader: Peter with Pat (BM) &amp; Richard</i>	
Thursday 24 <sup>th</sup> Oct	Bath River And Canalside Walk	Outside Aldi Church Road 09.40 am	First Bus No. 37 9.53 am	A circular walk starting at Bath bus station. We will walk towards Parade Gardens, cross Pulteney Bridge and walk beside the river, then join the Kennet & Avon canal. We continue alongside the canal to Sydney Gardens, through to Great Pulteney Street and back to the bus station. <i>Leader: Andy with Anne (BM) &amp; Peter</i>	
Monday 11 <sup>th</sup> Nov	Armistice Day Walk	Outside the Blue Sky Café, 150 Church Rd 10.00am	None	A linear walk from St George to Castle Park visiting a few Memorials along the way, some of them little known. Paved or hard surfaces throughout. We will pause for 2 minutes silence at 11am. <i>Leader: Susan with Lynn (BM) &amp; Andy</i>	
Wed 27 <sup>th</sup> Nov	Whitchurch Railway Path <i>Our 200<sup>th</sup> Walk</i> May 2011 - Nov 2019	Bristol Bus Station Bay 18 9.55am	First Bus No.376 10.05am	A linear walk starting at the Maes Knoll pub, mostly downhill and following the Whitchurch Way, finishing at the Lodekka pub for a celebration of the St George Strollers <b>200<sup>th</sup></b> walk. <i>Leader: Cathy with Ray (BM) &amp; Susan</i>	
Tuesday 3 <sup>rd</sup> Dec	Bristol and Romanticism	Main hall inside Bristol Museum 10.20am Buses 1,2,3,4,8,9,72 link city centre (stop C9) with the museum		A linear walk ending at Old Market. Mainly level with a fairly steep descent down Park St. We will walk around well-known historical buildings and areas of central Bristol, following the footsteps of Chatterton, Coleridge, Southey and Cottle—key figures of the Romanticism movement in the city. <i>Leader: June with Julie (BM) &amp; Peter</i>	
Thursday 19 <sup>th</sup> Dec	Christmas Walk and Meeting	Bethesda Church 138a Church Rd 10.00am	None	A short walk starting at Bethesda Church where you can drop off any donations of food for our Christmas get together after the walk. We will walk through Avonview Cemetery and pass the allotments at Strawberry Lane through to Troopers Hill Field then back to Bethesda Church. <i>Leader: Liz with Charlie (BM) &amp; Ray</i>	