





















HINTS FOR WALKING

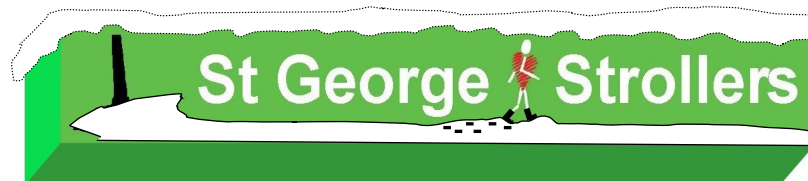
Dress appropriately for the weather.
 Wear suitable supportive footwear.
 Walk to increase breathing but not to exhaust.
 Drink plenty of water.
 Remember to bring any necessary medication e.g. inhaler.
 Tell a walk leader if you are leaving a walk.



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.



Winter Walks Jan - Mar 2024



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

www.walkingforhealth.org.uk








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/>

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.		
Wed 10 th Jan	A Stroll Around Northville	Outside Southmead Hospital Entrance 11.10 am	Old Market Bus Stop 10.05 For No. 24 bus At 10.16 am	A circular walk mainly on good paths. In an area seldom explored, discover green spaces such as the tiny Poets' Park. Mostly flat with a couple of slopes. <i>Leader: June with Margaret (BM) & Peter</i>	
Thursday 25 th Jan	Bristol City Walls	Old Market Island Bus Stop 10.30 am	None Required	An urban circular walk around the old Bristol City walls to include passing 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 the end of walk. <i>Leader: Liz with Pat (BM) & Sue</i>	
Friday 9 th Feb	Deep Pit Mine & Coal	Crofter Coffee Cafe Crofts End Road BS5 7UW 10.30am	None Required	A level circular walk through local mining history, mixing in a brick fish, an owl and green spaces. Buses 6 & 7 run to Crofts End. <i>Leader: Susan with Sue (BM) & Liz</i>	
Monday 26 th Feb	Bath River and Canalside	Bath Bus Station 11.00 am	Bristol Bus Station Bay 16 at 9.40 for X39 at 9.53	A circular walk from Bath bus station. We walk to Pulteney Bridge, then alongside the river and canal, through Sydney Gardens and pass by Parade Gardens. <i>Leader: Andy with Liz (BM) & Peter</i>	
Tuesday 12 th Mar	Meanwhile Park	Blue Sky Cafe 150 Church Road BS5 9HN 10:30 am	None Required	A fairly level linear walk passing a naval hero, industrial heritage mosaics, a living wall, fake ruins and more, to end at Old Market. Toilet stop at Wellspring Centre. <i>Leader: Sue with Charlie (BM) & Richard</i>	
Wed 27 th Mar	Malago Meander	Bishopsworth Library 10:40 am	City Centre bus stop C5 (o/s Subway) 10.05 for bus 75 at 10.15 am	A linear walk from Bishopsworth Library to the M Shed, Bristol harbourside following the River Malago along quiet footpaths connecting green spaces. <i>Leader: Peter with Lynn (BM) & June</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.