

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 and About

Page Park and Salisbury Road Walk

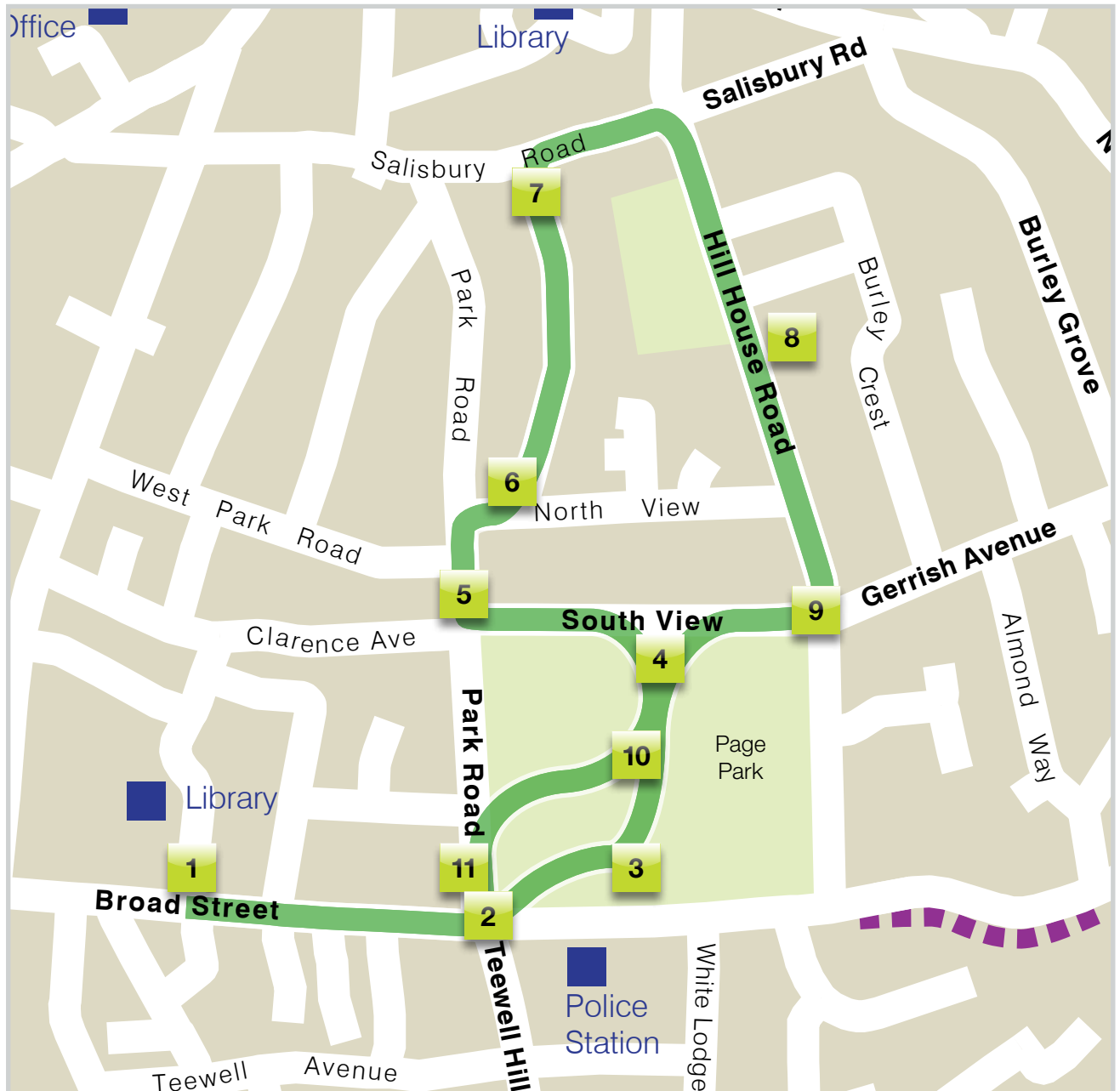


Distance: 1.7 miles / 2.7 km

This is a nice flat walk which wanders through the peaceful Page Park. Stop here to enjoy the local area, have a rest or play some games with your family. Stop off at the park on Hill House Road for a little rest, or to just check out another local park.



Starts and ends at: Staple Hill Library Beaufort Road, Bristol, South Gloucestershire BS16 5LS





Route instructions

- 1** Leave the library and head left on Broad Street.
- 2** At the first set of traffic lights walk across Park Road and walk into the main entrance of the park.
- 3** Continue on the path ahead walking past the garden on the left hand side. Take the next path on the left leading to the middle of the park.
- 4** Walk straight through the park and out the exit straight ahead. Take a left onto South View and follow it to the end.
- 5** Take a right onto Park Road and shortly after, take the first right onto North View.
- 6** Immediately after, cross the road, and take a left onto Chesterfield Road. Follow this road to the end.
- 7** Take a right onto Salisbury Road. Then take the second right onto Hill House Road.
- 8** Follow this road past a park, all the way until it reaches the edge of Page Park.
- 9** Enter the park and walk along the path straight ahead of you on the edge of the park that runs parallel to South View Road.
- 10** Take a left onto the path which cuts through the middle of the park. When you have reached the very centre take a right to walk along the path and out onto Park Road.
- 11** Take a left onto Park Road, following this to the end and take a right onto Broad Street back to the library.

Notes

- This walk is suitable for buggies and individuals with walking aids.
- Lots of cafes on the High Street for you to stop at after the walk for a tea/coffee.

Out and About

Quiet Streets of Staple Hill



Distance: 2.4 miles / 3.9 km

This peaceful walk takes you through the beautiful Page Park and then winds through some quiet streets of Staple Hill.



Starts and ends at: Staple Hill Library Beaufort Road, Bristol, South Gloucestershire BS16 5LS





Route instructions

- 1** Leave library and head left (facing away from the library) onto Broad Street.
- 2** At the traffic lights cross Park Road and continue straight along the road with the Park on your left. Take a left at the front entrance of Page Park and walk straight up through the whole length of the park.
- 3** At the edge of the park take a right on the path and follow this path to the exit at the edge of the park.
- 4** Cross Hill House Road and take a right onto Gerrish Ave.
- 5** When the road ends, take a right onto Burley Grove.
- 6** Take the second left and follow the curved road around.
- 7** When that road ends take the immediate next left onto Hillside Road.
- 8** Keep following Hillside Road and when the road splits, stay to the left to continue on Hillside Road.
- 9** At the end of the road take a left onto Long Road and follow this to the end.
- 10** Here, take a left onto Northcote Road.
- 11** Next, take the first left onto a path (lined with stone wall/fencing). This leads you to Burley Grove. When you reach Burley Grove, take a right and cross the road.
- 12** Next, take the first path on your left (marked with foot path sign) and walk along until the path leads to Burley Crescent. Cross Burley Crescent and walk straight ahead to Burley Ave.
- 13** When Burley Ave ends, straight ahead is a park. (At this point you can take a right and head into the entrance of the park or continue on with the walk). If continuing on with the walk, take a left onto Hill House Road and take the first right onto North View.
- 14** At the end of North View, take a left onto Park Road. Follow this road all the way to the end.
- 15** Lastly, take a right onto Broad Street and walk back to the library.

Notes

- Hillside Road has no pavement so use caution on that road.
- There could be some overgrown bushes on the paths in the summer months.
- Enjoy a drink after your walk at one of the many cafes on Broad Street.

Out and About

Staple Hill Library to Hillfields Park



Distance: 2.6 miles / 4.18 km

This scenic walk takes in some great parts of Staple Hill. Leading you onto some nice paths and to the pretty Hillfields Park.



Starts and ends at: Staple Hill Library Beaufort Road, Bristol, South Gloucestershire BS16 5LS





Route instructions

- 1** Leave the library and (facing road) head right and cross the street at the pedestrian crossing.
- 2** Take a left onto Seymour Road and follow this road along to the end.
- 3** When the road ends, take a left onto Morley Road. Cross the road and immediately there will be two paths on the right, take the second one.
- 4** The path ends and meets up with Gladstone Drive. Start walking along the road and take the first left (staying on Gladstone Drive).
- 5** Gladstone Drive meets up with Gladstone Street. Here cross over Gladstone Street and almost directly in front of you is a path parallel with the park. Follow along this path.
- 6** At the end of the path take a right onto Church Road and follow it to the end.
- 7** Cross over Soundwell Road and head straight over onto Colston Street.
- 8** Continue straight on this road, after a bend in the road, it becomes Ash Grove, a little farther on the road name turns to Market Square.
- 9** Cross over Hillfields Avenue and continue straight to Quadrant E, heading towards the semi-circle.
- 10** When the road curves around to the left (at the semi-circle), take the first right onto Maple Ave.
- 11** Walk straight over the mini roundabout and continue to the end of the road. Take a right onto Quadrant W and follow this semi-circle road to the end.
- 12** Take a left onto Thicket Avenue, cross the road and then take the first right at the youth centre.
- 13** At the point where this road curves to the right, look to the left and there will be a path heading into the park.
- 14** Take this path and head across Hillfields Park.
- 15** At the edge of the park take a right onto Beechen Drive.
- 16** Take the first right onto Gorse Hill, passing over Thicket Ave and continuing straight.
- 17** When you reach Hillfields Avenue take a left and follow this road all the way up to the High Street. This road becomes Acacia Road when you get nearer to the High Street.
- 18** Lastly, take a right onto the High Street and walk back to the library.

Notes

- Cafes on the High Street for a drink after your walk.

Out and About

Staple Hill Library to Rodway Common and Bristol Bath Cycle



Distance: 2.4 miles / 3.8 km

A circular walk starting at Staple Hill Library, passing Page Park, walking to Mangotsfield village, across Rodway Hill Common and onto the Bristol Bath Railway Path before returning to the library.



Starts and ends at: Staple Hill Library Beaufort Road, Bristol, South Gloucestershire BS16 5LS





Route instructions

1 Turn left out of library and walk along Broad Street. Stay on the left hand side, passing Page Park. Continue for about $\frac{3}{4}$ of a mile until you reach Mangotsfield village.

2 Just before the roundabout in Mangotsfield, cross over the road and continue towards roundabout. Turn right at roundabout, down Rodway Hill Road. Walk on right hand side of road.

3 Cross over the end of Manor Road. Head for the Common. Follow signposts for Bristol Bath Railway Path/Rodway Common on the asphalt path at the top edge of the common. Mangotsfield Secondary school is on the opposite side of the road on your left.

Continue on the main path through the common. This turns into a tarmac path. Follow it as it zigzags down the hill.

4 At the bottom of the hill you will meet up with the Railway Path. You will see a big pencil sculpture ahead of you. Turn right.

This is a shared path – be aware of cyclists.

5 When the path starts coming back into Staple Hill there is a wall with mosaics (including Grimsbury Park School mosaic). Pass this and go up the ramp on your right by the metal tree sculpture. Join up with residential road (Signal Road) turn left.

6 Cross over Signal Road and take first turning on the right, White Lodge Road, following blue sign for Staple Hill local shops and Page Park.

7 At the end of White Lodge turn left on Broad Street and head back towards library. Cross over at lights towards Page Park and then cross the next set of lights and continue towards library which will be on your right.

Points of interest

- **Page Park** is an early-20th-century public park laid out to a formal design and bordered by evenly spaced trees. There is a clock tower shelter at the centre of the park, flowerbeds, a bowling green and a tennis court. The park was formerly part of the Hill House estate. It was given to the public in 1909 by A.W. Page.
- **The Bristol & Bath Railway Path** is a 13 mile off road route between the cities of Bristol and Bath. The path is open to walkers and cyclists and access is provided for disabled users. The Path is an integral commuting route, an attractive leisure path and an important wildlife corridor.
- **Mangotsfield** is a large village, mentioned in the Domesday Book in 1086 as Manegodesfelle. St James's Church was originally 13th century but was altered in the 1800's.

Out and About

Staple Hill Library to Railway Path (Staple Hill Tunnel)



Distance: 2.9 miles / 4.6 km

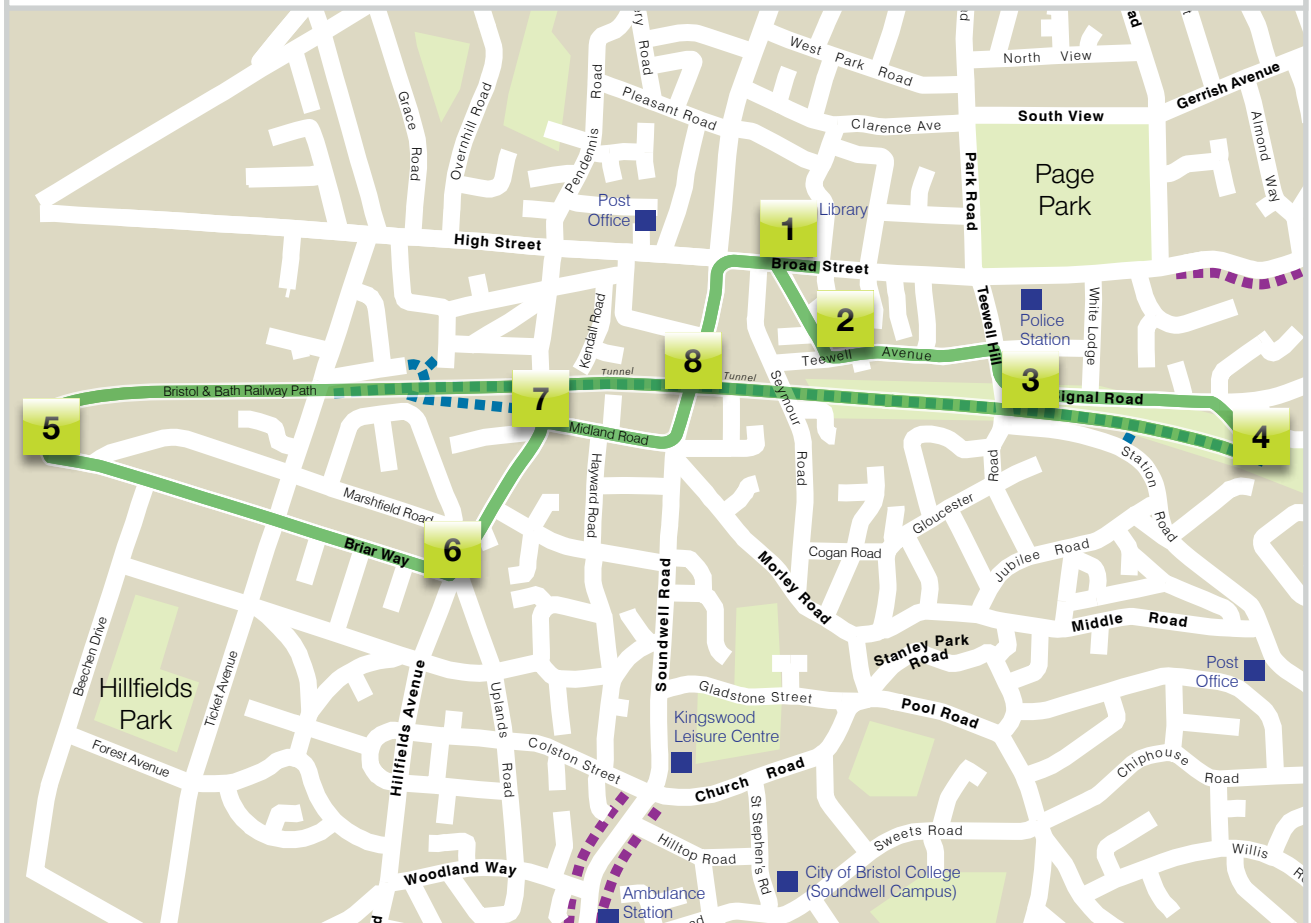
An interesting walk from the library onto the Bristol Bath Railway Path, going through Staple Hill Tunnel before returning along residential roads to the busy High Street and library. You can also extend this walk by looping into Hillfields Park. It's worth noting that the tunnel is lit but visibility can be difficult. It can also be slippery underfoot and the roof drips!



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Points of interest

- **The Bristol & Bath Railway Path** is a 13 mile off road route between the cities of Bristol and Bath. The path is open to walkers and cyclists and access is provided for disabled users. The Path is an integral commuting route, an attractive leisure path and an important wildlife corridor.
- This section, from Mangotsfield to Bristol, was one of the earlier sections, opening in 1835. It used gravity and horses to bring wagons of coal from the mines of the Kingswood area to Bristol harbour. The line was closed in the late 1960's.





Route instructions

1 Exit the library and turn right. Cross over road at pedestrian lights, continue right. Take first left into Bath Street. Stay on left of Bath Street.

2 At the bottom turn left onto Teewell Avenue. Continue to T junction at the end, turn right down Teewell Hill.

3 Take next left into Signal Road. Walk on left of Signal Road. After White Lodge Road (on left) go down ramp on right onto Railway Path.

4 Turn right on cycle track and stay on this for just over a mile.

You will walk through the Staple Hill tunnel which is 0.3 miles long. Beware of cyclists here.

Pass old Staple Hill Station platform. Look out for sculptures.

Go under Thicket Avenue Bridge.

5 Just before the next bridge (after Thicket Avenue) go up the ramp on left and leave the Railway Path. 'Kingswood Leisure Centre' painted on the ground next to barriers. Turn left at the top onto Briar Way. Go over the end of Marshfield Road and stay on Briar Way

(You could make this walk longer by taking the first right into Beechen Drive. Access into the park is narrow. Go into Hillfields Park between house numbers 54 and 52. Go straight through the park where there is a children's play area and basketball court. Join back up with the rest of the walk by coming out of other side, turning left onto Thicket Avenue and right back onto Briar Way.)

6 At crossroads at the end of Briar Way turn left onto Acacia Road.

7 Turn right onto Midland Road. At the end of Midland Road turn left onto Soundwell Road and walk back towards main shopping street of Staple Hill. Cross over Soundwell Road at zebra crossing before reaching the Portcullis Pub.

8 At crossroads turn right into Broad Street. Go past shops. Cross over at pedestrian lights and return to the library on your left.

Notes

- There are public toilets in Page Road (which is a short detour off Soundwell Road before reaching the High Street.
- There are lots of shops and cafes in Staple Hill.

Staple Hill Library to King George V Playing Fields

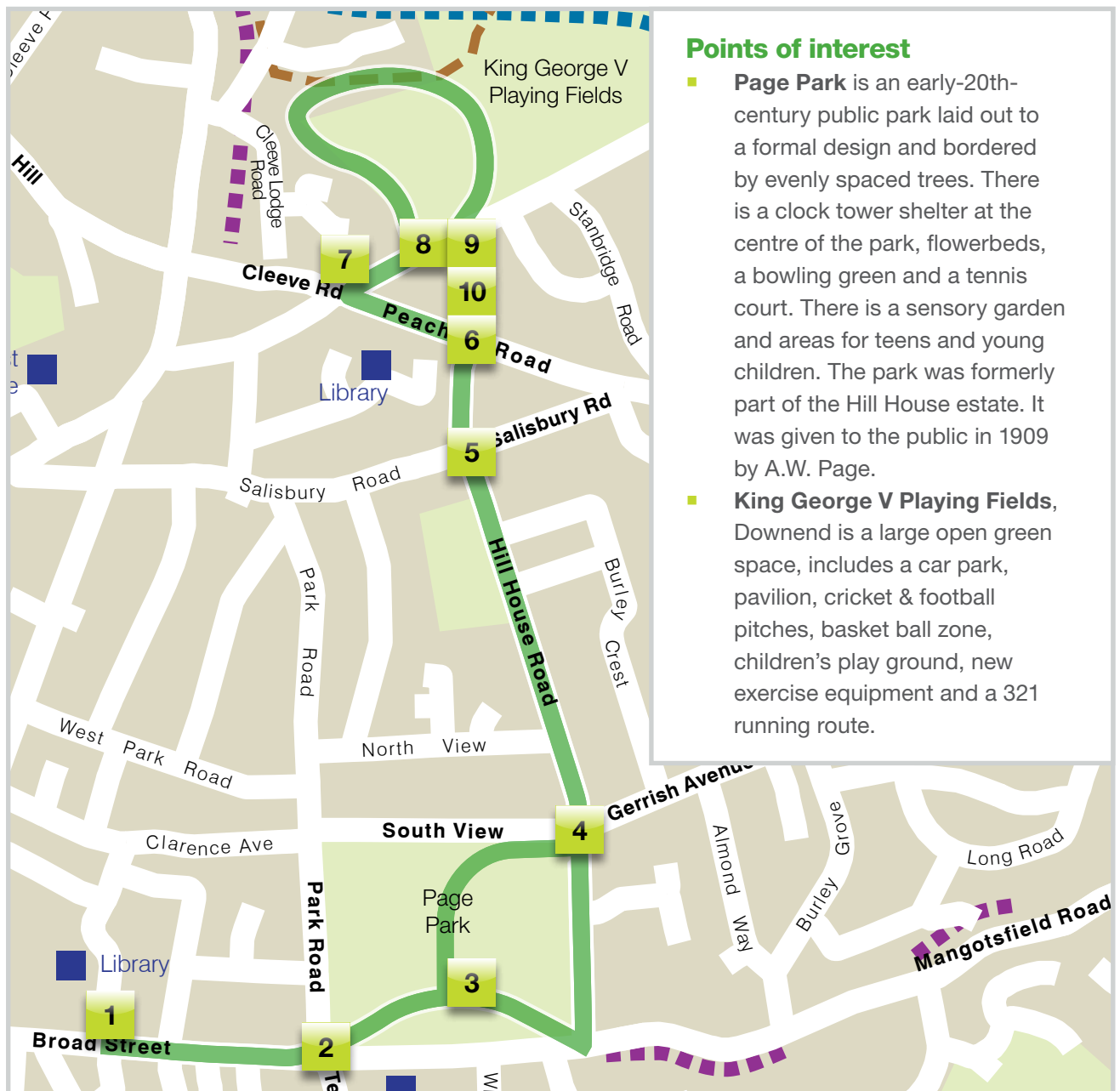


Distance: shorter route: 2.9 miles / 4.2 km

A walk from Staple Hill Library though Page Park, along roads to King George V Playing Fields. Returning on the same route to Page Park and back to the library



Starts and ends at: Staple Hill Library Beaufort Road, Bristol, South Gloucestershire BS16 5LS





Route instructions

1 Exit the library and turn left. Walk along Broad Street.

2 At the crossroads, cross the end of Park Road at the pedestrian lights and into Page Park through the main gates.

Pass the sensory garden on your left.

3 When you reach intersection of paths (by the water fountain) turn left towards the clock tower. Continue on main path towards gates at bottom of park.

Turn right on the path just before the gates and skirt edge of park.

4 Exit Page Park at gate straight ahead and turn left on Hillhouse Road. (You will cross end of South View and see Gerrish Avenue on your right. Stay on this road.

You will pass the Willow Doctors Surgery and Hillhouse Park. This is a lovely green space but no hard paths)

5 At the crossroads cross straight over using dropped kerbs into Longden Road.

6 At the end of Longden Road turn left (Peaches Road). Cross Peaches Road at dropped kerbs, heading towards the double roundabout.

7 At the double roundabout turn right into Westerleigh Road. Cross over at dropped kerb and island.

8 Turn left into King George V Playing Field.

There are two sections of the playing field. You can loop around the first section on the 321 Running route or make your walk longer by looping into the next section.

9 Exit the park through the same gates you entered by.

Return to Page Park by the same route. Cross over Westerleigh Road, Turn right and head back towards the double roundabout. Turn left onto Peaches Road. First right into Longden Road. Straight over crossroads into Hillhouse Road.

10 Continue past the gate where you originally exited the park. Enter Page Park at the next gate on the right.

Turn left and follow path around the edge. (Passing tennis courts, flying fox, table tennis table, teen area) Join back up with original path and exit Page Park through gates you entered by.

Cross end of Park Road and head back to the library on your right.

Notes

- There are public toilets in Page Park. The nearest to King George V are in Westerleigh Road - turn left at the double roundabout, instead of right towards playing fields. Toilets are on the right.
- There are lots of shops and cafes in Staple Hill and Downend.