





















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:

Nicola 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

Summer Walks, July-September 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 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.

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.	 
Tuesday 11th July	Wicker Whales	Lawrence Hill Train Station 10.30am		A walk from Sea Mills railway station to Old Sneyd Park, Bennett's Patch and White's Paddock ending at Roman ruins on the Portway. Return to the city centre via the Portway Park & Ride bus. £1.30 group save railfare. <i>Leader: Susan</i>	     
Monday 24th July	Warmley Forest Park	Outside Aldi Church Road Redfield 10.00 am	First Bus No 43	A circular walk around Warmley Forest Park and beyond, taking in a northern section of the Dramway & retuning to the Waiting Room café. <i>Leader: Peter</i>	     
Wed 9th August	8 Bristol Bridges	Cascade Steps The Centre 10.15 am		We will cross 8 bridges, pass through some small green spaces and meander around central Bristol as we complete this circular walk. There are a few steps. <i>Leader: June</i>	      
Friday 25th August	Eastwood Farm Local Nature Reserve	Pile Marsh/Terrell Gardens(BS5 9NY) Bus Stop 11.00 am	Bus No 36	A linear walk across Brislington Meadows to Eastwood Farm Local Nature Reserve. Optional lunch at Beese's Riverside Bar or bring a picnic to eat in the Nature Reserve. Ferry (25 pence) across the Avon to finish the walk through Conham Vale and Dundridge Park ending at the junction of the Kingsway and Bryant's Hill. <i>Leader: Susan</i>	        
Friday 8th Sept	A Trail Around Thornbury	Bus Stop Opp. Aldi Church Road Redfield 9.30 am Prompt	Coach	This circular walk takes in a streamside stroll, field tracks, a castle visit and the historical town centre. There will be time for lunch or a picnic. First come, first served to board our 36 seater coach. <i>Coach will depart Thornbury at 2.00 pm.</i> <i>Leader: June</i>	       
Tuesday 19th Sept	Old Market To Redfield	Old Market Island Bus Stop 10.30 am		A linear walk alongside the River Avon taking in Sparke Evans & Netham Parks, ending at Church Road, Redfield. Mostly flat & surfaced. <i>Leader: Peter</i>	