**Alternative local walking options**

The following walks are not delivered through South Gloucestershire Council or Age UK South Gloucestershire. **Please contact the named organisation for more details before attending a walk.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Walk and organisation name** | **Further details - weblink** | **Location** | **Description** |
| **Friend of Siston Common – Walk on Siston Common** | [Walk on Siston Common - Nature Health West](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.naturehealthwest.org.uk%2Fproject%2Fwalk-on-siston-common%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410465599%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=z9NUBmZPxDAMet1yj124DfJYPYVo3S98pc20sIkTFyw%3D&reserved=0) | Siston Common | A gentle walk on Siston Common which is wheelchair friendly to observe the rich biodiversity of the Common. Thursdays 1pm. Join anytime. |
| **Bristol Steppin Sistas - Walking for health and well-being** | [Walking for health and well-being - Nature Health West](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.naturehealthwest.org.uk%2Fproject%2Fwalking-for-health-and-well-being%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410492106%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=nYnhFj37SuC78KAUUkCLrv8EV5lvhdT7HRpGb1QdG3k%3D&reserved=0) | Various locations across Bristol and the South West | Walking groups for women and men over 18. The walks help motivate women and men of colour to visit places they would not have ventured. Walks happen four times a month and are advertised on Eventbrite. |
| **Nordic Walking Wellness Programme**  **Let's Walk Bristol CIC** | [Nordic Walking Wellness Programme - Nature Health West](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.naturehealthwest.org.uk%2Fproject%2Fnordic-walking-wellness-programme-2%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410508361%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=fVMmOqV5T8tEIZzwbITUNBMdw8QGYACDdJR5IXyjF9g%3D&reserved=0) | Page Park (Monday 10-11am) | Combination of Nordic walking and nature connection activities to support people’s mental and physical health. Nordic walking is a fun, easy group outdoor activity based on regular walking. Classes are led by qualified instructors and are suitable for most fitness levels. |
| **Juice Community project – Walking group** | [Activities | Juice CIC](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.juicecic.com%2Factivities&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410549317%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=eG4wcPxS%2B6QWpnH51pD8FyB%2Fpbcfc86Jl9Fg7xzdMjg%3D&reserved=0) | Juice Community Project, Cadbury Heath | Walking Group Monday, Wednesday and Thursday. Open to all ages and abilities. |
| **Kingsmeadow at Madeforever – Walking for health** | [Walking for Health – Kingsmeadow@MadeForever](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkingsmeadowmade4ever.org.uk%2Four-services%2Factivities%2Fweekly-health-walks%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410564805%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=UdWLQHMPHoHdKNt4N1b4k14je5xaz5niUows%2Fi5o%2F84%3D&reserved=0) | Kingsmeadow at Madeforever, Kingswood | Please contact for details. |
| **Friends of Troopers Hill – Wellbeing Walks** | [St George Strollers](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.troopers-hill.org.uk%2Fstrollers%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410580344%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bZnMHvBxPptfKdKutOeAqV3WmkriFNzY%2F4hYPX7j%2FB8%3D&reserved=0) | St George and the surrounding areas | Walks are open to all and everyone is welcome. |
| **Lockleaze Neighbourhood Trust – wellbeing walks** | [Wellbeing Walks - about — Lockleaze Neighbourhood Trust](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lockleazehub.org.uk%2Fwellbeing-walks-about&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410609073%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=VkYX07N7qxKVGjfEO7f8F3NjaoNx1ap1FPSxG%2BgZgpo%3D&reserved=0) – | Lockleaze | Women's only walks through Stoke Park |
| **Brunel Walking Group (part of the Ramblers Charity)** | [Brunel walking group - Walking group for people in the Bristol and Bath area](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbrunelwalking.org.uk%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410624921%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=1hPVOm2JepaeUa0TRuaLe3iI9XSdb6e8A6HauJJff2U%3D&reserved=0) | Various locations. | Social walks for those aged 20-50yrs. |
| **Carers Support Bristol and South Gloucestershire – Walk and Talk** | [Walk and Talk - Carers Support Bristol and South Gloucestershire](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersbsg.org.uk%2Four-support-services%2Fwalk-and-talk&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410641138%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=HYbmShtHLH3lzYeXXUZRg3Xz8mZzxT5nN%2FzwK6uugdA%3D&reserved=0) | Various locations. | Walks for Carers. One of our friendly support workers will lead the walk, offer a listening ear and provide information to support you in your caring role. |
| **Friends of Kingswood Park – Walking** | [Facebook](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fphoto%2F%3Ffbid%3D956079870019740%26set%3Da.488859136741818&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410656348%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=UeboLsZlrf16TGJL02yn00Kqds09d4PVszldP%2F1jQa4%3D&reserved=0) | Kingswood Park | Programme of free health and wellbeing activities in Kingswood Park over the spring and summer. |
| **Forest of Avon – Dementia Group (Woodland Wellbeing)** | [Woodland Wellbeing - Nature Health West](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.naturehealthwest.org.uk%2Fproject%2Fwoodland-wellbeing-2%2F&data=05%7C02%7CJoanna.Goodred%40southglos.gov.uk%7Cf3d317f527244386d65408dd6d2ee6ab%7C64b09e5287ad46be97d2d96dd06f3ad4%7C0%7C0%7C638786770410683094%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=99rywyoBLSUO%2FSYJthyPRBNRZGu1bR5l%2FANfrMPXMJg%3D&reserved=0) | Brimsham Park, yate | Woodland Wellbeing is an opportunity for people with dementia and those who support them, to enjoy time together in the relaxing environment of a local woodland. We offer short walks, foraging, art or crafts or simply listening to the birds. Wednesdays fortnightly 10.30-12.30. Join anytime. |