

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.



Key to symbols used on walk details overleaf



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



Kissing Gate



Rest
Opportunities



Guided Walk



Stiles

Please be mindful of other people when walking.
We ask you to respect other people's space at all times.

St George Strollers

Winter Walks Jan to Mar 2026



Brandon Hill New Year 2012



Waters Meet October 2018

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

Your local contact is Liz Scott: 0117 952 2513 or
Email: strollers@troopers-hill.org.uk

More information and photos of our previous walks at:
<http://www.troopers-hill.org.uk/strollers/>

Your first walk is free, but we would suggest a voluntary
£1 donation for each walk thereafter.
Please arrive 10 mins early if you are joining us for the first time.

Note- Important travel information overleaf.



Date	Walk	Starting Point	Transport Options	Description	Symbols
Third Tuesday of each Month	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.		
Friday 9 th January	Emersons Green Circular	Sainsbury's entrance, Emersons Green 10:45 am	Centre Stop C2 10:00am for M3 Metrobus at 10:06	A circular walk around Emersons Green. We will walk through several green spaces and along the Chain & Wheel Earthwork structure. Mainly on good paths with one being potentially muddy. <i>Leader: June with Ray (BM) & Sue</i>	
Monday 26 th January	A Stroll Around East Clifton	Clifton Down Bus Stop at 10:30am	The Centre C7 Bus Stop (facing Colston St) at 10:10am for No 4 bus at 10:20am	A circular walk around East Clifton to admire some interesting buildings including a cathedral and several churches. We will end at Clifton Down shopping centre with options for various buses back to the City Centre. <i>Leader: Keith with Liz (BM) & Andy</i>	
Tuesday 10 th February	19 th Century Crime	St George Park Chalks Rd Gate at 10:30am	None Required	A circular walk in St George on the theme of local 19 th century policing. (Steep climb is up to Plummers Hill) <i>Leader: Susan with Julie (BM) & Peter</i>	
Thursday 26 th February	12 Green Spaces in Central Bristol	Old Market Island Bus Stop at 10:30am	None Required	A circular walk on pavements and good paths. We will revisit some small parks and green spaces around central Bristol, St Pauls and St Werburghs. <i>Leader: June with Pat (BM) & Susan</i>	
Wed 11 th March	Warmley Station to Page Park	Warmley Station Road bus stop (adj public loo) 10:25am	Church Road (o/s Aldi) 9:50am for bus 43 at 9:58am	A linear walk along the Ring Road Paths, Siston Common and the former Mangotsfield Railway Station to reach Page Park. <i>Leader: Peter with Ray (BM) & Susan</i>	
Friday 27 th March	Corsets & Boots	Maypole Pub Hanham at 10:30am	None Required	A circular walk going through Magpie Bottom, into Kingswood passing sites of former corset and boot factories. <i>Leader: Sue with Alan (BM) & Keith</i>	

Please Note: Due to the current problems with Bristol bus services (late or cancelled buses) it is advisable to meet your Walk Leader at the bus stop indicated under "Transport Options" where shown.