





















HINTS FOR WALKING

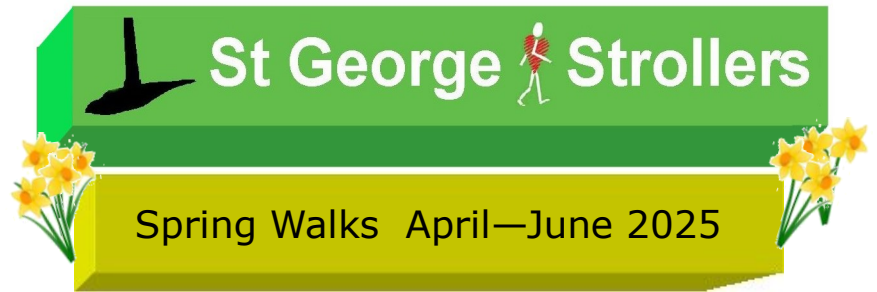
Dress appropriately for the weather.
 Wear suitable supportive footwear.
 Walk to increase breathing but not to exhaust.
 Drink plenty of water.
 Remember to bring any necessary medication e.g. inhaler.
 Tell a walk leader if you are leaving a walk.



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.



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 11 th Apr	Clifton	Victoria Square Bus stop at 10:20 am	Bus No. 8 from Bond St (S8) at 10:07am	A circular walk around Clifton, starting at Victoria Square, passing Clifton College, Clifton Down, The Mall & along Birdcage Walk back to Victoria Square. Toilets are limited to cafés in Clifton so please use facilities at bus station if required. <i>Leader: Andy with Liz (BM) & Peter</i>		
Tuesday 22 nd Apr	Panorama View	Parslows Barton Near St Aidan's Church BS5 8QH At 10:30am	None Required	This walk takes in green spaces, footpaths & pavements. The Panorama View is the highlight. A couple of steep inclines. Ending at Hanham High St. <i>Leader: Sue with Pat (BM) & Julie</i>		
Wednesday 7 th May 	Warmley Forest Park	Toilets at Warmley Station car park at 10.35am	10.00am at Aldi Church Rd For No. 43 bus At 10.10am	A circular walk, around Warmley Forest Park. A few grass paths which may be muddy if wet. If so protective footwear is advisable. Ends at Warmley Station Café. <i>Leader: Keith with Ray (BM) & Peter</i>		
Thursday 22 nd May 	"Twisted"	Old Market Bus Stop 10:00am	None Required	A linear walk through twisting byways to see twisted sculptures and more, starting at Old Market bus stop & ending at the Centre. Footwear needs to be suitable for cobbles. <i>Leader: Susan with Meg (BM) & June</i>		
Friday 13 th June	Portishead Lake & Marina	Waitrose Bus Stop Harbour Road 10.50am	Bus Station Bay 12, 9.55am for X4 At 10.05 am	A circular walk around Portishead taking in the Marine Lake, Jubilee Park and the Marina. Toilet facilities at the bus station & Waitrose. <i>Leader: Peter with Alan (BM) & Andy</i>		
Friday 27 th June "Memories of Mudville" Our 300th Walk May 2011 to June 2025		Meet at 10am St George Library Church Rd BS5 8AL	None Required	On our 300th walk, with local historian Rob Acton-Campbell, learn about 3 vanished churches, Mudville & the River Avon's past. Celebrate at the end at St Anne's House, St Anne's. Return by 5/36 bus from St Anne's Rd/Chapel Way. <i>Leader: Ray with Charlie (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.