

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
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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Nicola.ferris@bristol.gov.uk

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.

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.	
Thursday 5 th July	Keynsham & River Chew	Bus Station Bay 12 10.25 am	First Bus No. 349 At 10.35	An almost circular walk starting at Keynsham Church. We walk in Memorial Park and on to the grassy banks of the River Chew, returning to the town centre. The river banks may well be wet & muddy, so walking shoes/boots a must; cows may be grazing so no dogs; several narrow kissing gates. 1 toilet stop near the end. <i>Leader: Andy with Liz (BM) & Susan</i>	
Friday 20 th July	Wells City Trail(s)	Bus Station Bay 18 9.50 am	Bus No. 376 At 10.05	A 3 mile trail around the "posher" areas of this historic cathedral city. After a break, an optional 1.25 mile walk around the lesser known "poorer" parts of beautiful Wells. (If only doing first walk, 3pm is estimated as your earliest arrival back at Bristol bus station) <i>Leader: June with Lynn (BM) & Peter</i>	
Tuesday 7 th Aug	Kingswood Onward	Outside Aldi Church Road 10.15 am	First Bus No.43	A linear walk through Kingswood Park, then on to Cock Ridge, through Barrs Court Moated Park to finish in Longwell Green at a First 45 bus stop. Option of walking on to buy refreshments at Willsbridge Mill. <i>Leader: Susan with Julie (BM) & Alan</i>	
Wed 22 nd Aug	Bishopston Ramble	Lawrence Hill Railway Station 10.25 am	10.37 Train	A circular wander around less well-known parts of Montpelier and Bishopston passing several stunning churches, before strolling along Lover's Walk. Several moderate/steep inclines throughout. £2.00 return fare. (£1.30 group fare). <i>Leader: June with Charlie (BM) & Andy</i>	
Thursday 6 th Sept	Bath Botanic Garden	Outside Aldi Church Road 9.40 am	First Bus No. 37	A linear walk around Victoria Park and the Great Dell culminating in a short visit to the Botanic Gardens before moving on to Bath bus station via the Railway Path. Option to extend your visit and return to Bristol from nearby bus stop (37 bus). <i>Leader: Peter with Liz (BM) & Richard</i>	
Friday 21 st Sept	Harbourside	Cascade Steps City Centre 10.30am		A circular walk around the Harbour starting at the Cascade Steps passing various points of interest including the Underfall Yard, SS Great Britain and M Shed. <i>Leader: Liz with Pat (BM) & Peter</i>	