

## Walking works...

Create a photocopy and bring it home with you today. Just pick up a route that has already been created for you, and get moving.

- Great exercise – simple and effective
- Free – you don't need gym membership or specialist shoes to take part
- It's gentle, so you're unlikely to get injured
- A fun way to get together with friends or family
- A healthy way of getting where you need to be
- You can do it almost anywhere at any time
- You can start off slowly and build up gradually as you become more confident

### Walking regularly at any speed will

- Help you to manage your weight
- Reduce your risk of type 2 diabetes
- Reduce your risk of certain cancers (including colon, breast and lung cancer)
- Improve the flexibility and strength of your joints, muscles and bones and reduce the risk of osteoporosis
- Increase your good cholesterol
- Boost your immune system
- Improve your mood
- Reduce anxiety
- Aid sleep
- Improve your self image

### Brisk walking

All walking is good for you, but brisk is best. Inactive and unfit people have double the risk of dying from heart disease. Brisk walking is the closest thing to perfect exercise.

- A regular brisk walk will improve the performance of your heart, lungs and circulation
- Lower your blood pressure
- Reduce your risk of heart disease and strokes

*One of the best things about walking is that you can build it into your everyday life. Here are some Top Tips to take it further.*

### Make an easy start

- If you park on the far side of the car park or a few streets away, the walk to and from the car will do you good.
- Try getting off the bus a stop early.
- Carry your shopping home - carrying heavy bags is great for your arms.
- Can you swap the school run for a school walk or school cycle?
- If you're nipping out to the shop to get a pint of milk, walk or cycle instead of driving.

### Step it up

- Try walking or cycling to work if you live close enough. It could be cheaper in the long run.
- If you travel by train, standing rather than sitting means that your body is working harder.
- Choosing the stairs means that you're getting your heart pumping.



# Out About

## Coniston Road Loop



**Distance:** 2 miles / 3.2 km

A nice flat walk which explores some of the quiet paths and roads of Patchway. Get to know your local shops by having a nice tea or coffee after the walk at one of the local cafes.



**Starts and ends at:** Patchway Library, Rodway Road, Patchway, BS34 5PE





## Route instructions

- 1** Leave the library and turn left to head onto the main road (Rodway).
- 2** When you reach Rodway Road, take a left and head straight down Rodway Road.
- 3** Before reaching the primary school, turn right onto Cavendish Road.
- 4** Take the first left onto Stroud Road
- 5** Then take the first left again onto Brighton Road.
- 6** Continue straight on Brighton Road and then take the first path on the right.
- 7** Follow this gravel path a little way, and then take the second left onto a paved path.
- 8** Continue on this path, take a slight left to stay on the path and then follow it around until it reaches Coniston Road.
- 9** Take a left on Coniston Road and then shortly after take the first left onto another path.
- 10** Follow this path, turning right to stay on it. Just after the path curves to the left, take the first right to walk on a different path. At this point you will see the primary school on your left.
- 11** At the end of the primary school there is an intersection of paths, continue straight ahead, curving on the path slightly.
- 12** When the path ends, it will merge with another path. Take a right here and follow this until you reach Coniston Road.
- 13** Take a left onto Coniston Road and continue until you reach the traffic lights at the intersection.
- 14** There will be a path on the left hand side next to the traffic lights. Take this path and continue straight on the path until it comes to Sycamore Drive, here take a right and continue on this road until it ends. At this point turn right to head back onto the path of Highwood Road.
- 15** Lastly, take a left onto Durban Road to head back to the library.

### Notes

- Toilets and refreshments are available on Rodway Road after you have finished your walk.
- The path after Brighton Road is gravel, making it not as suitable for buggies and individuals with walking aids. You will only be on this path for a short time before being back on pavement.

# Out and About

## Little Stoke Park Route

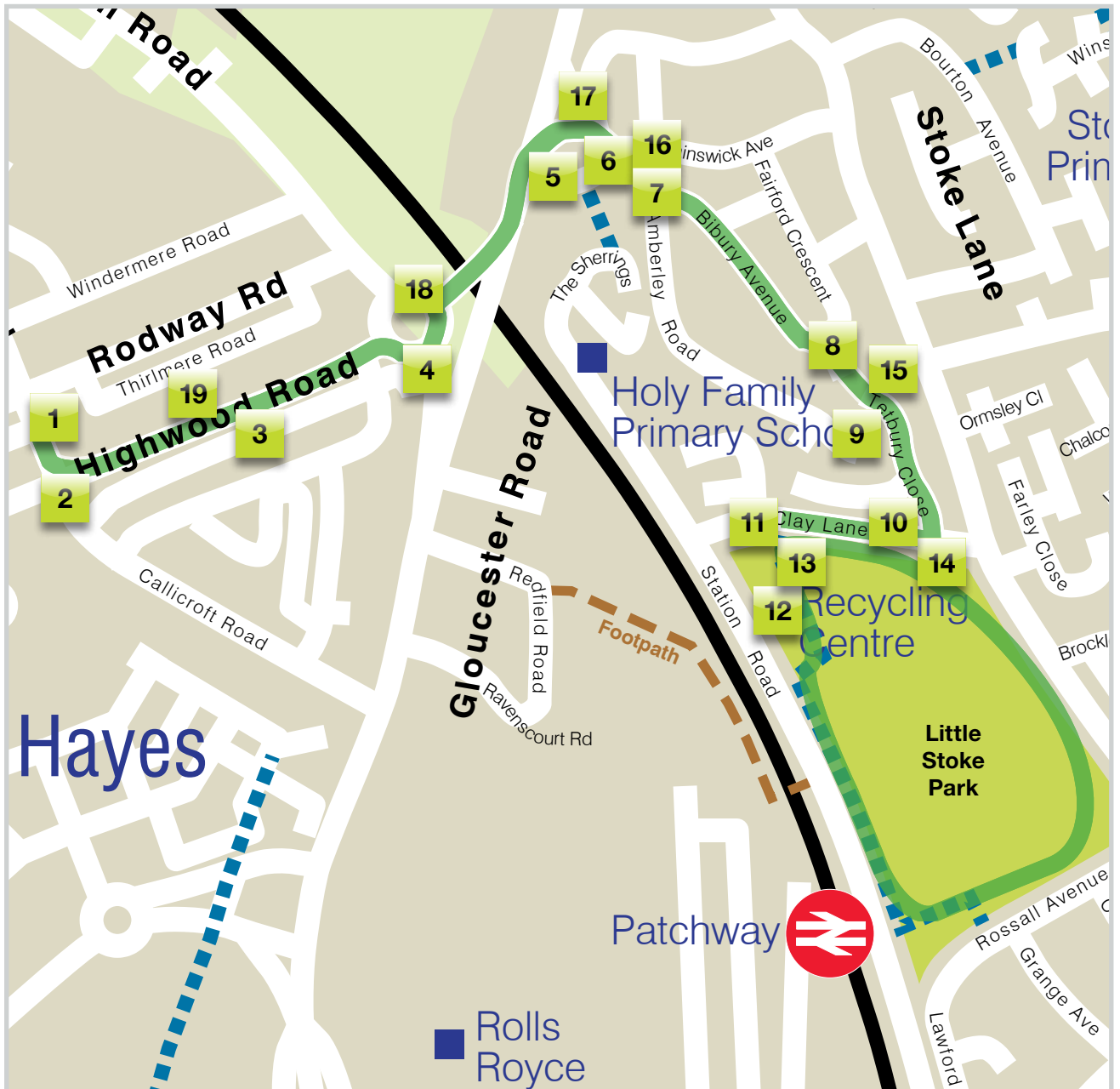


**Distance:** 2.54 miles / 4.1 km

This walk is a flat route which crosses over the A38 and heads to some quieter streets of Bradley Stoke. The walk takes in the full loop of Little Stoke Park which is a nice place to sit and have a rest if you want to break up the walk and enjoy the park a bit more. If the walk is too long for your liking, you can shorten it by walking to the park having a break and then walking back without completing the full perimeter walk.



**Starts and ends at:** Patchway Library, Rodway Road, Patchway, BS34 5PE



## Route instructions

- 1** Leave the library and head right (facing Durban Road), away from Rodway Road.
- 2** At the intersection with Highwood Road immediately cross at the traffic light and turn left to walk down Highwood Road.
- 3** Continue walking down Highwood Road towards the roundabout.
- 4** Once at the roundabout, take a slight right to cross over on the pedestrian crossing and carry on straight across the roundabout.
- 5** Follow the road veering to the right to cross over the A38.
- 6** Once over the bridge, you will pass a set of stairs leading down to a path, as well as a path immediately after. Pass these, and take the next path on the right which leads out to Amberley Road.
- 7** When you have reached the end of the path, ahead, and slightly to the right, is Bibury Ave, cross Amberley road, and head onto Bibury Ave.
- 8** Follow this road along and after a curve in the road, take the first right.
- 9** This road will end and there will be a path directly ahead, take this path and head left walking along Tetbury Close.
- 10** At the end of Tetbury Close, take a right and walk along Clay Lane.
- 11** After walking parallel to the edge of the park, there will be an entrance on the left, with a blue sign pointing the way.



- 12** Enter the park here and walk along the perimeter pavement all the way around back to where you entered.
- 13** When leaving the park, take a right onto Clay Lane.
- 14** Take a left onto Tetbury Close and follow it (veering to the left) until you see the path on the right at the end of the road.
- 15** Walk on the path which leads to Bibury Ave and take a left to continue onto Bibury Ave.
- 16** At the end of Bibury Ave, cross over Amberley Road, and walk to the path straight ahead.
- 17** At the end of the path take a left onto the road, and follow this back over the A38 and head to the roundabout.
- 18** Cross straight over the roundabout (using pedestrian crossings) to Highwood Road.
- 19** Walk along the pavement and at the traffic lights, cross over to head back to the library entrance on Durban Road.

### Notes

- Suitable for buggies and people with walking aids.
- Toilets at Library for use before and after walk.
- Café and shops around on Rodway Road for after your walk.



# Out and About

## Streets of Patchway *to* Scott Park

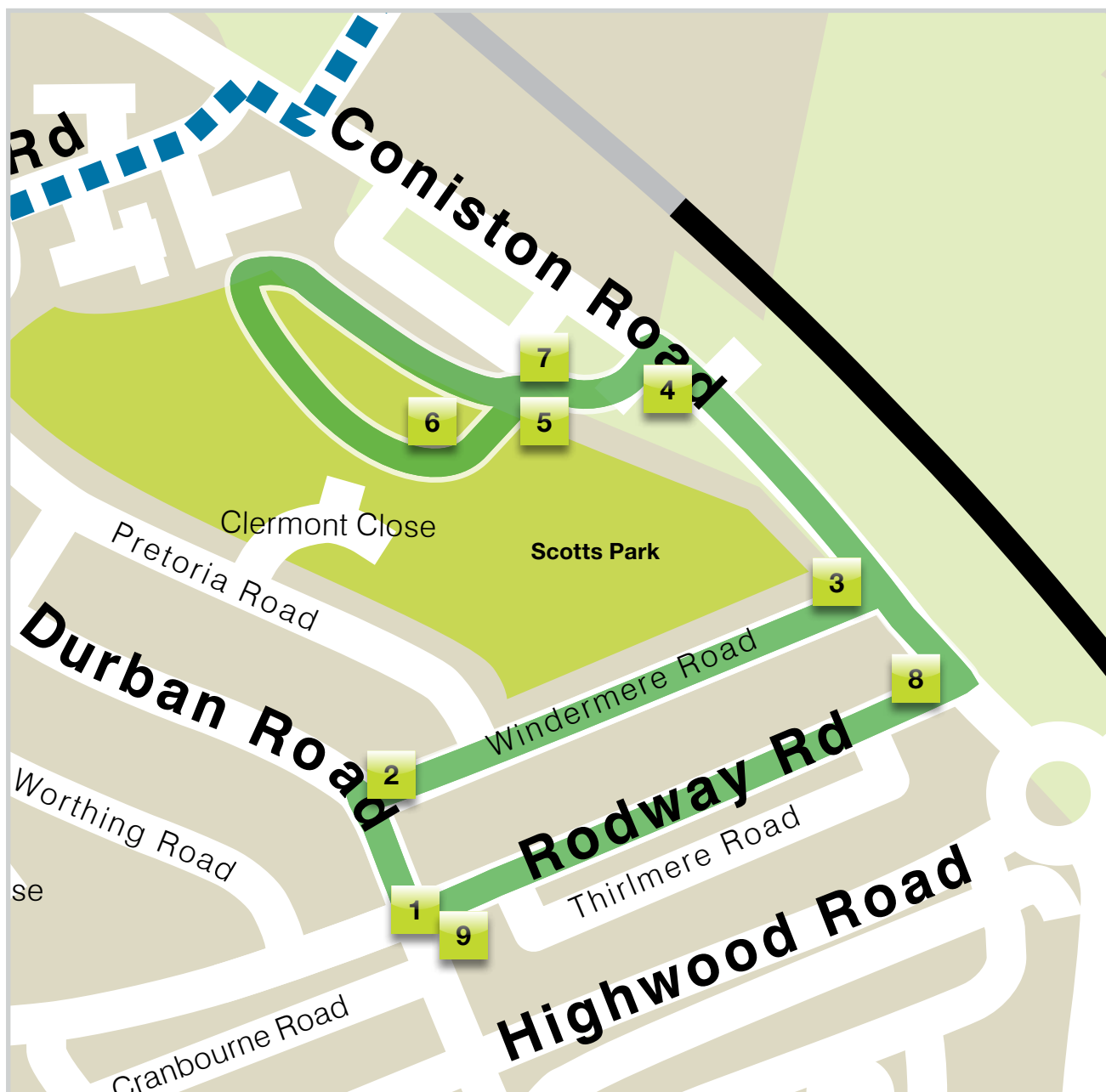


**Distance:** 1.15 miles / 1.8 km

Very flat easy route to follow along. This shorter route gives you a chance to get some exercise and take some time to explore and enjoy Norman Scott Park.



**Starts and ends at:** Patchway Library, Rodway Road, Patchway, BS34 5PE





## Route instructions

- 1** Starting at the library main entrance on Durban Road, walk left (facing away from the library) to Rodway Road (main road). Cross the road and head straight across, staying on Durban Road.
- 2** Take the second right onto Windermere Road and follow this to the end.
- 3** Next, take a left onto Coniston Road.
- 4** Follow this road along and take your first left which leads into Scott Park.
- 5** Take a right when you arrive in the park and shortly after take a left to head to the paved path which runs through the middle of the park. (To make the walk longer you can take a left when entering the park and follow the whole paved footpath around).
- 6** At the edge of the park take a right and follow the path around the perimeter of the park. The path then passes by the children's play area before reaching the exit.
- 7** Exit the park at the same spot you entered, leading back to Coniston Road.
- 8** Turn right on Coniston Road and follow it along until you take a right onto Rodway Road. Continue on Rodway Road until you have reached the Library

### Notes

- This walk is suitable for buggies and individuals with walking aids.
- Cafés on Rodway are perfect for a drink and toilet before or after your walk.
- There are places to have a little rest in Scott Park to break up the walk and enjoy the area.

# Out and About

## Patchway Coniston Community Centre to Aztec West



**Distance:** 2.5 miles / 4 km

A circular walk starting at Coniston Community Centre, Patchway, passing the Tumps and walking into the Aztec West business park, past lakes and around the perimeter road, before returning to the community centre. Suitable for buggies.



**Starts and ends at:** Coniston Community Centre The Parade The Parade, Coniston Road, Patchway, South Gloucestershire, BS34 5LP





## Route instructions

- 1** Exit Coniston Community Centre. Walk straight across the car park towards the pharmacy. Follow footpath along right hand side of the pharmacy.
- 2** On reaching fence of Coniston Primary school, turn right and continue on the footpath. At end of the footpath, bear left and then straight along Epney Close.
- 3** At end of Epney Close turn right at the T junction (Elmore Road). Before you reach the end of Elmore Road, take the diagonal footpath across grass, on the left. Walk along Coniston Road on the pavement, keeping to the left hand side of the road.
- 4** Just after the mini roundabout and zebra crossing, go left on diagonal footpath (signposted Aztec West/ Bradley Stoke).
- 5** Stay on the left of this road. (On the right is The Tumps BMX Park and on left is grassland which you can enter via kissing gates but are not suitable for buggies.)  
  
At the end of the road go through barriers and into Aztec West. Keep straight. This is a cycle/ footpath so be aware of other users.
- 6** Follow the path, it bears left, lake with fountains is on your left. Keep bearing left.
- 7** Cross road and follow path alongside of second lake.
- 8** Turn left at T junction in the paths after the second lake.
- 9** On reaching rectangle of paths aim for exit at bottom right corner. Turn right, cross over end of road and then cross over main road at the island. Continue around loop of Aztec West. (NB – left hand side of road is easier for drop kerbs until reaching roundabouts - then cross and stay on right hand side.)  
  
Continue around whole loop, keeping right at two roundabouts until returning to lakes.
- 10** When you reach lakes turn left and return along original route with lake on right, keep bearing right and back through barriers by tumps.
- 11** At end of road, cross over at zebra crossing and turn left into Bradley Road.  
  
Cross over Bradley Road and turn right along footpath through houses.
- 12** Follow this footpath (turning left alongside Coniston Road) until you reach subway on right – head back towards The Parade and Coniston Community Centre.

### Points of interest

- **The Tumps** - wasteland created from soil removed from the construction of Patchway Railway Tunnel - includes a BMX track on earth mounds covered in rolled dust.
- **Aztec West** – A business park with lakes and cafes and restaurants in centre.

# Out and About

## Patchway Library to Coniston Community Centre

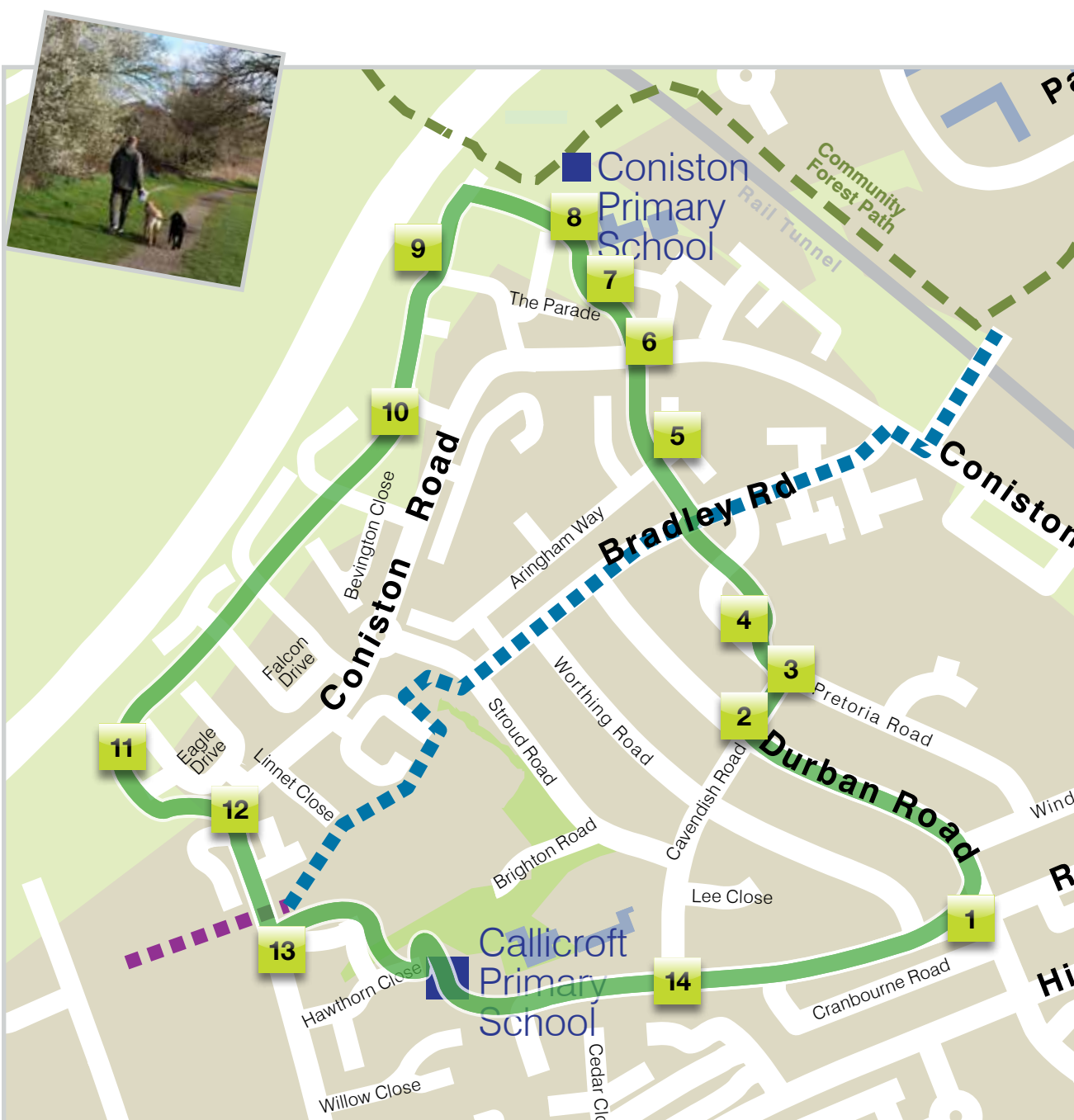


**Distance:** 2.3 miles / 3.7 km

A circular walk starting at Patchway Library, walking along residential roads and footpaths to Coniston Community Centre, skirting Patchway Greenway, returning to the library via Gorse Covert Local Nature Reserve.



**Starts and ends at:** Patchway Library, Patchway Hub, Rodway Road, Patchway, BS34 5PE



## Route instructions

**1** Exit the library through The Hub entrance on Rodway Road. Turn right and immediately cross Rodway Road at dropped kerb. Go right and immediately left into Durban Road.

**2** Take fourth right Cavendish Road.

**3** Turn left at T junction onto Pretoria Road.

**4** Cross over Pretoria Road and take footpath between houses. When you reach the fence by allotments, turn left. Keep following this footpath, across two residential roads and into Severn Way.

**5** At T junction in Severn Way, go straight ahead on footpath between houses (there is a choice of two, either is fine to take)

**6** Go under subway towards Parade Shops. Turn left towards Coniston Community centre.

**7** Opposite the community centre is Coniston Medical Practice and pharmacy. Take footpath along right-hand side of pharmacy.

**8** At fence of Coniston Primary School, turn left. Pass Blakeney Children's Play Area. Keep heading straight on footpaths between Littleton Court Flats. When you reach car park by new housing development (Parkleaze Road) turn left.

**9** At end of this turn right into Blakeney Road. Stay on right hand side of Blakeney Road. Keep following road as it bears to left.

When you can see end of Blakeney road, take footpath on right (between houses 110 and 112)

**10** Go diagonally right at next footpath. Keep on this path, passing sculpture with dragon heads carved on fallen tree stump in middle of grassy area. Stay on this path, crossing over Bevington Walk, Falcon Walk and Falcon Close. Keep on main path, motorway is over on right. Don't take any little turnings on left.

**11** At very end path turns sharply to left. (Right is metal kissing gate leading into Patchway Greenway) Turn left and continue on footpath.

**12** At the end of the footpath you meet Coniston Road. Turn right and walk to zebra crossing. Cross over at zebra. Turn right and walk to end of Gorse Covert.

**13** Go left on footpath at end of Gorse Covert (signposted Hawthorn Close). At T junction in paths just before Gorse Covert Children's Play Area, turn right. Follow edge of Callicroft Primary School. (signposted Hawthorn Close.) Follow this path around to the left, following the edge of the playing field. Go between the bollards.

**14** Join up with Rodway Road. Continue until to reach the library on your right.



### Points of interest

- **Coniston Community Centre** is a vibrant and friendly building at the heart of Patchway. The community centre has great facilities including a café, the Link Centre, a wide variety of classes, and rooms to hire.
- **Gorse Covert** – a local nature reserve. Within living memory much of Patchway was farmland. Gorse Covert was a dense piece of woodland providing cover for game animals and wildlife. It was turned into a nature reserve in 2003.
- **Patchway Greenway** is a semi-rural footpath which leads from Patchway Common eastwards to Bradley Stoke. On the north-west fringe of Patchway Estate, a footbridge (known locally as the Banana Bridge) passes over the M5 motorway, and leads to a footpath that passes down over the steep Severn Escarpment into the village of Over. (Not suitable for buggies).

# Out and About

## Patchway Library to Scotts Park



**Distance:** 2.8 miles / 4.4 km

A circular walk starting at Patchway Library, walking along residential roads, into Norman Scott Park and taking the path around the edge of the park, before heading to Gorse Covert Local Nature Reserve. Then returning along residential streets to the library.



**Starts and ends at:** Patchway Library, Patchway Hub, Rodway Road, Patchway, BS34 5PE





## Route instructions

- 1** Exit the library through the Hub entrance on Rodway Road. Turn right and immediately cross Rodway Road at dropped kerb. Go right and immediately left into Durban Road.
- 2** Take first right into Windermere Road. At end of Windermere Road turn left into Coniston Road.
- 3** Take first left into Scott Park. Follow perimeter path around park (clockwise or anti-clockwise as you enter and exit park through the same gates.) On leaving park, turn left and continue along Coniston Road.
- 4** Turn left into Bradley Road at mini-roundabout.
- 5** Cross over to right hand side of the road just before the end of Bradley Road. Come to T junction of with Stroud Road. Cross over Stroud Road and turn right.
- 6** Take first road on left. Bear slightly to left. Take cyclepath by white bollards with blue circular signs. Go straight and then immediately left. Stay on this path which veers to right.
- 7** On reaching junction in paths, keep left, signposted 'Concord Way, The Mall and Cribbs Causeway.'
- 8** When you reach Coniston Road, turn left and walk briefly along Coniston. At end of Gorse covert, take footpath on left alongside houses (there is a signpost for Hawthorne Close)
- 9** Turn left at T junction in paths, heading towards children's playground. (Gorse Covert play area)
- 10** This path comes out on Brighton Road. Continue to end of road and turn right back onto Stroud Road. Cross over Stroud Road and walk on the left hand side.
- 11** Turn left into Cavendish Road and then first right into Worthing Road.
- 12** Turn left at end of Worthing Road onto Rodway Road. Library and Hub is opposite.

### Points of interest

- **Norman Scott Park** is Patchway's original playing field, situated in Coniston Road. The Park is named after Alderman W.N. Scott in recognition of his public service. The Park has football and cricket pitches, a floodlit netball court and 5-a-side football areas. There is a children's playground and a hard path around the perimeter.
- **Gorse Covert** – a local nature reserve. Within living memory much of Patchway was farmland. Gorse Covert was a dense piece of woodland providing cover for game animals and wildlife. It was turned into a nature reserve in 2003.