

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.



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



Probability of Mud.



Buggy Friendly



Toilets Available



Wheelchair Accessible



Kissing Gate



Rest
Opportunities



Guided Walk



Stiles

Please be mindful of other people when walking.
We ask you to respect other people's space at all times.



St George Strollers

Autumn Walks Oct to Dec



Clifton & Downs October 2017



Stoke Park August 2023

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









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

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

Your first walk is free, but we would suggest a voluntary
£1 donation for each walk thereafter.
Please arrive 10 mins early if you are joining us for the first time.

Note- Important travel information overleaf.



Date	Walk	Starting Point	Transport Options	Description	Symbols
Third Tuesday of each Month	St George Park Stroll	The Beehive Centre Stretford Road, 10.30	These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.		
Thursday 9 th Oct	Cliftonwood to Cascade Steps	Victoria Square Clifton Bus stop at 10:34am	Terrell Gardens Redfield 10:00am for No.5 bus at 10:11am	A linear walk from Clifton Wood through historic Clifton and Hotwells finishing at the Cascade Steps. Steep(ish) downhill early on. <i>Leader: Peter with Charlie (BM) & Keith</i>	
Monday 20 th Oct	Bishopston Stories	Horfield Sports Centre at 10:40am	Haymarket Bus Stop B7 10:10am Opposite Primark bus 76 at 10:21	A linear walk meandering through Bishopston down to Gloucester Road, via road, park & lanes with points of interest along the way. Cafes & buses back to town at the end. <i>Leader: Margaret C. with Liz (BM) & Andy</i>	
Tuesday 4 th Nov	Pensford	Pensford Bridge Bus Stop At 11:10am	Bus Station Bay 18 10:20am For No. 376 at 10:32am	A scenic circular walk around the village & countryside, with many points of interest. Moderate to steep inclines. Toilets not guaranteed so Bus Station facilities advised. <i>Leader: Ray with Julie (BM) & Peter</i>	
Wed 19 th Nov	Our Industrial Past	Junction of Cherry Gardens Road & Bath Road 10:26am	Aldi Bus Stop Church Road 9:50am for 09:59am No. 45	A circular walk taking in Bitton Railway Station, the Railway Path, the Dramway and Willsbridge Mill. Relatively flat but with uneven ground so sensible footwear needed. <i>Leader: June with Alan (BM) & Peter</i>	
Thursday 4 th Dec	Cool Cat	Rodney Road bus stop Two Mile Hill Road BS15 1BL 10:30 am	None Required	A linear walk from Two Mile Hill passing chainsaw art, a mural & wonderful views. We will pause at Hillfields Community Centre café before going on to end our walk opposite Cossham Hospital. Return via 16 or 17 bus. <i>Leader: Susan with Keith (BM) & Sue</i>	
Thursday 18 th Dec	 Christmas Walk	The Beehive Centre Stretford Road BS5 7AW 10:00am	None Required	A circular walk past the Chocolate Factory, Green Bank Cemetery & back to the Beehive. This is where you can leave your food for our Christmas get together before we start the walk. <i>Leader: Liz with Sue (BM) & Susan</i>	

Please Note: Due to the current problems with Bristol bus services (late or cancelled buses) it is advisable to meet your Walk Leader at the bus stop indicated under "Transport Options" where shown.