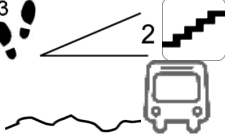


| Date                                                                                    | Walk                             | Meeting point                                                                                                                       | Transport                                    | Description                                                                                                                                                                                                                                             | Symbols                                                                                          |
|-----------------------------------------------------------------------------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Tuesdays<br>17 <sup>th</sup> Jan, 21 <sup>st</sup><br>Feb and 20 <sup>th</sup><br>March | <b>St George<br/>Park Stroll</b> | <b>The Beehive, Stretford Rd,<br/>10.30</b>                                                                                         |                                              | <b>These are Level 1 walks which are suitable for those<br/>recovering from illness or injury and anyone who wishes to<br/>improve their fitness.</b>                                                                                                   |               |
| Wed 11 <sup>th</sup><br>January                                                         | Brandon Hill<br>Tour             | Cascade Steps, The Centre.<br>10.15am                                                                                               |                                              | A visit Brandon Hill Park and the newly restored<br>tower. This walk will involve considerable<br>ascents although they can be tackled gradually.<br>Please wear appropriate footwear.<br><i>Guest Leader: Darren</i>                                   |               |
| Fri 27 <sup>th</sup><br>January                                                         | Meadow Vale<br>Walk              | Harewood Rd bus stop on<br>Speedwell Rd, 10.40am, or<br>bus stop on Whitehall Rd,<br>between Gordon Rd/Thurston<br>Barton, 10.10am. | Bus No 7                                     | This walk connects 3 of St George's green<br>spaces, Meadow Vale, Troopers Hill and<br>Plummers Hill using some little known walkways.<br>Bring a donation to enjoy hot soup afterwards at<br>the Meadow Vale Community Centre.<br><i>Leader: Susan</i> |               |
| Mon 13 <sup>th</sup><br>February                                                        | City Walls<br>Walk               | Old Market bus stop island,<br>10.15am                                                                                              |                                              | Walk the perimeter of the original settlement of<br>Bristol and discover some of the history – or tell<br>us what you know. We will stop for refreshments<br>at St Stephen's cafe.<br><i>Leader: Kit</i>                                                |               |
| Wed 29 <sup>th</sup><br>February                                                        | Discover the<br>Dings            | Lidl Car Park, Lawrence Hill.<br>10.15am (2hour parking<br>limit)*                                                                  | Bus no 7                                     | This walk will explore the Dings and on through<br>Temple Meads station to Victoria Park. Continuing to<br>Windmill City Farm to Bedminster and then buses<br>home.*<br><i>Leaders: Clare and Susan</i>                                                 |              |
| Thur 15 <sup>th</sup><br>March                                                          | Deep Pit Mine<br>and Coal walk   | Speedwell Rd/Whiteway Rd<br>Bus stop at 10.30 or bus<br>stop on Whitehall Rd,<br>between Gordon Rd/Thurston<br>Barton, 10.10am.     | Bus no 7                                     | A walk through coal mining history in Speedwell and<br>Fishponds.<br><i>Leader: Clare</i>                                                                                                                                                               |             |
| Wed 28 <sup>th</sup><br>March                                                           | Stapleton to<br>St George        | Aldi car park, Church Road,<br>St George, 10.00am or Snuff<br>Mills car park 11.20.*                                                | 42/43/44/<br>45 &<br>No 5 from<br>Rupert St. | The walk includes a look at Snuff Mills, a stroll<br>through the Frome Valley and Eastville Park and some<br>back ways through Whitehall. Some parts may be a<br>bit muddy so please wear appropriate footwear.*<br><i>Leader: Angela</i>               | <br>Lots of |
| *N.B. These walks are linear and will not return to the start point.                    |                                  |                                                                                                                                     |                                              |                                                                                                                                                                                                                                                         |                                                                                                  |

## HINTS FOR WALKING

### Do:

Dress appropriately for the weather

Wear suitable, supportive footwear

Start each walk slowly, building up speed

Slow down towards the end of each walk

Walk to increase breathing, but not to exhaust

Drink plenty of water

Remember to bring any medication - e.g. inhaler

### Do Not:

Walk if you feel unwell in any way

1  
Under 1 mile (10-30 mins)

1  
Slight Slopes



Steps



Bus Trip

2  
1 - 2 miles  
(30-45 mins)

2  
Moderate Slopes



Cafe available



Train Trip

3  
2 - 3 miles  
(45-90 mins)

3  
Steep Slopes

Uneven ground

4  
3 + miles (90 + minutes)

Buggy friendly



Toilets Available



Wheelchair Accessible

For further information, please contact:

Nic Ferris (BCC Sports Development)

07810506738 / 01173521283

[Nicola.ferris@bristol.gov.uk](mailto:Nicola.ferris@bristol.gov.uk)

Your local contact is Clare Willott: 0117 9414514



St George Strollers

Winter Walks, January – March 2012



The St George Strollers organise regular, healthy walks in the vicinity of St George, East Bristol.

Walks are generally free and are open to all, but please contact Nicola if you are new to walking with us or have special 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.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

