

# Walks Programme

January to June 2020



Stepping Forward, our programme of longer progression walks, is at the back of this programme.



Supporting you to get active and stay active



Please help us to save paper and the planet by only taking this copy if you don't have access to the internet.



You can download both programmes from:  
[oneyou.southglos.gov.uk/walking](http://oneyou.southglos.gov.uk/walking)

# HOW ARE YOU?

FREE TIPS, APPS AND SUPPORT TO HELP YOU

- EAT WELL
- CHECK YOUR HEALTH
- BE SMOKE FREE
- DRINK LESS
- MOVE MORE
- STRESS LESS



**WELCOME  
to the  
January to June  
2020 walks  
programme**

**It's yet another varied Walking for Health programme, which our amazing volunteer walk leaders keep going week after week, all year round.**

You too can be amazing: new volunteers are always welcome. You don't have to lead a walk, we need volunteers to walk at the back and in the middle, and to help out in other ways.

Our next training course for new volunteers is on 6th March 2020 in Kingswood. Please see our **One You South Gloucestershire** walking pages for details: [www.oneyou.southglos.gov.uk/walking](http://www.oneyou.southglos.gov.uk/walking)  
On the same pages you'll find a pdf of this programme, Stepping Forward walks, buggy walks, promoted walking routes and much more. You can contact us on **01454 865337** or email [oneyou@southglos.gov.uk](mailto:oneyou@southglos.gov.uk)

Please bear in mind that leaders look after the needs of the whole group and can't offer one to one support for individuals.

I'd like to introduce you to Alison and Freya, who are now helping with the coordination of our scheme. You may have met them on a walk already! All three of us enjoy excellent support from Jackie and Cerise in our admin team and of course our friendly and helpful volunteers.

**HAPPY WALKING!**

*Brian*

**Brian Gardner,**  
Team Leader, Healthy Lifestyles,  
South Gloucestershire Council

## Getting to the walks

Please try to travel to the walks by public transport whenever possible. You can plan your journey here:

[travelwest.info/bus/timetables-and-journey-planning](http://travelwest.info/bus/timetables-and-journey-planning)



No specialist equipment is needed for our walks, other than sturdy footwear and rainwear. Please make sure you bring water and a hat, especially in the warmer weather.

## ALL WALKERS WALK AT THEIR OWN RISK

During the briefing at the start of each walk potential hazards are highlighted. We would be very grateful if walkers could pay particular attention to the briefing for their own safety and the safety of others.

Please don't walk if you are feeling unwell.

Please note that all walks are at the leaders' discretion on the day.

## Join us for a FREE buggy walk

*Get some fresh air, meet new friends and explore the area. These walks are perfect for parents, carers and grandparents. After the walk, relax with a cuppa and a chat. No need to book. Just turn up.*

### Lyde Green & Emersons Green

Emersons Green Library,  
Emersons Way BS16 7AP

**1st & 3rd Thursday of the month**

**Set off at 10:00am – see dates below**

**2 & 16 January**

**5 & 19 March**

**2 & 16 April**

**7 & 21 May**

**4 & 18 June**

# How to contact us

**Tel:** 01454 865337

**Email:** [oneyou@southglos.gov.uk](mailto:oneyou@southglos.gov.uk)

**Web:** [oneyou.southglos.gov.uk/walking](http://oneyou.southglos.gov.uk/walking)

**Address:** South Gloucestershire Council, Public Health and Wellbeing division, PO Box 1955, Bristol BS37 0DE

**Facebook:** [www.southglos.gov.uk/facebook](http://www.southglos.gov.uk/facebook)

**Twitter:** @sglosCouncil

All our walks are graded so you can be sure of finding the right walk for you. Look out for the footprint icon at the head of each listing.

## Grading

## Key



### Grade 1 walk

Suitable for people who are looking to be more active, or are returning from injury or illness. Walks are on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles. Walks last around 30 mins but can be extended on the day if the walkers wish.



### Grade 2 walk

Suitable for people who are looking to increase their activity levels. Walks are between 30 - 60 mins and may include some moderate slopes, steps, uneven surfaces and possibly stiles.



### Grade 3 walk

For people looking for more challenging walks and increasing their level of physical activity. Walks are generally 60 - 90 mins and may include steeper slopes, steps, uneven surfaces and stiles.



### Stepping Forward (progression walks)

This symbol indicates that a walk is more strenuous and over 90 mins in length. When it appears within a Walking For Health listing it indicates that there is a progression walk – listed in the Stepping Forward section – available alongside the shorter walk.



Toilets



Refreshments available



Uneven ground



Steps



Stiles



May be muddy



Inclines



Wheelchair friendly



Rest opportunities



Buggy friendly



No dogs please

**Dogs are welcome unless otherwise stated. Please keep them on a lead.**

# MEET OUR GROUPS

Each walking group offers something slightly different. This tells you a little more about them. Look out for their initials at the head of each listing.

## Regular Walks

The following walks always start at the same time and place. They don't appear in the listings so if you would like to join in please take a note of the dates.

### BBRP



#### Bristol & Bath Railway Path

Alternate Tuesdays

11:00am – see dates below

Starting from either Bitton Station or Warmley Station, the beauty of this walk is that it is 'there and back again' on the flat Railway Path so walkers can go as far as they feel able before returning to the cafe.

#### Bitton

Avon Valley Railway. Bitton Station, Bath Road, Bitton BS30 6HD

#### Warmley

Parking available for walkers at Warmley Forest Visitor Centre. 3a London Road, Warmley BS30 5JB

**7 January**

**21 Jan**

**4 Feb**

**18 Feb**

**3 March**

**17 March**

**31 March**

**14 April**

**28 April**

**12 May**

**26 May**

**9 June**

**23 June**

**Bitton**

**Bitton**

**Bitton**

**Bitton**

**Bitton**

**Bitton**

**Bitton**

**Warmley**

**Bitton**

**Warmley**

**Bitton**

**Warmley**

**Bitton**

### CSRFC



#### Chipping Sodbury Rugby Club

Every 2nd & 4th Tuesday of the month

11:00am – see dates below

This gentle grade 1 walk is ideal for people who are new or returning to exercise. Walk for as long as you like at your own pace, around the flat, easy access hard track. The route is 1.5km and takes around 30 mins at an easy pace. (Toilets and refreshments available at nearby high street or supermarket)

Chipping Sodbury Rugby Club, Wickwar Road, Chipping Sodbury BS37 6BH

**14 & 28 January**

**11 & 25 February**

**10 & 24 March**

**14 & 28 April**

**12 & 26 May**

**9 & 23 June**



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**KM**

## Kingsmeadow @ Made for Ever

1st Wednesday of the month

10:30am – see dates below

Up to 2 miles / 60 minutes

Ideal for people who are new or returning to walking.

Kingsmeadow @ Made Forever,  
Fisher Road, Kingswood BS15 4RQ

**8 January**

**5 February**

**4 March**

**1 April**

**6 May**

**3 June**

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**F**

## Filton Nutfield House

Every other Thursday

2pm – see dates below

Up to 1 mile

Fortnightly walks, ideal for people who are new or returning after a long absence. The walk starts and finishes at Nutfield House, Nutfield Grove in Filton. The walk is at 2pm every other Thursday and is up to one mile in length.

Nutfield House, Nutfield Grove, Filton  
BS34 7LJ

**9 & 23 January**

**6 & 20 February**

**5 & 19 March**

**9 & 23 April**

**7 & 21 May**

**11 & 25 June**

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**PP**

## Page Park

Every Tuesday

10:30am

Every Friday

10:45am

Go at your own pace. Also suitable for people with walking aids. After the walk enjoy a cuppa and a chat.

Clock Tower, Page Park, Staple Hill



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**FC**

**Frampton Cotterell  
Walking for Health  
and/or  
Stepping Forward  
monthly walks**

 **Tuesdays**


 **10:30am**

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**FPS**

**Filton, Patchway and Stokes  
Walking for Health  
weekly walks:**

 **Thursdays**

 **11:00am**

**Stepping Forward  
weekly walks:**

 **Mondays**

 **11:00am**

If you need to contact this group for more information please ring **07724 627107**.

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**KC**

**Kings Chase  
Walking for Health  
weekly walks:**

 **Wednesdays or Thursdays**

 **2:00pm**

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**SYD**

**Sodbury, Yate and Dodington  
Walking for Health  
and/or  
Stepping Forward  
weekly walks:**

 **Fridays**

 **10:30am**

If you need to contact this group for more information please ring **07724 627104**.

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**T**

**Thornbury  
Stepping Forward  
weekly walks**

(see back of this booklet):

 **Fridays**

 **11:00am**





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**FPS**

## Bradley Stoke Reserve Thursday 2 January

2 miles / 50 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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**SYD**

## Riverside, behind Pets at Home Friday 3 January

2-3 miles / 60-90 minutes

10:30am

1, Riverside Retail Park, Link Rd, Yate, Bristol, BS37 4AY

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**FC**

## Frampton End Stroll Tuesday 7 January

2 miles / 60 minutes

10:30am

Opposite café, Church Rd, Frampton Cotterell, BS36 2JX

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**KC**

## Lovells Loop Wednesday 8 January

3 miles / 60 minutes

2:00pm

Under Clock Tower, Page Park, Staple Hill, BS16 5PJ

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**FPS**

## Through the woods Thursday 9 January

1.9 miles / 45 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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**FPS**

## Down by the Leisure Centre Thursday 16 January

1.8 miles / 45 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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KC



## Leap Valley Thursday 16 January

3 miles / 60 minutes

2:00pm

Badminton Gardens, Beaufort Road,  
Downend, BS16 6SG

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KC



## Eastville Park Wednesday 22 January

2.5 miles / 50 minutes

2:00pm

Snuff Mills Car Park, Broomhill Road,  
Stapleton, BS16 1DL

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FPS



## Abbeywood and Splatts Wood Thursday 23 January

1.9 miles / 45 minutes

11:00am

Opposite side of car park to store  
entrance, Sainsbury's, Fox Den Road,  
Stoke Gifford, Bristol, BS34 8SS

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SYD



## Sunnyside, Pavilion Car Park Friday 24 January

2-3 miles / 60-90 minutes

10:30am

Moorland Road, Yate, BS37 4BX

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FPS



## Over Primrose Bridge Thursday 30 January

1.4 miles / 35 minutes

11:00am

Opposite bus stop outside Domino's,  
The Willow Brook Centre (Tesco),  
Savages Wood Road, Bradley Stoke,  
Bristol, BS32 8BS

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FC



## Crocuses & Duck Pond Tuesday 4 February

2 miles / 60 minutes

10:30am

Miners Village Hall, Badminton Rd,  
Coalpit Heath, BS36 2QB

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KC



## St Anne's Wednesday 5 February

3 miles / 60 minutes

2:00pm

Longwell Green Scout Hut,  
Shellards Road, BS30 9DU

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FPS



## BBP and UWE Thursday 6 February

2.2 miles / 60 minutes

11:00am

Opposite side of car park to store  
entrance, Sainsbury's, Fox Den Road,  
Stoke Gifford, Bristol, BS34 8SS

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SYD



## The Lawns, Church Rd, Yate Friday 7 February

2-3 miles / 60-90 minutes

10:30am

The Lawns, Church Rd, Yate, Bristol,  
BS37 5BG

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KC



## Bitton Rural Wednesday 12 February

3 miles / 60 minutes

2:00pm

Bitton Railway Station, Bath Road,  
BS30 6HD

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FPS



## The Stokes Circuit Thursday 13 February

2.5 miles / 60 minutes

11:00am

Opposite bus stop outside Domino's,  
The Willow Brook Centre (Tesco),  
Savages Wood Road, Bradley Stoke,  
Bristol, BS32 8BS

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FPS



## Harry Gifford Thursday 20 February

2 miles / 45 minutes

11:00am

Opposite side of car park to store  
entrance, Sainsbury's, Fox Den Road,  
Stoke Gifford, Bristol, BS34 8SS

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**FPS**

## Through Jubilee Green Thursday 27 February

1.6 miles / 40 minutes

11:00am

Opposite bus stop outside Domino's,  
The Willow Brook Centre (Tesco),  
Savages Wood Road, Bradley Stoke,  
Bristol, BS32 8BS

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**KC**

## Oldland Halt Thursday 27 February

2.5 miles / 50 minutes

2:00pm

The Batch, 8 Park Road,  
Cadbury Heath, BS30 8EB

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**SYD**

## St Nicholas Family Centre Friday 28 February

2-3 miles / 60-90 minutes

10:30am

Chargrove, Yate, Bristol, BS37 4LG

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**FC**

## Bury Lanes & Woods Tuesday 3 March

1.8 miles / 60 minutes

10:30am

Golden Heart, Down Road,  
off A432 Kendleshire, BS36 1AU

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**KC**

## The Panorama Walk Wednesday 4 March

3 miles / 60 minutes

2:00pm

Methodist Church, Chapel Road,  
Hanham, BS15 8SD

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**FPS**

## Patchway Thursday 5 March

1.8 miles / 45 minutes

11:00am

Coniston Community Centre,  
Coniston Rd, Patchway, BS34 5LP.  
Park in long-stay area by GP surgery.

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**FPS**

## Bradley Stoke Reserve Thursday 12 March

2 miles / 50 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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**KC**

## Emersons Green Thursday 12 March

3 miles / 60 minutes

2:00pm

Emersons Green Library, Emerson Way, BS16 7AP

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**KC**

## Bitton/Willsbridge Wednesday 18 March

3 miles / 60 minutes

2:00pm

Bitton Railway Station, Bath Road, BS30 6HD

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**FPS**

## Through the Woods Thursday 19 March

1.9 miles / 45 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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**FPS**

## Down by the Leisure Centre Thursday 26 March

1.8 miles / 45 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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**KC**

## Bridgegate Wednesday 1 April

3 miles / 60 minutes

2:00pm

Warmley Clock Tower, Tower Road North, BS30 8XU (Hot Cross Bun Walk)

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FPS



## Abbeywood and Splatts Wood Thursday 2 April

1.9 miles / 45 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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SYD



## Sunnyside, Pavilion Car Park Friday 3 April

2-3 miles / 60-90 minutes

10:30am

Moorland Road, Yate, BS37 4BX

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FC



## Daffs, Glebe & Park Tuesday 7 April

1.5 miles / 45 minutes

10:30am

St Peter's Church, Church Rd, Frampton Cotterell, BS36 2AB

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FPS



## Over Primrose Bridge Thursday 9 April

1.4 miles / 35 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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FPS



## BBP and UWE Thursday 16 April

2.2 miles / 60 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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KC



## SBL, Esther's Café Thursday 16 April

2.5 miles / 50 minutes

2.00pm

Sir Bernard Lovell School, North Street, Oldland Common, BS30 8TS

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**KC**

## Castle Farm Wednesday 22 April

3 miles / 60 minutes

2:00pm

Castle Farm Car Park, Castle Farm Road, Hanham, BS15 3NN (Tea at Kift Lodge)

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**FPS**

## The Stokes Circuit Thursday 23 April

2.5 miles / 60 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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**SYD**

## The Pop Inn, Yate Shopping Centre Friday 24 April

2-3 miles / 60-90 minutes

10:30am

West Walk, Shopping Centre, Yate, Bristol, BS37 4AX

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**FPS**

## Harry Gifford Thursday 30 April

2 miles / 45 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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**FC**

## Half Moon country stroll Tuesday 5 May

2 miles / 60 minutes

10:30am

Badminton Arms, Badminton Rd, Coalpit Heath, BS36 2KJ

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**FPS**

## Through Jubilee Green Thursday 7 May

1.6 miles / 40 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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KC



## Golden Valley Thursday 7 May

3 miles / 60 minutes

2:00pm

Wick Village Hall, Manor Road, Wick,  
BS30 5RG

SYD



## The Lawns, Church Rd Friday 15 May

2-3 miles / 60-90 minutes

10:30am

The Lawns, Church Rd, Yate, Bristol,  
BS37 5BG

KC



## Cock Road Ridge Wednesday 13 May

3 miles / 60 minutes

2:00pm

Asda Car Park, Craven Way,  
Longwell Green, BS30 7DY

KC



## Warmley Forest Wednesday 20 May

3 miles / 60 minutes

2:00pm

Warmley Forest Visitor Centre,  
High Street, Warmley, BS30 5JL

FPS



## Severn Beach Thursday 14 May

1.8 miles / 55 minutes

11:00am

Outside the Shops, Beach Road,  
Severn Beach, BS35 4PQ

FPS



## Bradley Stoke Reserve Thursday 21 May

2 miles / 50 minutes

11:00am

Opposite bus stop outside Domino's,  
The Willow Brook Centre (Tesco),  
Savages Wood Road, Bradley Stoke,  
Bristol, BS32 8BS



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**FPS**

## Through the woods Thursday 28 May

1.9 miles / 45 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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**FC**

## Wild Flower Meadow Tuesday 2 June

1.6 miles / 60 minutes

10:30am

The New Inn, Badminton Rd, Mays Hill, BS36 2NT

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**KC**

## Bitton/Keynsham Wednesday 3 June

3.5 miles / 80 minutes

2:00pm

Bitton Railway Station, Bath Road, BS30 6HD

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**FPS**

## Down by the leisure centre Thursday 4 June

1.8 miles / 45 minutes

11:00am

Opposite bus stop outside Domino's, The Willow Brook Centre (Tesco), Savages Wood Road, Bradley Stoke, Bristol, BS32 8BS

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**SYD**

## St Nicholas Family Centre Friday 5 June

2-3 miles / 60-90 minutes

10:30am

Chargrove, Yate, BS37 4LG

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**FPS**

## Abbeywood and Splatts Wood Thursday 11 June

1.9 miles / 45 minutes

11:00am

Opposite side of car park to store entrance, Sainsbury's, Fox Den Road, Stoke Gifford, Bristol, BS34 8SS

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**KC**



## Doynton Thursday 11 June

2.5 miles / 50 minutes

2:00pm

Doynton Village Hall, Tog Hill Lane,  
Doynton BS30 5SY (Cream Tea Walk)

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**KC**



## Swineford Wednesday 17 June

3.5 miles / 80 minutes

2:00pm

Swineford Picnic Area, Bath Road,  
BS30 6LN

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**FPS**



## Over Primrose Bridge Thursday 18 June

1.4 miles / 35 minutes

11:00am

Opposite bus stop outside Domino's,  
The Willow Brook Centre (Tesco),  
Savages Wood Road, Bradley Stoke,  
Bristol, BS32 8BS

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**FPS**



## BBP and UWE Thursday 25 June

2.2 miles / 60 minutes

11:00am

Opposite side of car park to store  
entrance, Sainsbury's, Fox Den Road,  
Stoke Gifford, Bristol, BS34 8SS

