

# Stepping forward

November 2016 – February 2017



For further information visit: [www.southglos.gov.uk/walking](http://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](http://www.southglos.gov.uk)

# Welcome to the Stepping Forward programme of walks for November 2016 - February 2017

**Stepping Forward walks are perfect for people who prefer something slightly longer and more strenuous than our Walking for Health walks but who might not want to go on a day long ramble. Most of these walks are between three and four miles so take between 90 minutes and two hours. There is usually somewhere to go for refreshments after the walk.**

This season's front cover shows our lovely Filton/Patchway Stokes group on a varied and interesting walk along the Severn Way at Severn Beach. This walk was part of the National Walking Festival in September.

As always, a huge thank you to all the volunteer leaders for their commitment and the warm welcome they always give to the walkers. I know I say this every programme, but some of our walks really need more volunteers. The leaders give up so much time and energy and if we could just share the load to support them that would be wonderful.

Training is free, informal and friendly. If you think you might be able to spare a few hours each programme to be part of a hugely rewarding project then please contact me on **07766 780087**.

Our walk leaders are fully trained and insured, but you do walk at your own risk. Dogs are welcome unless otherwise stated, but please do keep them on a lead.

For information about the key symbols, please see the front of our Walking For Health programme

Several of the groups have a mobile phone so you can contact them if needed. Please only ring to check a walk is happening if there is bad weather, or if you require more details. There's no need to let organisers know if you can't make it.

*Christina*

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

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**You will see the following initials for each group at the top of each listing.**

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## **FPS**

Filton/Patchway/Stokes

**07724 627107**

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## **FC**

Frampton Cotterell

**07840 237733**

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## **SYD**

Sodbury, Yate and Dodington

**No mobile**

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## **T**

Thornbury

**07724 627104**

The key to symbols is at front of the Walking for Health section.

T



## Friday 4 Nov Oldbury on Severn

4 miles

11am

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

**No service**

*Toilets and refreshments available  
after the walk.*

FPS

## Monday 7 Nov Three Stokes Park

3.6 miles

11am

Little Stoke Community Hall,  
Little Stoke Lane, BS34 6HR

**19, 82, 625**

*Taking in parks and green areas  
around the Stokes. Mostly on flat  
surfaces.*

FC



## Wednesday 9 Nov Iron Acton Village

3.5 miles

10.30am

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

**82**

*Fields, woods, country lanes and  
views across pretty Frome Valley -  
Park in Frampton End Rd.*

T



## Friday 11 Nov Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd,  
Alveston, BS35 3LL  
Parking available in pub car park.

**77, 78, 79, 622**

*Toilets and refreshments available  
after the walk.*

FPS



## Monday 14 Nov

### River Frome to Eastville Park

3 miles

11am

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

5, 16, 48a

*A walk to Eastville Park and back along the Frome on paved surfaces.*

T



## Friday 18 Nov

### Thornbury

4 miles

11am

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

77, 78, 79, 622

FPS



## Monday 21 Nov

### Duchess Park Woodland Wander

3.5 miles

11am

Sainsbury's superstore car park, Fox Den Road, Stoke Gifford, BS34 8SS (opposite side of car park to store entrance).

X5, 16, 18, 18A, 19, 73, 77, 625

*A circular walk through quiet residential streets and woodland paths taking in three woods along the way.*

FC



## Tuesday 22 Nov

### Frampton Wander

3 miles

10.30am

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

82

*Interesting meander in historical village back lanes. Optional steps. Park in Frampton End Rd.*

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**T**

## Friday 25 Nov Littleton-on-Severn

4 miles

11am

Outside The White Hart Public House,  
The Village, Littleton-on-Severn,  
BS35 1NR

 **No service**

*Toilets and refreshments available  
after the walk.*

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**FPS**

## Monday 28 Nov Abbey Wood

3 miles

11am

Filton Leisure Centre Elm Park,  
BS34 7PS

 **18, 18A, 75, 78, 79**

*A flat circular walk to the MoD and  
back via Splatts Abbey.*

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**T**

## Friday 2 Dec Alveston

4 miles

11am

Outside The Ship Inn, Thornbury Rd,  
Alveston, BS35 3LL  
Parking available in pub car park.

 **77, 78, 79, 622**

*Toilets and refreshments available  
after the walk.*

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**FPS**

## Monday 5 Dec Patchway to Over

2.5 miles

11am

Coniston Community Centre, Coniston  
Road, BS34 5LP

 **75, 625**

*A circular walk to Over.*

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**FC**

## Wednesday 7 Dec

### Frampton beside the Frome

**3.5 miles****10.30am**

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

 **46, 82, 202**

*Easy, pleasant walk on fields and footpaths. Park in Mill Lane (when full, use pub car park). Coffee & Xmas bites - bring £1.50.*

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**T**

## Friday 9 Dec

### Old Down

**4 miles****11am**

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

 **622**

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**FPS**

## Monday 12 Dec

### Winterbourne Wander

**3.5 miles****11am**

Shops, Flaxpits Lane, Winterbourne,  
BS36 1JY

 **46, 202**

*A walk through fields, bridle paths and tracks. May be cattle in fields so no dogs please.*

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**T**

## Friday 16 Dec

### Thornbury

**4 miles****11am**

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

 **77, 78, 79, 622**

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**FPS**

## Monday 19 Dec

### Sims Hill and Purdown

**3.5 miles****11am**

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

 **X5, 16, 18, 18A, 19, 73, 77, 625**

*A walk through Sims Hill Woods to Stoke Park and back via Hermitage and Barn Woods.*

FPS



## Monday 26 Dec

### Bradley Stoke Wander

#### Boxing Day Walk

4 miles

11am

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

**73**

*A longer walk around the Three Brooks Nature Reserve with great views from the tumps.*

T



## Friday 30 Dec

### Thornbury

4 miles

11am

Thornbury Leisure Centre car park, Alveston Hill, BS35 3JB

**77, 78, 79, 622**

FC



## Wednesday 4 Jan

### Blackberry Brake

3.1 miles

10.30am

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

**46, 47, 86, 202, X47**

*Attractive fields, pretty ponds, country lanes. Park on right in car park – or side roads if not using Hall.*

SYD



## Friday 6 Jan

### Lilliput/Kingrove

3.25 miles

10.30am

The Ridings, Chipping Sodbury RFC, Wickwar Road, BS37 6BH

**47, X47, 84, 85, 202**

*An energetic walk passing through lovely Sodbury. Toilets and drinks available in Waitrose or nearby High Street.*

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**T**

## Friday 6 Jan

### Alveston

4 miles

11am

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

Parking available in pub car park.

**77, 78, 79, 622**

*Toilets and refreshments available  
after the walk.*

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**FPS**

## Monday 9 Jan

### Harry Gifford

3.6 miles

11am

Sainsbury's Car Park, Fox Den Road,  
Stoke Gifford, BS34 8SS

**X5, 16, 18, 18A, 19, 73, 77, 625**

*Around Stoke Gifford and Harry  
Stoke, incorporating footpaths, quiet  
residential streets and fields.*

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**SYD**

## Friday 13 Jan

### Engine Common

3.25 miles

10.30am

The Codrington Arms, 261 North Rd,  
Yate, Bristol, BS37 7LG

**X46 (5 min walk), 622**

*Exploring some of the quiet lanes in  
and around Engine Common. Toilets  
and refreshments at pub after the  
walk.*

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**T**

## Friday 13 Jan

### Tytherington

4 miles

11am

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

**622**

*Toilets and refreshments available  
after the walk.*



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**FPS**

## Monday 16 Jan

### Severn Beach

**4 miles****11am**

Shops on Beach Road, Severn Beach, BS35 4PQ

**623 (Mon, Wed & Fri only), 625**

*Includes parts of the Severn Way.*

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**FC**

## Tuesday 17 Jan

### Frome Valley and Algars Manor

**3 miles****10.30am**

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

**46, 82, 202**

*Delightful river scenery, woods and fields. Park in Mill Lane (when full, use pub car park). Coffee & cake £1.50.*

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**SYD**

## Friday 20 Jan

### Kingsgate/Stanshawes

**3.25 miles****10.30am**

Outside the Pop Inn Café, West Walk, Yate Shopping Centre, BS37 4AX

Parking available in shopping centre car parks.

**46, X46, 82, 622**

*This walk follows peaceful routes through Kingsgate Park and the Frome Valley Walkway.*

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**T**

## Friday 20 Jan

### Thornbury

**4 miles****11am**

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

**77, 78, 79, 622**

FPS



## Monday 23 Jan Patchway Plod

2.7 miles

11am

Coniston Community Centre, Coniston Road, BS34 5LP

75, 625

*A mainly flat walk through fields, parks and a variety of streets. One small set of steps.*

T



## Friday 27 Jan Alveston

4 miles

11am

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

Parking available in pub car park.

77, 78, 79, 622

*Toilets and refreshments available after the walk.*

FPS



## Monday 30 Jan Blaise Castle

3.5 miles

11am

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

1, 3, 4, 18, 76, 623

*Walk through the beautiful grounds of the estate.*

FC



## Wednesday 1 Feb Ram Hill Lanes and Lake

3.5 miles

10.30am

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

46, 47, X47, 86, 202

*Pretty paths, country lanes and Dramway. Buggy diversion to avoid stile. Park in Woodside Rd if not using pub.*

T



## Friday 3 Feb Oldbury on Severn

4 miles

11am

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

**No service**

*Toilets and refreshments available after the walk.*

FPS



## Monday 13 Feb Filton Golf Course

3 miles

11am

Filton Leisure Centre, Elm Park, Bristol, BS34 7PS

**18, 18A, 75, 78, 79**

*A walk through residential streets, BAWA and golf course.*

FPS



## Monday 6 Feb Bradley Stoke Roads and Reserve

3.5 miles

11am

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

**73**

*A mainly flat walk around parts of the Three Brooks Reserve and Bradley Stoke using footpaths and roads.*

SYD



## Friday 17 Feb Rodford round and About

3.25 miles

10.30am

St Nicholas Family Centre, off Chargrove, Abbotswood, BS37 4LG  
Centre has its own car park

**47, 620**

*Exploring areas in Southern Yate including Westerleigh Common.*

T



## Friday 10 Feb Thornbury

4 miles

11am

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

**77, 78, 79, 622**

**T**

## Friday 17 Feb

### Alveston

**4 miles****11am**

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

Parking available in pub car park.

**77, 78, 79, 622**

*Toilets and refreshments available  
after the walk.*

**FPS**

## Monday 20 Feb

### Frenchay and Snuff Mills Circuit

**4 miles****11am**

Snuff Mills car park, River View, off  
Broomhill Road, Stapleton, BS16 1DL

**5, 16, 48A**

*A circular walk through Frenchay  
returning via Snuff Mills.*

**FC**

## Tuesday 21 Feb

### Pye Corner & Bradley Brook

**3.75 miles****10.30am**

Golden Heart pub in Down Road, off  
A432 at Kendleshire, BS36 1AU

**47, X47**

*Varied scenery in wooded Frome  
Valley and lanes. Park at bottom of  
pub car park.*

**SYD**

## Friday 24 Feb

### West Yate and Frome Valley

**3.5 miles****10.30am**

Morrisons car park - Station Road, Yate,  
BS37 5PW

**47, X47, X49, 82, 84, 85, 86, 202, 622**

*Exploring west Yate and the Frome  
Valley.*

T



## Friday 24 Feb Littleton-on-Severn

4 miles

11am

Outside the White Hart Public House,  
The Village, Littleton-on-Severn,  
BS35 1NR

 **No service**

*Toilets and refreshments available  
after the walk.*

FPS



## Monday 27 Feb Easter Compton and Pilning

4 miles

11am

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

 **623**

*A walk through Easter Compton and  
Pilning using quiet lanes, bridle paths  
and fields.*



# Well Aware

## Your local path to health and wellbeing services

[www.wellaware.org.uk](http://www.wellaware.org.uk)

Freephone: **0800 808 5252**



Well Aware is the free health and wellbeing information website for South Gloucestershire and the surrounding area. It has more than 6,000 entries with categories ranging from 'support around the home' and 'socialising' to 'getting around' and 'personal health services' as well as a wealth of other useful information.

There is a calendar of events so that you can find activities in your area. Those without internet access can ask the Well Aware team for help by telephoning (free) during office hours on **0808 808 5252**

Well Aware is run by The Care Forum in partnership with the councils and NHS Clinical Commissioning Groups in South Gloucestershire and the surrounding areas, the Avon & Somerset Police Commissioner and local Healthwatch projects.