

## 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

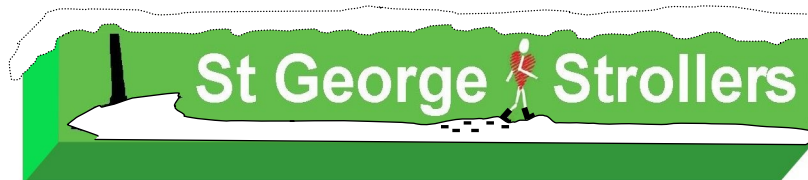
(Inner City & East Bristol Health Improvement Practitioner)

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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)



Winter Walks Jan - Mar 2018



.....and relax.....

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](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>	 
Tuesday 9 <sup>th</sup> Jan	Sculpture Trail in Central Bristol	Cascade Steps City Centre 10.30am	None	A tour of public statues and sculptures. Proceeding through Queen Square, then Millennium Square, College Green, up to Christmas Steps returning to the City Centre. Many steps, (some without handrails), some cobbled streets, puddles if inclement weather.  <i>Leader: Andy with Julie (BM) &amp; Peter</i>	     
Wed 24 <sup>th</sup> Jan	Panorama Walk	Corner of Parslow Barton & Nags Head Hill BS5 8LW 10.00 am	None	A linear walk via Dundridge Park and hidden footpaths to discover what's new at Panorama Walk. After enjoying the views we will continue to Hanham to finish outside the Jolly Sailor. There may be MUD.  <i>Leader: Susan with Richard (BM) &amp; Alan</i>	    <b>MUD</b>  
Thursday 8 <sup>th</sup> Feb	Clevedon	Bus Station Bay 10 10:30 am	First Bus X6 10:40am	A circular walk around historic Clevedon, taking in Poets Walk & the Marine Lake with the option to finish when we get back to the start or carry on to take in more of the historic features in the opposite direction—altogether 3 miles.  <i>Leader: Liz with Pat (BM) &amp; Peter</i>	      <b>MUD</b>  
Friday 23 <sup>rd</sup> Feb	A Dozen Green Spaces	Old Market Island Bus Stop 10.15 am	None	A circular walk on pavements and good paths, revisiting some small parks and green spaces around central Bristol, St Pauls and St Werberghs.  <i>Leader: June with Anne (BM) &amp; Liz</i>	    
Monday 12 <sup>th</sup> Mar	Pill Village	Bus Station Bay 12 10.15 am	First Bus X4 10:30am	A linear walk taking in lanes, abandoned railway, riverside, history, modern parkland with sculptures. Mainly flat with one grassy slope upwards. Possibility of some mud on riverside. Return by bus X3 or X4  <i>Leader: Peter with Charlie (BM) &amp; Susan C.</i>	     <b>MUD</b>  
Tuesday 27 <sup>th</sup> Mar	Malago Meander	Cascade Steps City Centre 10.00 am	First Bus 75 or 76 from Prince St	Taking a 75 or 76 bus to Bishopsworth Library we will then walk back to the M Shed following the River Malago along quiet footpaths connecting green spaces.  <i>Leader: Susan with Alan (BM) &amp; Richard</i>	