

# Walks programme

November 2016 – February 2017



*Supporting you to get active and stay active*



If you would like to know more, call our Leisure and Libraries helpdesk on:

**01454 868006**

You can also find out more or download this programme at:

**[www.southglos.gov.uk/walking-for-health](http://www.southglos.gov.uk/walking-for-health)**

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 find Stepping Forward** – our programme of progression walks, at the back of this programme.



Supporting you to get active and stay active



# Welcome to the November 2016 – February 2017 walks programme

This programme is packed with a variety of fantastic walks across South Gloucestershire. All our walks are free, led by a welcoming team of trained volunteers, and range between 30 and 90 minutes in length. There's no need to book. Please have a good look at the grades on page 3 which tell you the approximate time the walks take and the degree of accessibility.



Two of our regular walkers have been so inspired by the difference walking has made to their health, they've decided to set up a new walk at Chipping Sodbury Rugby Club. Tony Nelson and Chris Withers (photographed) walk every other Tuesday with Bristol Bath Railway Path group, the new Sodbury walk will be on the alternate Tuesdays. It will be a Grade 1 walk, setting off at 11am on the hard, flat track around the ground. You can walk at a pace and distance that suits you, and join the group at one of the local cafes after the walk.

All our walks are led by volunteers, many of the walks are weekly and offer short and long options. We desperately need new leaders. If you could spare a couple of hours per month please consider becoming part of the team.

You won't have to lead, we are always looking for back and middle markers. The training is informal and friendly. Please ring me on **07766 780087**.

In early September our walks joined the Ramblers National Walking Festival. The happy bunch on the front cover are walkers from our Frampton Cotterell group, who walked along the Dramway and were treated to a fascinating tour of Ram Hill Colliery.

Stepping Forward is our programme of walks, designed for people who would like something slightly longer and more challenging. They tend to be between three and four miles in length and might take a couple of hours. You will find Stepping Forward at the end of this programme.

Part of our aim is to encourage everyday walking and green travel. To help with this we always include details about bus routes in the programme. The bus routes listed are correct at the time of going to print but further changes are planned in November and January so we do recommend you check up-to-date timetables on **traveline.com**

Happy walking and hopefully I'll see you at one of the walks.

*Christina*

# How to contact us

**Tel:** 01454 868006

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

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

**Address:** South Gloucestershire Council, PO Box 298,  
Civic Centre, High Street, Kingswood, Bristol, BS15 0DQ

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

**Twitter:** @sglosCouncil



## Grading



### Grade 1 walk

Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles. Walks last around 30 minutes 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. They are between 30 - 60 minutes 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. They are generally 60 - 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.



### Progression walks

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

## Key



Toilets



Refreshments available



Uneven ground



Steps



Stiles



May be muddy if it has recently rained



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

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

See the regular walks section for dates.

Every other Tuesday at 11am. The starting points alternate between Bitton Station and 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 one of the cafes.

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## **CSRFC - NEW WALK** **Chipping Sodbury** **Rugby Club Walk**

See the regular walks section for dates.

Alternate Tuesdays to the Railway Path walk. 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!

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## **FC** **Frampton Cotterell**

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

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## **KM** **Kingsmeadow**

See the regular walks section for dates and directions.

Ideal for people who are new or returning to walking. Sets out from Kingsmeadow Community Flats on the first Wednesday of the month at 10.30am.

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## **KC** **Kingschase**

This group meets weekly on either a Wednesday or Thursday at 2pm. Walks usually last around an hour around the Kings Chase area. Long and short walks often offered.

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## **F** **Filton - Nutfield House**

See the regular walks section for dates.

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.

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## **FPS** **Filton/Patchway/** **Stokes**

A weekly walk setting off at 11am lasting approximately 45 minutes. Usually the starting places alternate between Stoke Gifford and Filton.

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## **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.

# 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

Warmley Station Waiting Rooms,  
1 London Road, South Gloucestershire,  
BS30 5JB

*Small car park by station or park in  
nearby residential streets*

 19, 35, 43, 634

**November 8**

**December 6**

**January 3 & 31**

**February 28**

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

 17, 19, 37, 42, (5 min walk), 684

**November 22**

**December 20 (at least one  
piece of tinsel must be worn!)**

**January 17**

**February 14**

*This walk is ideal for people who are new or returning to exercise. Walk for as long as you like, (anything between ten minutes 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

**NEW WALK**

## Chipping Sodbury RFC Walk

**(Opposite weeks to the BBRP Walk left)**

Set off 11am

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

 47, X47, 84, 85, 202

**November 1, 15, 29**

**December 13**

**January 10, 24**

**February 7, 21**

*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, along the flat, easy access hard track around the rugby field. The route is 1.5km and takes around 30 minutes at an easy pace. Walk around the field once or twice and then to one of the cafes nearby to enjoy a cuppa and a chat.*

### Please note:

Warmley Café is currently closed  
– all walks will set off from Bitton  
Station until end of February.



## Every other Thursday Filton Nutfield House

Up to 1 mile approx. 20 – 30 minutes  
2pm

**November 3, 17**

**December 1, 15, 29**

**January 12, 19, 26**

**February 9, 23**

Nutfield House, Nutfield Grove, Filton,  
BS34 7LJ

 **Buses 70, 71, 72, 73**

*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.*

### Join us for a free buggy walk

Get some fresh air, meet new friends and explore area. These walks are perfect for parents 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  
set off at 10am.

*1st and 3rd Monday of the month.*

#### **Kingsmeadow Community Flats**

19 Barrington Close BS15 4QD  
set off at 10am.

*2nd Wednesday of every month.*

#### **Bitton Station, (outside the café)**

Bath Road, Bitton, BS30 6HD  
set off at 10am.

*1st Monday of the month.*



## Every 1st Wednesday of the month Kingsmeadow Community Flats

Up to 2 miles / 1 hour  
10.30am

**November 2**

**December 7**

**January 11**

**February 1**

Kingsmeadow Community Flats,  
Barrington Close, Kingswood,  
BS15 4QD

 **7, 86 plus 5 min walk**

*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.*

Direction from New Cheltenham Road – drive up Lees Hill, passing the Royal Archer pub on left. Turn right into Tyndale Road. Go over several speed bumps. Park where possible. On the right hand side take the concrete slope/steps leading to a green. At the bottom of the slope turn left and follow the path. Kingsmeadow Community Flat is halfway along on the left with two large noticeboards outside.

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**FPS**

## Thursday 3 Nov

### BBP & 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

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

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

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**KC**

## Thursday 3 Nov

### Conham

3 miles / 1 hour (long walk)

2pm

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

37, 44, 45

*Taking in the hidden green spaces including Dundry Park, Conham Vale and Magpie Bottom.*

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**SYD**

## Friday 4 November

### Dodington / Wapley bushes

2.5 miles

10.30am

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

Centre has its own car park

47, X47

*Exploring the surprising wide open spaces and countryside to the south of Yate. Please remove muddy shoes after walk as the hall is carpeted.*

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**FC**

## Wednesday 9 Nov

### Stroll to Chestnut Farm

2 miles / 1 hour

10.30am

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

82

*Lovely country lanes & farmland views.  
- Park in Frampton End Rd.*

KC



## Wednesday 9 Nov

### Bridge Yate

1.5 miles & 3 miles

30 mins & 1 hour

2pm

Warmley Clock Tower, Tower Road North, BS30 8XU

Extremely limited spaces at Clock Tower car park. Please try to park on the nearby streets.

 **19, 43**

*Two walks that weave their way around Warmley. Include streamside paths and the Railway Path.*

FPS



## Thursday 10 Nov

### 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, Bristol, BS32 8BS

 **73**

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

SYD



## Friday 11 Nov

### Chipping Sodbury and the Ridge

2.5 miles / 1 hour

10.30am

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

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

*This walk heads north towards the quarry before returning along quiet footpaths through Ridge Wood. Cafes and toilets available nearby in Waitrose or High Street.*

FPS



## Thursday 17 Nov

### 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

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

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



KC



**Thursday 17 Nov**

**Bitton**

**3 miles / 1 hour (longer walk)**

**2pm**

Bitton Railway Station, Bath Rd,  
BS30 6HD

Station has its own car park.

**17, 19, 37, 42, (5 min walk), 684**

*Taking in Willsbridge.*

FC



**Tuesday 22 Nov**

**Windmill Stroll**

**1.8 miles / 1 hour**

**10.30am**

Opposite Gingerbread Cafe Church Rd,  
Frampton Cotterell, BS36 2JX

**82**

*Interesting lanes with village history.  
Park in Frampton End Rd.*

SYD



**Friday 18 Nov**

**Chipping Sodbury  
Rugby Ground**

**3 miles**

**10.30am**

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

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

*Walk around the rugby ground and  
along Frome Valley. Cafes and toilets  
available nearby in Waitrose or High  
Street.*

KC



**Wednesday 23 Nov**

**Emersons Green**

**2.5 miles / 1 mile**

**2pm**

Emersons Green Library, Emerson Way,  
BS16 7AP

Parking available in retail park.

**18 (5 min walk) 48, X48, 49, 86**

*Two walks around Emersons Green.  
The longer walk visits the Ring Road  
Earthworks. Surprising countryside  
views.*

FPS



## Thursday 24 Nov 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 some gravel paths.*

SYD



## Friday 25 Nov Yate Rocks

2.5 miles

10.30am

The Brimsham Park PH Car Park, Lark Rise, Yate, BS37 7PJ



*Exploring the pretty Yate Rocks area. Toilet and drinks available at the pub after the walk.*

KC



## Wednesday 30 Nov Hanham

3 miles / 1 hour

2pm

Methodist Church Hanham Chapel Road, Bristol, BS15 8SD



*A flat walk around residential streets, including 'Panorama walk' with its fantastic views.*

FPS



## Thursday 1 Dec Three Stokes Park

2.2 miles / 55 mins

11am

Car park, the Community Hall, Little Stoke Lane, Little Stoke, BS34 6HR



*A nice stroll through three of Stoke Gifford's parks some gravel paths and crossing grassed areas. (If very wet an alternative route on sealed pavement will be used).*

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**SYD**

## Friday 2 Dec

### Yate Common

2.5 miles / 1 hour

10.30am

Public car park adjacent to Sunnyside Pavilion, Moorland Road, Yate, BS37 4BX

 **46, 47, 82, 84, 85, 86, 202, X47**

*Off road walk exploring Yate Common, which takes in the peace and quiet of this wide open space*

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**FC**

## Wednesday 7 Dec

### Glebe Stroll and Park

1.5 miles / 45 minutes

10.30am

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

 **46, 82, 202**

*Gentle riverside stroll with grassland. Park in Mill Lane (when full, use pub car park). Coffee & Xmas bites - bring £1.50.*

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**FPS**

## Thursday 8 Dec

### 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

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

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

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**KC**

## Thursday 8 Dec

### Frenchay

2.5 miles and 1 mile

1 hour and 30 mins

2pm

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

 **5**

*Shorter route takes in Vassall's Park. Longer route through Snuff Mills.*

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**SYD**



## Friday 9 Dec

### Brimsham Green/ Millside

3 miles

10.30am

The Brimsham Park PH Car Park, Lark Rise, Yate, BS37 7PJ

**X46**

*A walk that takes in Peg Hill, Brimsham Fields and Tylers Farm Lake  
Toilet and drinks available at the pub  
after the walk.*

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**KC**



## Wednesday 14 Dec

### Golden Valley

2.5 miles / 45 mins

2pm

Wick Village Hall, Manor Road, Wick, BS30 5RG  
Hall has its own car park

**35, 620, 634**

*Exploring the Golden Valley – join us  
for Christmas treats and quiz.*

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**FPS**



## Thursday 15 Dec

### 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

**73**

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

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**SYD**



## Friday 16 Dec

### Dodington Ramble

2.5 miles

10.30am

Shire Way Community Centre, Shire Way, Yate, BS37 8YS.  
Centre has its own car park

**47, X47**

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

FPS



## Thursday 22 Dec 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

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

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

FPS



## Thursday 29 Dec 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

 **73**

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

FC



## Wednesday 4 Jan Duck Pond & Blackberry Brake

2 miles / 1 hour

10.30am

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

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

*Gentle footpath stroll at village edge. Park on right in car park – or side roads if not using hall. Café stop during walk.*

KC



## Wednesday 4 Jan Warmley Forest

2.5 miles

1 hour (long) 30 mins (short)

2pm

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

Centre has its own car park

 **19, 35, 43**

*Along Siston Brook.*

FPS



## Thursday 5 Jan BBP & 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

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

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

SYD



## Friday 6 Jan

10.30am

*For details - please see Stepping Forward section.*

FPS



## Thursday 12 Jan Through Jubilee Green

1.6 miles / 40 minutes

11am

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

**73**

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

KC



## Thursday 12 Jan Downend Central

3 miles / 1 hour

2pm

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

**5, 18, 18A, 19, 47, 48**

*This walk explores Downend's King George V playing fields.*

SYD



## Friday 13 Jan

10.30am

*For details - please see Stepping Forward section.*

FC



## Tuesday 17 Jan Old Mill and Centenary Field

1.5 miles / 45 minutes

10.30am

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

**46, 82, 202**

*Short stroll with historical interest. Park in Mill Lane (when full, use pub car park). Coffee & cake £1.50.*

KC



## Wednesday 18 Jan

### St Annes

3 miles / 1 hour

2pm

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

17, 37, 45 (5 min walk)

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

FPS



## Thursday 19 Jan

### 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

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

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

SYD



## Friday 20 Jan

10.30am

*For details - please see Stepping Forward section.*

FPS



## Thursday 26 Jan

### 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

73

*Down past the Leisure Centre to Three Brooks Lake. This walk is on some gravel paths.*

KC



## Thursday 26 Jan

### Rodway

3 miles / 1 hour

2pm

Park on residential streets near Lamb Inn, Windsor Place, Mangotsfield, BS16 9DD

7, 18, 18A, 49

*This lovely walk visits Mangotsfield Station and village and Pomphrey Hill.*

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**SYD**



## Friday 27 Jan

### Three Lanes/Woods

2.5 miles

10.30am

The Fox, Broad Lane, Yate, BS37 7LD  
Parking available at pub

**X46, 622**

*A flat walk involving quiet back roads  
and wooded lanes*

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**FC**



## Wednesday 1 Feb

### Country Stroll by Half Moon fields

2 miles / 1 hour

10.30am

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

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

*Pleasant country views. Park in  
Woodside Rd if not using pub.*

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**KC**



## Wednesday 1 Feb

### Leap Valley

3 miles / 1 hour

2pm

Badminton Gardens, Beaufort Rd,  
Downend, BS16 6SG

Please don't use BG car park.

Use overflow car park on Beaufort Rd

**48**

*Exploring the Leap Valley and  
surrounding footpaths.*

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**FPS**



## Thursday 2 Feb

### 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

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

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



SYD



## Friday 3 Feb

### Chipping Sodbury / Frome Valley

3 miles

10.30am

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

47, X47, 84, 85, 202

*A pleasant walk along the back streets  
of Chipping Sodbury and a section  
of the Frome Valley Walkway. Café  
and toilets in nearby Waitrose or High  
Street.*

KC



## Thursday 9 Feb

### Longwell Green

1.5 miles / 3 miles 1 hour / 30 mins

2pm

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

44, 86

*Includes Cock Ridge Road and  
surrounding area.*

FPS



## Thursday 9 Feb

### 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

73

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

SYD



## Friday 10 Feb

### Goose Green/ Ridgewood

3 miles

10.30am

Meet outside the Lawns Inn, Church  
Road, BS37 5BG

46, X46

*Exploring northern parts of Yate.*

KC



## Wednesday 15 Feb Oldland Halt

2.5 miles / 1 hour

2pm

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

19, 43

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

FPS



## Thursday 16 Feb 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

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

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

SYD



## Friday 17 Feb

10.30am

*For details - please see Stepping  
Forward section.*

FC



## Tuesday 21 Feb Bury Fields and Woods

1.8 miles / 1 hour

10.30am

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

47, X47

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

FPS



## Thursday 23 Feb 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

73

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

KC



## Thursday 23 Feb Eastville Park

2.5 miles / 50 mins

2pm

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

 5, 16, 48A

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

SYD



## Friday 24 Feb

10.30am

*For details - please see Stepping  
Forward section.*



### Contact...

[TheWellbeingCollege@merlinhs.co.uk](mailto:TheWellbeingCollege@merlinhs.co.uk)

**01454 821856**

A college based around  
**your needs** and  
where **being well** is  
on the curriculum!  
We have a range of  
courses on offer,  
including mindfulness,  
managing anxiety,  
money management,  
art, nature walks and  
much more!