

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>

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|------------------------------|------------------------------|-------------------|-----------------------|
| | | | |
| 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 |
| MUD | | | |
| Probability of Mud | Buggy Friendly | Toilets Available | Wheelchair Accessible |
| | | | |
| Picnic Opportunity | Rest Opportunities | Guided Walk | Stiles |

For further information, please contact:

Nicola Ferris

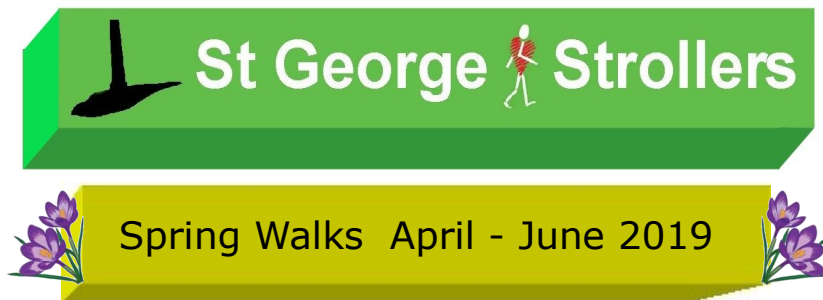
(Inner City & East Bristol Health Improvement Practitioner)

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Your local contact is Liz Scott: 0117 952 2513 or

Email: strollers@troopers-hill.org.uk



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 Ferris (contact details on back page) if you are new to Walking for Health or have additional needs.

Please arrive 10 mins early if you are joining us for the first time.

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

www.bristol.gov.uk/healthwalks

www.walkingforhealth.org.uk

More information and photos of our previous walks at:



| 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. | | |
| Thursday 4 th April | Nailsea With Views of Wraxall | Bristol Bus Station 9.50 am | First Bus X7 10.00 am | A circular walk through Trendlewood part of Nailsea and the Lodge Lane area of Wraxall. A mainly level walk on paths, some uneven and muddy if it has been raining. Toilets at beginning of walk, coffee/tea stop at end if wanted. <i>Leader: Liz with Andy (BM) & Peter</i> | |
| Wed 24 th April | Emersons Green | M3 Metrobus stop C2 The Centre 10.10 am | M3 Metrobus 10.20 am | A circular walk around Emersons Green, starting and finishing at Sainsbury's. We will walk through several green spaces, and along the Chain and Wheel Earthwork sculpture. Mainly on good paths with one that is potentially muddy. <i>Leader: June with Ray (BM) & Richard</i> | |
| Friday 10 th May | Blaise Castle To Sea Mills | City Centre Stop C9 (End of Small St) 10.15 am | First Bus No. 4 10.30 am | A linear walk starting with a visit to Blaise Hamlet and St Mary's church, then through the estate and alongside a brook then river to Sea Mills. Return by bus from Shirehampton Road to City Centre (every 30 mins). <i>Leader: Ray with Charlie (BM) & Liz</i> | |
| Monday 20 th May | Outstanding Allotments | Nags Head Hill Junction with Parslow Barton 10.00 am | Nearest Postcode BS5 8TZ | A Bristol Walk Fest walk past the award-winning allotments of Bristol East Allotments Association. We will be welcomed into at least one and maybe more. There may be MUD and puddles. The walk finishes on Summerhill Rd near Cousins Lane. <i>Leader: Susan with Pat (BM) & June</i> | |
| Thursday 6 th June | Yatton Countryside | Bristol Bus Station Bay 10 9.50 am | First Bus No. x7 10.00 am | A linear walk through fields, some of which may have grazing cows, and beside some unguarded watercourses. Some paths and fields will be wet or muddy, so walking shoes/boots a must. Start at Yatton station and finish in East Hewish (toilets at both). One of our longer walks. <i>Leader: Andy with Liz (BM) & Peter</i> | |
| Tuesday 25 th June | Bitton to Swineford Riverside | Outside Aldi Church Road 09.40 am | First Bus No. 37 9.53 am | A linear walk along green paths, following the Monarch's Way and the River Avon Trail, finishing at The Swan at Swineford. There are several kissing gates, which may be muddy, and a short railway sleeper bridge over a ditch. <i>Leader: Peter with Julie (BM) & Susan</i> | |