




















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>.

 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
 Picnic Opportunity	 Rest Opportunities	 Guided Walk	 Stiles

For further information, please contact:
 Nic Ferris

(Inner City & East Bristol Health Improvement Practitioner)
 07810506738 / 01173521283
Nicola.ferris@bristol.gov.uk

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

St George Strollers

Spring Walks, April-June 2017



































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

Walks are open to all, but please contact Nicola if you are new to walking with us or have additional needs. Please arrive 10 mins early if you are joining us for the first time.

www.bristol.gov.uk/healthwalks
www.walkingforhealth.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
Every Tuesday	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.		 
Monday 10th April	Easton Past and Present	Croydon St (by the bus stop) Lawrence Hill 10.30am		A linear walk around Easton, ending at Old Market. We will see how Easton has changed over the years. <i>Leader: June</i>	    
Wed 26th April	North Common	Outside Aldi Church Road 10.00 am	First Bus No. 43	A circular walk from Warmley Station along the Dramway to North Common. Mostly off road or on quiet back roads and has no steep inclines but some parts may be muddy. <i>Leader: Peter</i>	     
Friday 12th May	Discover the Gosey	Corner of Speedwell Rd & Duncombe Lane, opp Brunel Academy BS15 1NR 10.10 am		For our 6th birthday walk, we will visit the Gosey (Coombe Brook Valley) and then follow little known footpaths to end with light refreshments and a meeting in the back room of Summerhill Methodist Church, 5 Air Balloon Rd. <i>Leader: Susan</i>	     
Thursday 25th May	From Water to Windmill	Pile Marsh/Terrell Gardens Bus Stop (BS5 9NY) 10.00 am	First Bus No 36	A short bus trip to our start point in Brislington to walk through 4 green spaces, enjoying views across the city, to our destination of Windmill Hill City Farm. Option to buy refreshments at cafés in Bedminster. Choice of buses for the return journey. <i>Leader: Susan</i>	      
Monday 5th June	Page Park	Lyppiatt Rd Bus Stop on Whitehall Rd (BS5 9BJ) 10.10 am	First Bus No. 7	A linear walk taking in Siston Common and Rodway Common, ending with a walk around Page Park, Staple Hill. Return by No. 7 bus. <i>Leader: Peter</i>	     
Thursday 22nd June	Bradford – on- Avon	Lawrence Hill Train Station 9.15 am	Train (9.31am)	A repeat of our popular circular walk alongside the river and canal. After lunch an optional second, shorter walk around the town. Please bring £6.85 return group fare. Possibility of rough/muddy ground, so wear appropriate footwear. <i>Leader: June</i>	