

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>.

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|------------------------------|------------------------------|-------------------|-----------------------|
| | | | |
| 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

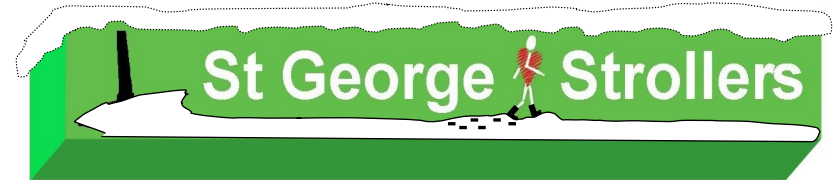
(Inner City & East Bristol Health Improvement Practitioner)

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Your local contact is Liz Scott: 0117 952 2513 or

Email: strollers@troopers-hill.org.uk



Winter Walks Jan - Mar 2019



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 10 th January | Willsbridge Wander | Outside Aldi Church Road 10.25 am | First Bus No.45 | A circular walk starting at Willsbridge Mill car park at 11.00 am (the alternative meeting point). Mainly on paths - some uneven, some steep, some muddy and a flight of steps. It takes us through the nature reserve alongside Siston Brook and part of the Dramway. Toilets available halfway at Bitton Railway Station. <i>Leader: Andy with Charlie (BM) & Richard</i> | |
| Friday 25 th January | City Walls | Old Market Island Bus Stop 10.30 am | None | An urban circular walk around the old Bristol City walls to include a visit to St John on the Wall, a 14 th Century church built into the city walls. Toilet stop at St Nicholas Market, coffee shops at Old Market at end of walk. <i>Leader: Liz with Lynn (BM) & Andy</i> | |
| Wed 6 th February | The Green Mile(s) | M3 Metrobus stop C2 The Centre (Opp 4500 Miles from Delhi) 10.00 am | M3 Metrobus 10.10 am | A linear walk from Emerson's Green to Page Park, through several parks & green spaces including Leap Valley. Mainly on good paths but crossing one potentially muddy field, so sensible footwear required. One long incline. Choice of buses back to the city centre or Kingswood. <i>Leader: June with Anne (BM) & Susan</i> | |
| Tuesday 19 th February | Corsets And Boots | Outside Maypole Pub Hanham High St BS15 3DP 10.00 am | None | A walk through Magpie Bottom beside the Strad Brook to continue past some sites that used to provide employment in Kingswood. An optional pub lunch in Hanham after the walk. Very likely to be puddles and some MUD. <i>Leader: Susan with Julie (BM) & Peter</i> | |
| Monday 4 th March | Clifton Wood To Harbourside | Temple Way Bus Stop Opp Bristol Post 10.15 am | First Bus No. 8 | A linear walk from Clifton Woods, through historic Clifton and Hotwells, finishing at the Cascade Steps where there is a wide choice of places for refreshment. Steep(ish) downhill inclines. <i>Leader: Peter with Pat (BM) & Ray</i> | |
| Wed 20 th March | Yate to Chipping Sodbury | Cabot Circus S1 Opp Fabric Land (use crossing o/s Mcdonalds) 10.00 am | South Glos Lynx Y1 | From Yate shopping centre we wend our way to Chipping Sodbury following the River Frome to Sodbury Common & on to Sodbury High St. We will circle the High St seeing the most interesting buildings before finishing at the Clock Tower, where we catch the bus back to Bristol at 13.45. <i>Leader: Ray with Alan(BM) & June</i> | |