

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

Spring Walks April to June 2026



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.			
Tuesday 7 th April	Clevedon	Strode Rd Bus Stop on Southern Way (Opp Asda) 11:00am	Bristol Bus Station Bay 13 10:00am for X6 at 10:15 am	A linear walk from the outskirts of Clevedon along roads and lanes, joining the Pier to Pier path & return to Clevedon ending at the Salthouse, other cafes available. Channel views & bird watching opportunities. <i>Leader: Margaret with Ray (BM) & Peter</i>		
Monday 20 th April	Sculpture Trail in Central Bristol	Cascade Steps City Centre at 10:30am	None Required	A circular tour of public statues and sculptures in central Bristol, including Millennium Square, College Green & the steep Christmas Steps. Some cobbled streets, many steps (some without handrails). Puddles, possible mud if wet. <i>Leader: Andy with Liz (BM) & Sue</i>		
Wednesday 6 th May Dame Sylvia Crowe		Cumberland Basin M2 bus stop 10:40am	Centre C1 Bus Stop (o/s Armed Forces Careers Office) at 10:20 for M2 bus at 10:28am	Join this walk to explore some of the work of landscape architect Dame Sylvia Crowe. There will be steps up & down and a bridge to cross a railway line. The walk finishes near the Create Centre which has a cafe. <i>Leader: Susan with Julie (BM) & Peter</i>		
Thursday 21 st May St Georges Park to Snuff Mills		Inside St Georges Park Main Entrance at 10:30am	None Required	A linear walk passing two lakes and following the Frome to end at Snuff Mills where there are toilets and cafe. Choice of buses to return home. Possibility of mud. <i>Leader: Sue with Ray (BM) & Keith</i>		
Friday 5 th June	Bradford-on-Avon	Bradford-on-Avon Station 10:46am	Meet outside Temple Meads station at 9:55am for train at 10:21am	A flat countryside walk along the riverside & canal. Some uneven paths. Bring packed lunch or use local cafes. <u>Bring £9.30 in correct change for return - Groupsave or Senior Railcard.</u> <i>Leader: June with Margaret (BM) & Peter</i>		
Monday 22 nd June	Bitton & Riverside Circular	Cherry Gardens Bus Stop 10:55am	Aldi, Church Rd at 10:15 am for Bus No. 45 At 10:26 am	A circular walk along the Monarch's Way across fields (may be livestock) to the River Avon then branch off along the Dramway to finish at the Avon Valley Railway. <i>Leader: Peter with Liz (BM) & Andy</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.