

## 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.

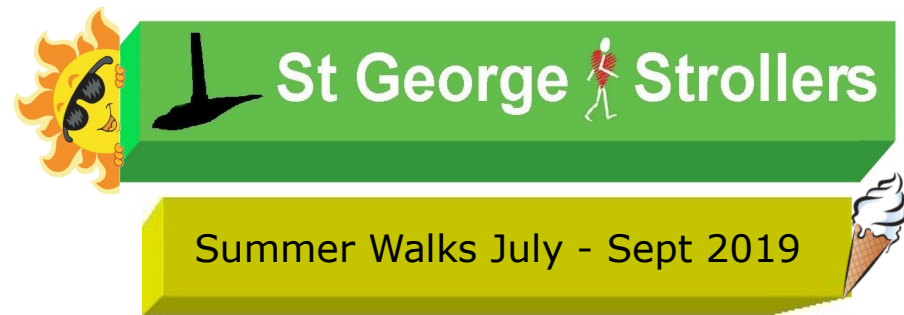
You can see pictures from most of our past walks on our webpage here:  
<http://www.troopers-hill.org.uk/strollers/pastwalks.htm>.

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
<b>MUD</b>			
Probability of Mud	Buggy Friendly	Toilets Available	Wheelchair Accessible
Picnic Opportunity	Rest Opportunities	Guided Walk	Stiles

For further information, please contact:

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 (Inner City & East Bristol Health Improvement Practitioner)  
 07810506738 / 01173521283  
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Your local contact is Liz Scott: 0117 952 2513 or  
 Email: [strollers@troopers-hill.org.uk](mailto: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.

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

[www.bristol.gov.uk/healthwalks](http://www.bristol.gov.uk/healthwalks)  
[www.walkingforhealth.org.uk](http://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
<b>Every Tuesday</b>	<b>St George Park Stroll</b>	<b>The Beehive Centre Stretford Road 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 10 <sup>th</sup> July	Kingswood and Kingsmeadow	Outside Aldi Church Road 09.55am	First Bus No. 43 10.06	A linear walk from outside Kingswood Park visiting Siston Common, Mangotsfield Railway Station and Kingsmeadow. The walk ends at a First 7 bus stop on New Cheltenham Rd, Kingswood. <i>Leader: Susan with Ray (BM) &amp; Peter</i>	
Thursday 25 <sup>th</sup> July	Swineford to Saltford Riverside Walk	Outside Aldi Church Road 09.40 am	First Bus No. 37 9.53 am	A linear walk starting at The Swan, Swineford. We will walk across fields to the River Avon, cross via the Railway Path and continue alongside the Avon, past Swineford Lock towards Saltford, finishing at The Riverside pub.(Toilets at The Shallows picnic area 20p). A wet, muddy area exists under the Railway Path, only two steps but approx one foot each, and kissing gates. <i>Leader: Peter with Cathy (BM) &amp; Andy</i>	
Friday 9 <sup>th</sup> August	Nightingale Valley	Pile Marsh Bus Stop 10.10am	First Bus No. 36 10.20am	A linear walk starting at St Luke's Church in Brislington. We skirt Victory Park and walk to Nightingale Valley following Brislington Brook, then cross the River Avon footbridge, walk up Blackswarth Road and finish at Pile Marsh. NB- there are no toilets available on this walk. <i>Leader: Andy with Liz (BM) &amp; Susan</i>	
Monday 19 <sup>th</sup> August	Snuff Mills and Oldbury Court	Old Market M3 Bus Stop 09.55am	First Bus No.48a 10.06am	A circular, mainly riverside walk linking Snuff Mills and Oldbury Court. There is an uphill section to Oldbury Court and a descent on the return. Choose suitable footwear for walking over areas of wet grass. <i>Leader: Ray with Charlie (BM) &amp; Andy</i>	
Tuesday 3 <sup>rd</sup> Sept	River Avon Past and Present	10.00am Inside Beaufort Rd entrance to Avonview Cemetery (opp Richmond Rd) Nearest Postcode BS5 8EN	None	A visit to our industrial past on the River Avon including the final resting place of two key people in the history of Butlers tar works in Crews Hole. The walk ends in Hanham after an uphill section through woodland and Dundry Park. <i>Leader: Susan with Julie (BM) &amp; Richard</i>	
Thursday 19 <sup>th</sup> Sept	St Philips Greenway	Pile Marsh Bus Stop 10.10am	First Bus No.36 10.20am	A linear walk from Sandy Park Road finishing at Church Rd, Redfield. We will make a short visit to Arnos Vale Cemetery, through Sparke Evans Park, across Feeder Canal and through Netham Park. <i>Leader: Liz with Pat (BM) &amp; Peter</i>	