

Stepping forward

January – June 2019

'It's the people who make it very enjoyable' Walker, Sodbury, Yate & Dodington group

'I've met some fantastic people on these walks. A group of us go out for the day once a month, we've walked to the highest point of the Mendips.'

Sam, Walker - various groups

'I like getting out in the countryside, finding places that you didn't even know existed.'

Rosalind, Walker
- Sodbury, Yate & Dodington Group

For further information visit: www.southglos.gov.uk/walking
Please see the front of this leaflet for the **Walking for Health** programme of **shorter walks**.

www.southglos.gov.uk

Welcome to our January – June 2019 Stepping Forward Programme

I've enjoyed taking part in Stepping Forward walks recently and having a good old chat with walkers and leaders. It's great that Stepping Forward walks not only keep people walking but also keep people healthy - socially and mentally. You can read some of their stories on the cover.

Our Stepping Forward walk leaders are all trained to be aware of hazards and to keep an eye on the pace and needs of the whole group, but please be aware that you walk at your own risk. These walks are perfect for people who prefer something slightly longer and more strenuous than our Walking for Health walks. Most of the walks are between three and four miles and take between ninety minutes and two hours. No specialist equipment is needed apart from sturdy footwear and rainwear. Please remember a hat and water, especially in warmer weather.

Happy walking

Brian

Brian Gardner, Active Lifestyles Team Leader,
South Gloucestershire Council



Please don't walk if you are feeling unwell.

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



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

Two of the groups have a mobile phone for you to contact to check if a walk is still happening despite adverse weather or if you require more details. There's no need to let organisers know if you can't make it.

FPS

Filton/Patchway/Stokes **07724 627107**

SYD

Sodbury/Yate/Dodington **07724 627104**

For information about the symbols, please see the front of our Walking for Health programme. This will tell you about each group and whether to expect stiles, muddy ground or inclines, for instance. There is usually somewhere to go for refreshments after the walk. Dogs are welcome unless otherwise stated, but please keep them on a lead and be mindful of walkers who are less keen on dogs.

T



Friday 4 January

Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd,
Alveston BS35 3LL

P Parking available in pub car park.

*toilets and refreshments available after
the walk.*

FPS



Monday 7 January

Severn Beach

4 miles

11am

Shops on Beach Road, Severn Beach
BS35 4PQ

FC



Tuesday 8 January

Ram Hill Lanes and Lake

3.5 miles

10.30am

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

P Park on right in car park or side
road if not using hall.

*Pretty paths, country lanes and
Dramway. Buggy diversion to avoid stile.*

SYD



Friday 11 January

Shire Way

3-4 miles

10.30am

Shire Way Community Centre,
Shire Way, Yate BS37 8YS

*Centre has its own car park.
Please remove muddy shoes after
walk as the hall is carpeted.*

T



Friday 11 January

Tytherington

4 miles

11am

The Swan Inn at Tytherington,
Duck Street GL12 8QB

Refreshments available after the walk.

FPS



Monday 14 January

Stoke Gifford

3.5 miles

11am

Sainsbury's superstore car park,
Fox Den Road, Stoke Gifford BS34 8SS

SYD



Friday 18 January

Chipping Sodbury RFC Walk

3-4 miles

10.30am

Chipping Sodbury Rugby Club,
Chipping Sodbury BS37 6BH

T



Friday 18 January

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB

FPS



Monday 21 January

Snuff Mills

3 miles

11am

Snuff Mills Car Park, River View,
off Broomhill Road, Stapleton BS16 1DL

FC



Wed 23 January

Frome Valley & Algars Manor

3 miles

10.30am

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

P **Park in Mill Lane**
(when full, use pub car park).

*Delightful river scenery, woods &
fields. Coffee & cake: suggested
minimum donation £1.50*

T



Friday 25 January

Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd,
Alveston BS35 3LL

P **Parking available in pub car park.**

Refreshments available after the walk.

FPS



Monday 28 January

Stoke Gifford

3.5 miles

11am

Sainsbury's superstore car park,
Fox Den Road, Stoke Gifford, BS34 8SS

SYD



Friday 1 February

The Fox

3-4 miles

10.30am

The Fox, Broad Lane, Yate BS37 7LD

T



Friday 1 February

Oldbury on Severn

4 miles

11am

The Anchor Inn, Church Road,
Oldbury on Severn BS35 1QA

Refreshments available after the walk.

FPS



Monday 4 February

Bradley Stoke

3.5 miles

11am

Bradley Stoke Leisure Centre, Fiddlers
Wood Lane, Bradley Stoke, BS32 9BS

SYD



Friday 8 February

Brimsham Park

3-4 miles

10.30am

Brimsham Park Pub, Lark Rise,
Yate BS37 7PJ

T



Friday 8 February

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB

FPS



Monday 11 February

Almondsbury

3 miles

11am

Lower Knowle Farmyard, Monmouth Hill,
Lower Almondsbury BS32 4ES

*The farmyard is easy to miss but is close
to some large conifers on the right.*

FC



Tuesday 12 February

Crocuses & Blackberry Brake

3.1 miles

10.30am

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

P Park on right in car park or side
road if not using hall.

*Attractive fields, pretty ponds, country
lanes.*

T



Friday 15 February

Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd,
Alveston BS35 3LL

P Parking available in pub car park.

Refreshments available after the walk

FPS



Monday 18 February

Winterbourne

3.5 miles

11am

The Shops at Flaxpits Lane,
Winterbourne BS36 1JY

SYD



Friday 22 February

Westerleigh

3-4 miles

10.30am

Westerleigh Village Hall, Shorthill Road,
Westerleigh BS37 8QN

T



Friday 22 February

Old Down

4 miles

11am

Old Down Cricket Club, Olveston Sports
and Social Club, Alveston Road,
Old Down BS32 4PH

FPS



Monday 25 February

Lockleaze

3.5 miles

11am

Top of Lindsay Road, Lockleaze BS7 9NN

FC

Tuesday 26 February

Window Art Trail

3 miles**10.30am**

Opposite Ginger Bread Man Café,
Church Rd, Frampton Cotterell
BS36 2JX

P Park in side road

*Fascinating meander in historical
Frampton village with a chance to find
beautifully decorated windows. Expect
to take longer to gaze & photograph.*

SYD

Friday 1 March

The Rose and Crown

3-4 miles**10.30am**

The Rose and Crown, Wotton Road,
Rangeworthy BS37 7NB

T

Friday 1 March

Thornbury

4 miles**11am**

Thornbury Leisure Centre Car Park,
Alveston Hill, BS35 3JB

FPS

Monday 4 March

Easter Compton

4.4 miles**11am**

Easter Compton Farm Shop,
Main Road, Easter Compton BS35 5RE

T

Friday 8 March

Oldbury on Severn

4 miles**11am**

The Anchor Inn, Church Road,
Oldbury on Severn BS35 1QA

Refreshments available after the walk

FPS

Monday 11 March

Snuff Mills

3.5 miles**11am**

Snuff Mills Car Park, River View,
off Broomhill Road, Stapleton BS16 1DL

FC

Wednesday 13 March

Tubb's Bottom

4 miles**10.30am**

Opposite Gingerbread Man Café,
Church Road, Frampton Cotterell
BS36 2JX

P Park in side road

*Delightful walk, includes fields and
River Frome beside Chill Wood*

SYD

Friday 15 March

Chipping Sodbury RFC Walk

3-4 miles**10.30am**

Chipping Sodbury Rugby Club,
Chipping Sodbury, BS37 6BH

T

Friday 15 March

Alveston

4 miles**11am**

Outside The Ship Inn, Thornbury Rd,
Alveston, BS35 3LL.

P Parking available in pub car park.

Refreshments available after the walk.

FPS

Monday 18 March

Stoke Gifford

3.5 miles**11am**

Sainsbury's superstore car park,
Fox Den Road, Stoke Gifford BS34 8SS

SYD

Friday 22 March

The Codrington Arms

3-4 miles**10.30am**

The Codrington Arms, 261 North Road,
Yate BS37 7LG

T

Friday 22 March

Thornbury

4 miles**11am**

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB

FPS



Monday 25 March

Filton

3 miles

11am

Filton Leisure Centre, Elm Park, Filton
BS34 7PS

FC



Tuesday 26 March

Daffodils beside the Frome

3.5 miles

10.30am

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

P Park in Mill Lane (when full, use pub
car park).

*Enjoyable Frome Valley Walkway.
Mostly flat.*

*Coffee & Cake:
suggested minimum donation £1.50*

SYD



Friday 29 March

Chipping Sodbury RFC Walk

3-4 miles

10.30am

Chipping Sodbury Rugby Club,
Chipping Sodbury BS37 6BH

T



Friday 29 March

Old Down

4 miles

11am

Old Down Cricket Club,
Olveston Sports and Social Club,
Alveston Road, Old Down BS32 4PH

FPS



Monday 1 April

Patchway

3.5 miles

11am

Coniston Community Centre,
Coniston Road BS34 5LP

T



Friday 5 April

Tytherington

4 miles

11am

The Swan Inn at Tytherington,
Duck Street, GL12 8QB

Refreshments available after the walk

FPS



Monday 8 April

Bradley Stoke

4 miles

11am

Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke BS32 9BS

FC



Wednesday 10 April

Nightingale to Huckford

4 miles

10.30am

Live & Let Live, Park Lane, Frampton Cotterell BS36 2EF

Popular section of Frome Valley Walkway. Steep steps. Please NO DOGS due to cattle

SYD



Friday 12 April

Brimsham Park

3-4 miles

10.30am

Brimsham Park Pub, Lark Rise, Yate BS37 7PJ

T



Friday 12 April

Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd, Alveston BS35 3LL

P Parking available in pub car park.

Refreshments available after the walk

FPS



Monday 15 April

Stoke Gifford

4.6 miles

11am

Sainsbury's superstore car park, Fox Den Road, Stoke Gifford BS34 8SS

FPS



Monday 22 April

Hambrook

4.5 miles

11am

Hambrook Primary School, Moorend Road, Hambrook BS16 1SJ

FC



Tuesday 23 April

Bluebell Woods & Frog Lane

3.5 miles

10.30am

Badminton Arms, Badminton Road
Coalpit Health BS36 2KJ

P Park in Woodside Rd if not using pub

*St Georges Day rural walk includes
picturesque old railway track.
Please NO DOGS due to cattle.*

T



Friday 26 April

Tortworth

4 miles

11am

Tortworth Farm Shop, Box Walk,
Wotton-Under-Edge GL12 8HF

P Please park in carpark on right
before shop car park.

Refreshments available after the walk

FPS



Monday 29 April

Easter Compton

4.5 miles

11am

Easter Compton Farm Shop, Main
Road, Easter Compton BS35 5RE

SYD



Friday 3 May

Shire Way

3-4 miles

10.30am

Shire Way Community Centre,
Shire Way, Yate BS37 8YS.

P Centre has its own car park.

*Please remove muddy shoes after
walk as the hall is carpeted.*

T



Friday 3 May

Thornbury

4 miles

11am

Thornbury Leisure Centre car park,
Alveston Hill BS35 3JB

FPS



Monday 6 May

Stoke Gifford

4 miles

11am

Sainsbury's superstore car park,
Fox Den Road, Stoke Gifford BS34 8SS

FC

Wednesday 8 May

Mayshill fields and lanes

3 miles**10.30am**

Opposite Gingerbread Man Café,
Church Rd, Frampton Cotterell
BS36 2JX

P Park in side roads

Great rural walk via Mayshill hamlet.

SYD

Friday 10 May

The Fox

3-4 miles**10.30am**

The Fox, Broad Lane, Yate BS37 7LD

T

Friday 10 May

Oldbury on Severn

4 miles**11am**

The Anchor Inn, Church Road,
Oldbury on Severn BS35 1QA

Refreshments available after the walk.

FPS

Monday 13 May

Blaise Castle

3.5 miles**11am**

Main car park off Kings Weston Road,
Lawrence Weston BS10 7QS

T

Friday 17 May

Alveston

4 miles**11am**

Outside The Ship Inn, Thornbury Rd,
Alveston BS35 3LL

P Parking available in pub car park.

Refreshments available after the walk

FPS

Monday 20 May

Patchway

2.5 miles**11am**

Coniston Community Centre, Coniston
Road BS34 5LP

FC



Tuesday 21 May

Monks Pool

3.5 miles

10.30am

The Swan, Winterbourne BS36 1RW

P Park in side road if not using pub

Delightful riverside Nature Reserve, woods, fields and paths.

SYD



Friday 24 May

Westerleigh

3-4 miles

10.30am

Westerleigh Village Hall, Shorthill Road,
Westerleigh BS37 8QN

T



Friday 24 May

Tytherington

4 miles

11am

The Swan Inn at Tytherington,
Duck Street GL12 8QB

Refreshments available after the walk.

FPS



Monday 27 May

Stoke Gifford

3.5 miles

11am

Sainsbury's superstore car park,
Fox Den Road, Stoke Gifford BS34 8SS

T



Friday 31 May

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB

SYD



Friday 31 May

Rose and Crown

3-4 miles

10.30am

Rose and Crown, Parkfield Road,
Pucklechurch BS16 9PS

FPS

Monday 3 June

Snuff Mills

3.5 miles**11am**

Snuff Mills Car Park, River View,
off Broomhill Road, Stapleton BS16 1DL

FC

Tuesday 4 June

Wild flower Meadow

3.7 miles**10.30am**

The New Inn, Badminton Road,
Mayhill BS36 2NT

*Delights of wild flower meadow,
woods and farmland.*

T

Friday 7 June

Old Down

4 miles**11am**

Old Down Cricket Club,
Olveston Sports and Social Club,
Alveston Road, Old Down BS32 4PH

FPS

Monday 10 June

Stoke Gifford

3.5 miles**11am**

St Michael's Green, Stoke Gifford
BS34 8PD

SYD

Friday 14 June

The Rose and Crown

3-4 miles**10.30am**

The Rose and Crown, Wotton Road,
Rangeworthy BS37 7NB

T

Friday 14 June

Alveston

4 miles**11am**

Outside The Ship Inn, Thornbury Rd,
Alveston BS35 3LL

P **Parking available in pub car park.**

Refreshments available after the walk.

FPS



Monday 17 June

Winterbourne

3.5 miles

11am

The Swan, Winterbourne, BS36 1RW

P Park in side road if not using pub

FC



Wednesday 19 June

Iron Action Village

3.5 miles

10.30am

Opposite Gingerbread Man Café,
Church Rd, Frampton Cotterell BS36 2JX

P Park in side roads

Attractive fields, woods and country lanes.

SYD



Friday 21 June

Chipping Sodbury RFC Walk

3-4 miles

11am

Chipping Sodbury Rugby Club,
Chipping Sodbury BS37 6BH

T



Friday 21 June

Tytherington

4 miles

11am

The Swan Inn at Tytherington,
Duck Street GL12 8QB

Refreshments available after the walk.

FPS



Monday 24 June

Patchway

3.5 miles

11am

Coniston Community Centre,
Coniston Road BS34 5LP

T



Friday 28 June

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB