

Walks Programme

January – June 2019



Supporting you to get active and stay active

You can sit down afterwards and have a cup of coffee, it gets you out of the house.

Jeff, walker

You go at your own pace even though you're part of a group.

Walkers, Bristol and Bath Railway Path group

I've made lots of friends. When I first started, I had to stop for a rest going uphill, now I'm much fitter.

Maureen, walker



Stepping Forward, our programme of longer progression walks, is at the back of this programme or www.southglos.gov.uk/documents/Stepping-Forward



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 this programme at www.southglos.gov.uk/walking-for-health



Welcome to the January to June 2019 issue



I've really enjoyed coming along to some of the walks lately, meeting walkers and getting to know our volunteers better. Some of their photos and stories are on the front and back cover. And look out for our new and unique Poet's Corner...

We have a huge range of walks in South Gloucestershire: from weekly walks such as the Bristol Bath Railway Path group, catering for people with particular needs... to Stepping Forward walks in rural areas, keeping people walking and socialising... with many enjoyable Walking for Health walks in between. There really is a walk for all tastes!

Our volunteer walk leaders continue to do an amazing job to make all of this possible. Leaders look after the needs of the whole group and can't offer one to one support for individuals, so please bear this in mind. We are always appreciative of new volunteers.

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. Training opportunities will be coming up soon. Please let us know if you are interested by phoning **01454 864005** or emailing: **healthylifestyles@southglos.gov.uk**

Happy walking

Brian

Brian Gardner, Active Lifestyles Team Leader, 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

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 colder 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.



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.

Yate Library

44 West Walk BS37 4AX.

1st and 3rd Monday of the month
Set off at 10am

Bitton Station, (outside the café)

Bath Road, Bitton BS30 6HD.

1st and 3rd Monday of the month
Set off at 10am

How to contact us

Tel: 01454 864005

Email: Healthylifestyles@southglos.gov.uk

Web: www.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

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.



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 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

BBRP **Bristol and Bath** **Railway Path**

Every other Tuesday at 11am. The starting points are 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.

CSRFC **Chipping Sodbury** **Rugby Club**

2nd and 4th Tuesdays of the month. Set off at 11am. Gentle, flat walk on the hard surface around the rugby ground. Walk once around the track which is just over a mile, or twice if you feel like it!

FC **Frampton Cotterell**

This group of walkers set out twice a month for walks around rural Frampton Cotterell and Coalpit Heath. Tuesdays or Wednesdays 10.30am. Long and short walks are usually offered. (Walks over three miles are listed in the Stepping Forward Section).

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.

F **Filton – Nutfield House**

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.

FPS **Filton, Patchway and** **Stokes**

A weekly walk setting off on Thursdays at 11am lasting approximately 45 mins. Usually the starting places alternate between Bradley Stoke and Filton. Longer walks take place on Mondays at 11am; see Stepping Forward section

KC **Kings Chase**

This group meets weekly on either a Wednesday or Thursday at 2pm.

KM **Kingsmeadow**

Ideal for people who are new or returning to walking. Sets out from Kingsmeadow @ Made Forever, Fisher Road, BS15 4RQ on the first Wednesday of the month at 10.30am.

PP **Page Park**

Weekly gentle walks around Page Park. most Tuesdays and every Friday at 10.30am. Last around 30 mins. Go at your own pace. Also suitable for people with walking aids. After the walk enjoy a cuppa and a chat.

SYD **Sodbury, Yate and** **Dodington**

This group meets every Friday at 10.30am. Walks are often around three miles in length, but sometimes slightly longer, so you will find these listed in the Stepping Forward section. If you need to contact this group for more information please ring 07724 627104.

T **Thornbury**

Rural walks in beautiful countryside around Thornbury every Friday at 11am. Stepping Forward walks only.

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.



Every other Tuesday Bristol Bath Railway Path Walk

Set off at 11am

Avon Valley Railway. Bitton Station,
Bath Road, Bitton BS30 6HD.
Parking available for walkers at Warmley
Forest Visitor Centre, 3a London Road,
Warmley BS30 5JB

January 8 and 22 **Bitton**

February 5 and 19 **Bitton**

March 5 and 19 **Bitton**

April 2, 16 and 30 **Bitton**

May 14 **Warmley**

May 28 **Bitton**

June 11 **Warmley**

June 25 **Bitton**

These walks are ideal for people who are new or returning to exercise. Walk for as long as you like (anything between 10 mins and an hour) at your own pace, along the flat, easy access Railway Path. After the walk enjoy a cuppa and a chat at the café.



Every other Tuesday Chipping Sodbury RFC Walk

Set off 11am

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

January 8 and 22

February 12 and 26

March 12 and 26

April 9 and 23

May 14 and 28

June 11 and 25

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)



Every 1st Wednesday of the month

Kingsmeadow @ Made for Ever

Up to 2 miles / 1 hr

10.30am

Kingsmeadow @ Made Forever,
Fisher Road, Kingswood BS15 4RQ.
0117 301 8739

Jan 9

Feb 6

March 6

April 3

May 1

June 5

A gentle monthly walk designed to accommodate any walker's needs – allowing people to walk the distance they feel comfortable with. Walks vary, taking in Siston Common, the Railway Path and quiet streets around Kingswood.



Every other Thursday

Filton Nutfield House

Up to 1 mile / 20 – 30 mins

2pm

Nutfield House, Nutfield Grove,
Filton BS34 7LJ.

January 3, 17 and 31

February 14 and 28

March 14 and 28

April 11 and 25

May 9 and 23

June 6 and 20

Enjoying calm and quiet streets in Filton. All on pavements. These are ideal walks for people who are new to walking or returning to exercise.



Most Tuesdays and every Friday

Page Park Weekly Walks

Set off 10.30am

The Sensory Garden, Page Park,
Staple Hill BS16 5PJ.

These walks are ideal for people who would like to take part in gentle exercise around the flat, easy access Page Park. The walks last up to 30 mins and are accessible for people with walking aids. After the walk enjoy a cuppa and a chat.

FPS



Thursday 3 January

Harry Gifford

2 miles / 45 minutes

11am

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

A pleasant walk around parts of Stoke Gifford and Harry Stoke.

SYD



Friday 4 January

Riverside

2-3 miles / 1 hour

10.30am

Riverside car park (behind Pets at Home) Link Road, Yate BS37 4FT

FC



Tuesday 8 January

Ram Hill and Dramway

2 miles / 1 hour

10.30am

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

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

Stroll along lanes with interesting local history.

+ Progression walk
(see Stepping Forward programme)

KC



Wednesday 9 January

Warmley Forest

2.5 miles / 1 hour

2pm

Warmley Forest Visitors Centre, High St, Warmley, BS30 5JL

P Centre has its own car park

Along Siston Brook

FPS



Thursday 10 January

Bradley Stoke Reserve

2 miles / 40 minutes

11am

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

Walk around the Bradley Stoke Nature Reserve, visiting the lake. This walk is on gravel paths.

FPS



Thursday 17 January Through the Woods

1.9 miles / 45 minutes

11am

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

Walk on paths and roads of UWE and Abbeywood via Splatts Wood.

KC



Thursday 17 January Leap Valley

3 miles / 1 hour

2pm

Badminton Gardens, Beaufort Rd, Downend, BS16 6SG

P Please don't use Badminton Gardens car park: use overflow car park on Beaufort Road.

Exploring the Leap Valley and surrounding footpaths.

SYD



Friday 18 January Chipping Sodbury RFC Walk

2-3 miles and 3-4 miles

10.30am

Chipping Sodbury Rugby Club, Chipping Sodbury, BS37 6BH

+ Progression walk
(see Stepping Forward programme)

FC



Wednesday 23 January Old Mill and Centenary Field

1.5 miles / 45 mins

10.30am

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

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

*Short stroll with historical interest.
Coffee & Cake: suggested minimum donation £1.50.*

+ Progression walk
(see Stepping Forward programme)

KC

Wednesday 23 January

Oldbury Court

3 miles / 1 hour

2pm

Oldbury Court Car Park, off Oldbury Road, Fishponds, BS16 2JH

This walk winds its way to Snuff Mills, including hills, and returns along the river.

FPS

Thursday 24 January

Down by the Leisure Centre

1.8 miles / 45 mins

11am

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

Down past the leisure centre to Three Brooks Lake. This walk is on gravel paths.

SYD

Friday 25 January

Sunnyside Pavilion

2-3 miles / 1 hour

10.30am

Sunnyside Pavilion, Moorland Road, Yate BS37 4BX

FPS

Thursday 31 January

Abbeywood and Splatts Wood

1.9 miles / 45 minutes

11am

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

Pleasant stroll around MOD and past Splatts Wood or, if not wet underfoot, through the wood.

KC

Thursday 31 January

Oldland Halt

2.5 miles / 1 hour

2pm

The Batch, 8 Park Road, Warmley, Bristol BS30 8EB

Taking in Warmley Pitch and Putt, Siston Brook and the Railway Path.



KC



Wednesday 6 February St Anne's

3 miles / 1 hour

2pm

Scout Hut by Longwell Green
Community Centre, Shellards Road,
BS30 9DU

*Walk through Willsbridge Valley,
onto the Dramway and St Anne's
Church at Oldland.*

FPS



Thursday 7 February Over Primrose Bridge

1.4 miles / 35 minutes

11am

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

*Stroll around the area taking in part
of Patchway Common and crossing
Primrose Bridge. This walk is on
gravel paths.*

FC



Tuesday 12 February Crocuses and duck pond

2 miles / 1 hour

10.30am

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

P Park in side road.

*Gentle footpath stroll at village edge.
Café stop during walk.*

**+ Progression walk
(see Stepping Forward programme)**

FPS



Thursday 14 February BBP and UWE

2.2 miles / 1 hour

11am

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

*A surprisingly pleasant wander around
Bristol Business Park & UWE.*

KC

Thursday 14 February

Lovells Loop

3 miles / 1 hour

2pm

Under the clock tower, Page Park, Staple Hill BS16 5PJ

P On street parking

Including Carsons Copse and the railway path. Refreshments afterwards at the Bean Tree café.

SYD

Friday 15 February

The Pop Inn

2-3 miles / 1 hour

10.30am

The Pop Inn, West Walk, Yate Shopping Centre BS37 4DQ

KC

Wednesday 20 February

Bitton Rural

3 miles / 1 hour

2pm

Bitton Railway Station, Bath Rd, BS30 6HD

P Station has its own car park.

Heading towards Bitton village.

FPS

Thursday 21 February

The Stokes Circuit

2.5 miles / 1 hour

11am

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

Wander around Bradley Stoke taking in part of Little Stoke, Stoke Lodge and Patchway Common. This walk is on gravel paths.

FC

Tuesday 26 February

Window Art Trail

2 miles / 1 hour

10.30am

Opposite Gingerbread 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. Please note this walk may take longer than an hour to allow time to stop, gaze and take photographs.

+ Progression walk
(see Stepping Forward programme)

FPS



Thursday 28 February Patchway

1.8 miles / 45 minutes

11am

Coniston Community Centre, Coniston Rd, Patchway BS34 5LP

P Park in long-stay area by GP surgery

Meander around the paths and roads of Patchway.

KC



Thursday 28 February Eastville Park

2.5 miles / 50 mins

2pm

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

A flat walk on good paths along the River Frome and around Eastville Park lake.

KC



Wednesday 6 March Panorama Walk

3 miles / 1 hour

2pm

Methodist Church Hanham Chapel Road BS15 8SD

The walk follows quiet streets to the Panorama Viewpoint over the River Avon.

FPS



Thursday 7 March Through Jubilee Green

1.6 miles / 40 mins

11am

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

Wandering through Jubilee Green on to part of Patchway Common. All on sealed paths.

SYD



Friday 8 March St Nicholas Family Centre

2-3 miles / 45mins - 1hour

10.30am

St Nicholas Family Centre, Off Chargrove, Abbotswood BS37 4LG



FC



Wednesday 13 March

Frampton End Stroll

2 miles / 1 hour

10.30am

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

P Park in side road.

Easy stroll along country lane with lovely views.

+ Progression walk
(see *Stepping Forward programme*)

FPS



Thursday 14 March

Harry Gifford

2 miles / 45 minutes

11am

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

A pleasant walk around parts of Stoke Gifford and Harry Stoke.

KC



Thursday 14 March

Downend Central

3 miles / 1 hour

2pm

Shopper's car park, behind Co-op, Downend BS16 5UJ

This walk explores Downend's King George V Playing Fields.

SYD



Friday 15 March

Chipping Sodbury RFC Walk

2-3 miles / 1 hour

10.30am

Chipping Sodbury Rugby Club,
Chipping Sodbury BS37 6BH

+ Progression walk
(see *Stepping Forward programme*)

KC



Wednesday 20 March

Bitton

3 miles / 1 hour

2pm

Bitton Railway Station, Bath Road
BS30 6HD

P Station has its own car park.

Taking in Willsbridge Mill

FPS

Thursday 21 March Bradley Stoke Reserve

2 miles / 40 minutes

11am

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

Walk around the Bradley Stoke Nature Reserve, visiting the lake. This walk is on gravel paths.

FC

Tuesday 26 March Daffodil Park Stroll

1.5 miles / 45 mins

10.30am

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

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

Gentle riverside stroll with grassland. Coffee & Cake: suggested minimum donation £1.50.

+ Progression walk
(see *Stepping Forward programme*)

KC

Thursday 28 March Emersons Green

3 miles / 1 hour

2pm

Emersons Green Library, Emerson Way BS16 7AP

P Parking available in retail park.

A quiet lane to the earthworks viewpoint.

FPS

Thursday 28 March Through the Woods

1.9 miles / 45 minutes

11am

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

Walk along paths and roads of UWE and Abbeywood via Splatts Wood.

KC

Wednesday 3 April Conham

3 miles / 1 hour

2pm

Main Hall, St. Aidan's Church Hall, Fir Tree Lane, St George BS5 8TZ

P Parking on residential streets.

Taking in the hidden green spaces including Dundridge Park, Conham Vale and River Avon

FPS

Thursday 4 April

Down by the Leisure Centre

1.8 miles / 45 mins

11am

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

Down past the leisure centre to Three Brooks Lake. This walk is on gravel paths.

SYD

Friday 5 April

The Pop Inn

2-3 miles / 1 hour

10.30am

The Pop Inn, West Walk, Yate Shopping Centre BS37 4DQ

FC

Wednesday 10 April

Nightingale's Bridge

1.75 miles / 1 hour

10.30am

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

Stroll along track and across grass to historic bridge.

+ Progression walk
(see Stepping Forward programme)

FPS

Thursday 11 April

Abbeywood and Splatts Wood

1.9 miles / 45 minutes

11am

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

Pleasant stroll around MOD and past Splatts Wood or, if not wet underfoot, through the wood.

KC

Thursday 11 April

Blackhorse Emerson

3 miles / 1 hour

2pm

Badminton Gardens, Beaufort Rd, Downend, BS16 6SG

P Please don't use Badminton Gardens car park: use overflow car park on Beaufort Road.

Exploring the Leap Valley and surrounding footpaths.

KC



Wednesday 17 April Hanham

3 miles / 1 hour

2pm

Methodist Church Hanham Chapel
Road BS15 8SD

A flat walk around residential streets, including Hanham Mount and Pulpit with its fantastic views.

FPS



Thursday 18 April Over Primrose Bridge

1.4 miles / 35 minutes

11am

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

Stroll around the area taking in part of Patchway Common and crossing Primrose Bridge. This walk is on gravel paths.

FC



Tuesday 23 April Bluebells & Half Moon Country Stroll

2 miles / 1 hour

10.30am

Badminton Arms, Badminton Road, Coalpit Heath BS36 2KJ

P Park in Woodside Road if not using pub.

St George's Day stroll. Pleasant country views and fields.

+ Progression walk
(see *Stepping Forward programme*)

FPS



Thursday 25 April BBP and UWE

2.2 miles / 1 hour

11am

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

A surprisingly pleasant wander around Bristol Business Park & UWE.

SYD



Friday 26 April Sunnyside Pavilion

2-3 miles / 1 hour

10.30am

Sunnyside Pavilion, Moorland Road,
Yate BS37 4BX

KC



Wednesday 1 May Cock Road Ridge

3 miles / 1 hour

2pm

Asda car park, Craven Way, Longwell
Green BS30 7DY

Around Cock Road Ridge, Grimsbury
Farm and surrounding area.

FPS



Thursday 2 May The Stokes Circuit

2.5 miles / 1 hour

11am

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

Wander around Bradley Stoke taking in
part of Little Stoke, Stoke Lodge and
Patchway Common. This walk is on
gravel paths.

SYD



Friday 3 May Shire Way

2-3 and 3-4 miles / 1 and 1.5 hours

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.

+ **Progression walk**
(see *Stepping Forward programme*)

FC



Wednesday 8 May Stroll to Chestnut Farm

2 miles / 1 hour

10.30am

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

P Park in side road.

Lovely country lanes and farmland views.

+ **Progression walk**
(see *Stepping Forward programme*)



FPS



Thursday 9 May Severn Beach

1.8 miles / 55 minutes

11 am

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

*A nice stroll along the sea wall and
country lanes.*

KC



Thursday 9 May SBL Esther's Cafe

3 miles / 1 hour

2pm

Esther's Café, Sir Bernard Lovell's
School, North Street, Oldland Common
BS30 8TS

*Stream side and railway path to
Oldland Halt.*

KC



Wednesday 15 May Kift Lodge, Hanham

3 miles / 1 hour

2pm

Kift Lodge, 136 Memorial Road,
Hanham BS15 3LQ

FPS



Thursday 16 May Through Jubilee Green

1.6 miles / 40 mins

11am

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

*Wandering through Jubilee Green on
to part of Patchway Common. All on
sealed paths.*

SYD



Friday 17 May The Lawns

2-3 miles / 45 mins-1 hour

10.30am

The Lawns, Church Road, Yate BS37 5BG

FC



Tuesday 21 May Bradley Brook Nature Reserve

1.75 miles / 1 hour

10.30am

The Swan, Winterbourne BS36 1RW

P **Park in Nicholls Lane if not using pub.**

*Delightful country stroll on easy paths.
+ Progression walk
(see Stepping Forward programme)*

FPS



Thursday 23 May

Harry Gifford

2 miles / 45 minutes

11am

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

A pleasant walk around parts of Stoke Gifford and Harry Stoke.

KC



Thursday 23 May

Bridge Yate

3 miles / 1 hour

2pm

Warmley Clock Tower, Tower Road North BS30 8XU

P Centre has its own car park with extremely limited spaces. Please try to park on the nearby streets.

Weaving around Warmley, including streamside paths and the Railway Path.

KC



Wednesday 29 May

Golden Valley

3 miles / 1 hour

2pm

Wick Village Hall, Manor Road, Wick BS30 5RG

P Hall has its own car park.

Exploring the Golden Valley.

FPS



Thursday 30 May

Bradley Stoke Reserve

2 miles / 40 minutes

11am

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

Walk around the Bradley Stoke Nature Reserve, visiting the lake. This walk is on gravel paths.

FC

Tuesday 4 June

Wild Flower Meadow

1.6 miles / 1 hour

10.30am

The New Inn, Badminton Road, Mayhill,
Nr Frampton Cotterell BS36 2NT

*Delights of wild flower meadow and
farmland.*

+ Progression walk
(see Stepping Forward programme)

FPS

Thursday 6 June

Through the Woods

1.9 miles / 45 minutes

11am

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

*Walk along paths and roads of UWE
and Abbeywood via Splatts Wood.*

SYD

Friday 7 June

Morrison's

2-3 miles / 45 mins – 1 hour

10.30am

Morrison's Supermarket, Station Road,
Yate BS37 5PW

KC

Wednesday 12 June

Bitton to Keynsham

3 miles / 1 hour

2pm

Bitton Railway Station, Bath Road
BS30 6HD

*A scenic walk linking picturesque
Bitton Station with Keynsham Marina*

FPS

Thursday 13 June

Down by the Leisure Centre

1.8 miles / 45 mins

11am

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

*Down past the leisure centre to
Three Brooks Lake. This walk is on
gravel paths.*

FC

Wednesday 19 June

Stroll to Hover's Ford

2 miles / 1 hour

10.30am

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

P Park in side road.

Country track with lovely views across
Frome Valley.

+ **Progression walk**

(see *Stepping Forward programme*)

FPS

Thursday 20 June

Abbeywood and Splatts Wood

1.9 miles / 45 minutes

11am

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

*Pleasant stroll around MOD and past
Splatts Wood or, if not wet underfoot,
through the wood.*

KC

Thursday 20 June

Doynton

2.5 miles / 45 mins

2pm

Doynton Village Hall, Toghill Lane,
Doynton BS30 5SY

*Quiet country lane walk around
Doynton - cream teas afterwards in
village hall.*

SYD

Friday 21 June

Chipping Sodbury RFC Walk

2-3 and 3-4 miles / 1 and 1.5 hours

10.30am

Chipping Sodbury Rugby Club,
Chipping Sodbury BS37 6BH

KC

Wednesday 26 June

Swineford

3.4 miles / 1.5 hours

2pm

Swineford Picnic Area, Bath Road
BS30 6LN

*Walk along the River Avon and on
the Bristol Bath Railway Path. Teas
available afterwards in the Swan pub.*

FPS



Thursday 27 June Over Primrose Bridge

1.4 miles / 35 minutes

11am

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

Stroll around the area taking in part of Patchway Common and crossing Primrose Bridge. This walk is on gravel paths

SYD



Friday 28 June St Nicholas Family Centre

2-3 miles / 1- 1.5 hours

10.30am

St Nicholas Family Centre,
Off Chargrove, Abbotswood,
Yate BS37 4LG

integra.
your community



Community meals

Hot, fresh and affordable meals delivered direct to your home

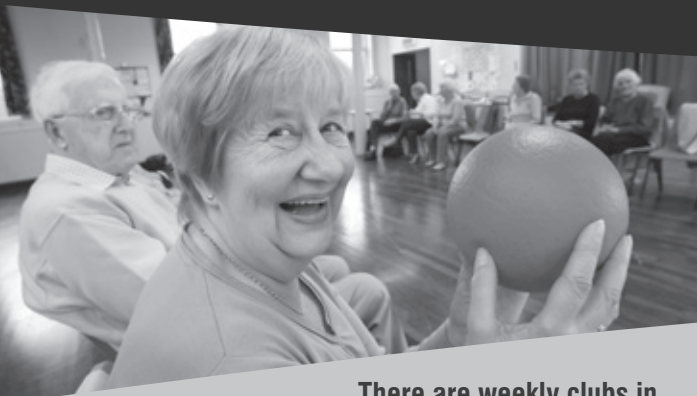
We deliver daily all year round, for anyone who is unable to cook for themselves and cover a range of dietary and religious requirements.

📞 01454 865996

8.30am-2.30pm, Mon-Fri

👉 www.southglos.gov.uk/communitymeals

Friendship and exercise clubs



There are weekly clubs in

- Fishponds • Kingswood • Oldland Common
- Patchway • Staple Hill • Thornbury • Yate

- gentle exercise
- games
- tea & coffee
- make new friends
- first session **FREE**
- small charge thereafter

Please phone us first to ask any questions and have a friendly chat

please call:

01454 864005

or

07825 155954

RUN

SOUTH GLOUCESTERSHIRE

If you are looking for something a little faster, there is a huge range of opportunities to take part in recreational running in South Gloucestershire: weekly parkruns in Thornbury, Pomphrey Hill and Chipping Sodbury, many Run Together groups, Couch to 5K courses and measured routes in parks:

www.southglos.gov.uk/runsouthglos



Celestine
Home Adaptations Centre

Celestine Centre is a fully adapted property located in Yate, South Gloucestershire and demonstrates a variety of aids and adaptations that can support you at home.

For more information please contact us at psehousing@southglos.gov.uk or call **01454 868 126**

Dawn's Patrol

Dawn – little mistress of the walking group
Addresses her assembled troop
“Keep well to the right of the railway path
Beware of cyclists speeding past”
Informs us of the course to steer
And superintends from the rear

Rough old me pants and puffs
Others are made of sterner stuff
Peter, late of the tackle shop
Strides ahead when others stop
Elderly gents with greying hair
Never sag or gasp for air
Athletic ladies, slim and keen
Seldom pause for lack of steam

Wandering back to the rendezvous
With weary feet and dusty shoes
The café offers something moist
Tea, pop or coffee – take your choice
Refreshed and seated on a chair
Perhaps I'll talk with Corinne fair
Of horses, cars and rabbits tame
Kept for love and not for gain

At length Dawn rises, straps on knapsack
Says to Mum, “let us make tracks”
Glides off through the exit door
In two weeks' time we'll meet for more
To tread the course of the railway path
Where once express trains hurtled past

P. Darke

Dedicated to a member of Cossham Hospital LEEP team



Phil Darke (with Dawn Harrill, walk leader) is a poet and regular walker with the Bristol and Bath Railway Path group, led by Dawn and Dave.

Poetry Corner