




















## 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<br>(10-30 mins)  | Moderate Inclines   | Cafe Available  | Pub/Lunch   |
|    |    |    |    |
| 1 - 2 miles<br>(30-60 mins)   | Steep Inclines  | Steps   | Bus or Coach Trip   |
|    |    |    |    |
| 2 - 3 miles<br>(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

## Spring Walks April - June 2020




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<br/>Stretford Road<br/>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 8 <sup>th</sup> April  | Steam and Water Power Walk        | Outside Aldi Church Road Redfield 9.35am                | First Bus No. 42 (9.46am)   | A circular walk starting and ending at Bitton Railway Station. We will use the Railway Path, follow Siston Brook, walk by the Dramway and visit Willsbridge Mill. Relatively flat throughout.<br><i>Leader: June with Anne (BM) &amp; Susan</i>   |         |
| Thurs 23 <sup>rd</sup> April   | Tyntesfield                       | Bristol Bus Station 10.15 am                            | First Bus No. X6  | A chance to have a walk around Tyntesfield and see the Spring Flowers with a National Trust Guide (donation £2). End at NT café before catching bus back to Bristol.<br><i>Leader: Liz with Lynn (BM) &amp; Andy</i>  |         |
| Tues 5 <sup>th</sup> May   | Keynsham And River Chew           | Bristol Bus Station 9.55am                              | First Bus No. 349   | A circular walk through Keynsham parks, following the River Chew, past Keynsham Abbey to Fry's Somerdale (and Roman remains) and The Chocolate Quarter, returning to the town centre for refreshments and buses.<br><i>Leader: Peter with Julie (BM) &amp; Andy</i>   |         |
| <br>Friday 22 <sup>nd</sup> May | Get Growing & The Northern Slopes | Cenotaph City Centre, 10am                              | First Bus No. 2 (outward)<br>First Bus No. 90 (return)  | A linear walk for Bristol Walk Fest including wonderful views from Bristol's Northern Slopes and visits to two sites preparing for June's Get Growing celebration. Get Growing is an event where Bristol's secret gardens open their gates to visitors and volunteers to encourage the city to Get Growing too. At the end of the walk, we will return to the Centre on the First 90 bus.<br><i>Leader: Susan with Alan (BM) &amp; June</i> |         |
| Thurs 4 <sup>th</sup> June   | Sea Mills To Shirehampton         | Haymarket Bus Stop B8 By Primark, Opp Beefeater 10.15am | Portway Park & Ride   | A linear walk starting at the site of the Roman ruins in Sea Mills. We walk alongside the River Trym and make our way through part of the golf course. There are some inclines, one of them steep. We finish in Shirehampton village for the bus back to Broadmead.<br><i>Leader: Andy with Ray (BM) &amp; Liz</i>  |         |
| Tues 16 <sup>th</sup> June   | Durdham Down Walkabout            | Cenotaph City Centre 10.00am                            | First Bus No. 1 or 2 (Every 12 mins)  | An urban walk on mainly hard surfaces, from the Water Tower, around the Downs to see some interesting views of the Avon Gorge.<br><i>Leader: Cathy with Pat (BM) &amp; Peter</i>  |         |