

Walks programme

March – June 2017



Supporting you to get active and stay active



SPECIAL EDITION

featuring lots of ideas to get South Gloucestershire walking everyday – includes information about National Walking Month in May.

Please help us to save paper and the planet by only taking this copy if you don't have access to the internet.

Welcome to the March to June 2017 programme



During the last programme more than 150 Walking for Health and Stepping Forward walks were organised by our fantastic team of volunteers. As always, I can't thank our walk leaders enough. And to show our thanks we had a get together at Tortworth, where we walked to the ancient chestnut tree and round the arboretum, where we were met by story teller, Fiona Eadie (photo above). One of the stories was about how walking can bring a community together and change lives - which is what we are all about!

We are always looking for more volunteers so if you would like to become part of the team and to take part in this rewarding and positive activity please do contact me.

The front cover shows the very first Page Park twice weekly walk. The walks began in December as part of Page Park Project. A fantastic number of walkers have come along and enjoyed the gentle exercise around the park as well as a cuppa and chat at the end. For more details see our regular walks section.

Our Frampton Cotterell Walkers have also been particularly busy, collecting food items for food banks and Wild Goose (who support the hungry and homeless in Staple Hill).

This May is National Walking month – so why not join thousands of people across the UK and enjoy the benefits of every day walking, no matter what your level of fitness.

Walking is simple, free and one of the easiest ways to be active and maintain a healthy weight and lifestyle.

Only a third of adults in the UK reach the recommended 150 mins of moderate physical activity each week – and yet walking can reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. Not only that, but research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing risk of stress, depression, dementia and Alzheimer’s disease.

So let’s make this May the month we all work together to get everybody in South Gloucestershire active every day!

Things you can do to become more active this May –

- Be part of the conversation.
This May join **www.facebook.com/sglosCouncil** or **www.twitter.com/sglosCouncil** and pledge to **#walkeveryday**, share your experiences, encourage others, let everyone know if you’ve discovered a wonderful new walk and please do upload any of your photos to inspire others.
- Use the log sheet in the middle of this programme to note down your daily steps and set your own targets.
- Try the tips on the log sheet to increase your daily walking (i.e. park at the far end of the car park, get off the bus one stop early, try a walking meeting, park and stride to work and loads more...)
- Download maps from **www.southglos.gov.uk/walking** - there are short and long walks available across the whole of South Gloucestershire.

- Log on to **livingstreets.org.uk** – the UK Charity for everyday walking - and join in with **#Try20** – great ideas to get you walking for 20 mins each day.
- Encourage a friend, family member or neighbour to join you on one of our free, led Walking for Health or Stepping Forward walks. (We’ve got walks suitable for every level of walker!)
- Make sure you walk every day in between the group walks.
- Buddy Up! If you don’t want to walk on your own ask if there is anyone in the walking group who lives near you, who would like to walk more often.
- Become a volunteer walk leader and join the team.
- Make sure you don’t sit at work all day - start a lunchtime walk with colleagues.
- Walk to school with the kids.

Christina

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**

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

How to contact us

Tel: 01454 868006

Email: Healthylifestyles@southglos.gov.uk

Web: 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

Twitter: @sglosCouncil



Grading

Key



Grade 1 walk

Suitable for people who 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 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. They 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. They 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

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.

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.

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!

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).

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.

KC **Kingschase**

This group meets weekly on either a Wednesday or Thursday at 2pm. Long and short walks often offered.

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.

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

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

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, 19A, 35, 43, 634

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

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

14 March	Warmley
28 March	Bitton
11 April	Warmley
25 April	Bitton
9 May	Warmley
23 May	Bitton
6 June	Warmley
20 June	Bitton

These walks are 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, 82, 84, 85, 202 (5 min walk)

7, 21 March

4, 18 April

2, 16, 30 May

13, 27 June

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. Walk around the field once or twice and then to one of the cafes nearby to enjoy a cuppa and a chat.



Every 1st Wednesday of the month

Kingsmeadow Community Flats

Up to 2 miles / 1 hr

10.30am

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

6, 7, 86 plus 5 min walk

1 March

5 April

3 May

7 June

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.



Every other Thursday

Filton Nutfield House

Up to 1 mile approx. 20 – 30 mins

2pm

Nutfield House, Nutfield Grove, Filton
BS34 7LJ.

Buses 70, 71, 72, 73

9, 23 March

6, 20 April

4, 18 May

1, 15, 29 June

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.



Every Tuesday and Friday

Page Park Weekly Walks

Set off 10.30am

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

Buses 7 49, X49

These new 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 minutes and are accessible for people with walking aids. After the walk enjoy a cuppa and a chat.



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

Kingsmeadow Community Flats

19 Barrington Close BS15 4QD.

2nd Wednesday of every month

Set off at 10am

Bitton Station, (outside the café)

Bath Road, Bitton BS30 6HD.

1st Monday of the month

Set off at 10am.

KC



Wednesday 1 March Blackhorse Emersons Green

1 mile / 30 mins & 2.5 miles / 50 mins

2pm

Badminton Gardens, Beaufort Rd,
Downend BS16 6SG.

Please don't use BG carpark use
overflow car park on Beaufort Rd.

 **48, X48**

*Quiet road and footpaths, passing
beautiful ponds and a nature reserve.*

FPS



Thursday 2 March BBP & UWE

2.2 miles / 1 hr

11am

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

 **18, 18A, 19, 19A 73, X73, 77, 625**

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

SYD

Friday 3 March

Yate Common

2.5 miles

10.30am

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

46, 47, 82, 84, 85, 86, 202, 622, X47

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

FC

Wednesday 8 March

Stroll to Hover's Ford

2 miles / 1 hr

10.30am

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

46, (5 min walk) 82

Country track with lovely views across Frome Valley.

FPS

Thursday 9 March

The Stokes Circuit

2.5 miles / 1 hr

11am

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

73, X73, 77

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

KC

Thursday 9 March

Bridge Yate

1.5 miles / 30 mins & 3 miles / 1 hr

2pm

Warmley Clock Tower, Tower Road North BS30 8XU.

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

19, 19A, 43

Two walks that weave their way around Warmley along the streamside and Railway Path.

SYD



Friday 10 March 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 March Bitton Rural

3 miles / 1 hr & 1.5 miles / 35 mins

2pm

Bitton Railway Station, Bath Rd
BS30 6HD.

Station has its own car park.

**19, 19A, 37, 42 (5 min walk),
684 (Tuesday / Thursday)**

*Shorter walk includes Cherry Gardens
and Railway Path, the longer walk
heads towards Bitton village.*

FPS



Thursday 16 March Harry Gifford

2 miles / 45 mins

11am

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

18, 18A, 19, 19A 73, X73, 77, 625

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

SYD



Friday 17 March Stanshawes

2.5 miles

10.30am

Stanshawes Court PH, Sunridge Park,
Yate BS37 4EA.

47, X47, 620

*Mainly flat walk on tarmac paths taking
in Stanshawes Court, Kingsgate Park
and green spaces to south of Rodford
Way.*

FC

Tuesday 21 March

Glebe Daffodil Stroll

1.5 miles / 45 mins

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). Bring £1.50 for coffee and cake.

FPS

Thursday 23 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,
Bristol BS32 8BS.

73, X73, 77

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

KC

Thursday 23 March

Oldland Halt

1.5 miles / 45 mins & 2.5 miles / 1 hr

2pm

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

19, 43

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

SYD

Friday 24 March

Chipping Sodbury & the Ridge

2.5 miles

10.30am

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

47, 82, 84, X47

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

KC



Wednesday 29 March Conham

2 miles / 45 mins & 3 miles / 1 hr

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.

FPS



Thursday 30 March Through the Woods

1.9 miles / 45 mins

11am

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

 18, 18A, 19, 19A 73, X73, 77, 625

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

SYD



Progression walk – for details please see Stepping Forward programme Friday 31 March

FC



Wednesday 5 April Nightingale's Bridge

1.8 miles / 1 hr

10.30am

Live and Let Live, Park Lane, Frampton Cotterell BS36 2EF.

 46, 82, 202

Stroll along track and across grass to historic bridge.

FPS



Thursday 6 April Bradley Stoke Reserve

2 miles / 45 mins

11am

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

 73, X73, 77

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

KC



Thursday 6 April

Warmley Forest

2.5 miles / 1 hr (long) 30 mins (short)

2pm

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

Centre has its own car park

19, 19A, 35, 43

Along Siston Brook.

SYD



Friday 7 April

Chipping Sodbury/Frome Valley

3 miles

10.30am

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

47, X47, 82, 84, 85, 202 (5 min walk)

*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



Wednesday 12 April

The Pulpit Walk – Hanham

NEW

3 miles / 1 hr

2pm

Methodist Church Hanham Chapel
Road, Bristol BS15 8SD.

17, 37, 45

*A new walk exploring Hanham Mount,
the pulpit and quiet lanes. Hot cross
buns after the walk.*

FPS



Thursday 13 April

Abbeywood & Splatts Wood

1.9 miles / 45 mins

11am

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

18, 19, 73, 77, 81, 501, 502, 625, X5,
X18

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

FPS



Thursday 20 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.

 **73, X73, 77**

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

KC



Thursday 20 April

Castle Farm

2.5 miles / 45 mins

2pm

Castle Farm Car Park, Castle Farm Road, Hanham BS15 3NN.

 **16, 17, 44 (10 min walk)**

Wooded lanes and green spaces.

SYD



Progression walk – for details please see **Stepping Forward programme** **Friday 21 April**

FC



Wednesday 26 April

Half Moon Country Stroll

2 miles / 1 hr

10.30am

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

 **46, 47, 86, 202**

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

KC



Wednesday 26 April

Downend Central

1.5 miles / 30 mins & 3 miles / 1 hr

2pm

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

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

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

FPS



Thursday 27 April

BBP & UWE

2.2 miles / 1 hr

11am

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

18, 18A, 19, 19A 73, X73, 77, 625

A surprisingly pleasant wander around Bristol Business Park and UWE.

SYD



Progression walk –

for details please see

Stepping Forward programme

Friday 28 April

FPS



Thursday 4 May

Over Primrose Bridge

1.4 miles / 35 mins

11am

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

73, X73, 77

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

KC



Thursday 4th May

Eastville Park

2.5 miles / 45 mins

2pm

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

5, 46, 48A

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

SYD



Friday 5 May

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.

FC

Tuesday 9 May

Old Mill & Centenary Bluebells

1.5 miles / 45 mins

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). Refreshments in pub after
walk.*

KC

Wednesday 10 May

St Annes

3 miles / 1 hr

2pm

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

17, 37, 45

*Walk through Willsbridge Valley, onto
the Dramway and St Anne's Church at
Oldland. (Happy to offer short version.)*

FPS

Thursday 11 May

Severn Beach

1.8 miles / 45 mins

11am

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

625

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

SYD

Friday 12 May

Riverside

2 miles

10.30am

The Fox Inn, Broad Lane, Yate
BS37 7LD.

X46, 622

*Along the Frome Valley Walkway and
quiet footpaths.*

FPS



Thursday 18 May

Harry Gifford

2 miles / 45 mins

11am

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

 **18, 18A, 19, 19A 73, X73, 77, 625**

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

KC



Thursday 18 May

Leap Valley

3 miles / 1 hr

2pm

Badminton Gardens, Beaufort Rd, Downend BS16 6SG.

Please don't use BG carpark use overflow car park on Beaufort Rd.

 **48, X48**

Exploring the Leap Valley and surrounding footpaths.

SYD



Progression walk –

for details please see

Stepping Forward programme

Friday 19 May

FC



Wednesday 24 May

Bradley Brook Nature Reserve
NEW

1.75 miles / 45 mins

10.30am

The Swan, Winterbourne BS36 1RW.

 **X46, 82, 626**

Delightful country stroll on easy paths. Park in Nicholls Lane if not using pub.

KC



Wednesday 24 May

Rodway

3 miles / 1 hr

2pm

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

 **18, 18A, 49**

This lovely walk visits Mangotsfield Station, the village and Pomphrey Hill.

FPS



Thursday 25 May The Stokes Circuit

2.5 miles / 1 hr

11am

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

73, X73, 77

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

SYD



Progression walk –

for details please see

Stepping Forward programme

Friday 26 May

FPS



Thursday 1 June Through the Woods

1.9 miles / 45 mins

11am

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

18, 18A, 19, 19A 73, X73, 77, 625

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

KC



Thursday 1 June Cock Road Ridge

1.5 miles / 30 mins & 3 miles / 1 hr

2pm

Asda Carpark Craven Way, Bristol BS30 7DY.

17, 86 (5 min walk)

Around Cock Road Ridge, Grimsbury farm and surrounding area.

SYD



Friday 2 June Chipping Sodbury Golf Course

3 miles

10.30am

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

47, X47, 82, 84, 85, 202 (5 min walk)

Through the golf course and countryside north of Chipping Sodbury.

FC

Tuesday 6 June

Wild Flower Meadow **NEW**

1.6 miles / 1 hr

10.30am

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

46, 47, 82, 86, 202

*Delights of Wild Flower Meadow and
farmland.*

KC

Wednesday 7 June

Emersons Green

1.5 miles / 45 mins & 2.5 miles / 1 hr

2pm

Emersons Green Library, Emerson Way
BS16 7AP.

Parking available in retail park.

18, 18A, 48, X48, 49, 86, 462

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

FPS

Thursday 8 June

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, X73, 77

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

SYD

Friday 9 June

Three Lanes/Woods

2.3 miles

10.30am

The Fox Inn Broad Lane Yate BS37 7LD.

X46, 622

Flat walk along quiet lanes.

FPS



Thursday 15 June Abbeywood & Splatts Wood

1.9 miles / 45 mins

11am

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

18, 18A, 19, 19A 73, X73, 77, 625

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

KC



Thursday 15 June Bitton to Keynsham

3 miles / 1 hr

2pm

Bitton Railway Station, Bath Road BS30 6HD.

19, 19A, 37, 42 (5 min walk), 684 (Tuesday / Thursday)

A scenic walk linking picturesque Bitton Station with Keynsham Marina - livestock on walk - so NO DOGS please.

SYD



Friday 16 June Wapley Bushes

2.5 miles

10.30am

Shire Way Community Centre Shire Way BS37 8YS.

47, X47

Explore open spaces to the south of Yate.

FC



Wednesday 21 June Stroll to Chestnut Farm

2 miles / 1 hr

10.30am

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

46, (5 min walk) 82

Lovely country lanes and farmland views. Park in side road.

KC



Wednesday 21 June

Doynton cream tea walk **NEW**

2.5 miles / 45 mins

2pm

Doynton Village Hall, Toghill Lane,
Doynton, Bristol BS30 5SY.

 **634 (Monday / Wednesday / Friday)**

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

FPS



Thursday 22 June

Bradley Stoke Reserve

2 miles / 45 mins

11am

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

 **73, X73, 77**

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

SYD



Progression walk –
for details please see
Stepping Forward programme

Friday 23 June

KC



Wednesday 28 June

Swineford

3 miles / 1 hr

2pm

Swineford Picnic Area, Bath Road,
Bristol BS30 6LN.

 **19, 37**

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

FPS



Thursday 29 June

BBP & UWE

2.2 / 1 hr

11am

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

 **18, 18A, 19, 19A 73, X73, 77, 625**

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

SYD



Friday 30 June Cinema to Sodbury NEW

2 miles

10.30am

Riverside carpark (behind Pets at Home at new leisure and retail complex)
Link Road, Yate BS37 4FT.

 41, 46, X46, 47, X47, 82, 84, 85, 86, 202, 620, 622 (5 min walk)

New walk along River Frome up to Chipping Sodbury and back.

The Wellbeing College



Contact...

TheWellbeingCollege@merlinhs.co.uk

01454 821856

www.merlinhs.co.uk/wellbeing-college

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!

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in South Gloucestershire*



*Do you do less than 30 minutes of
physical activity a week?*

Do you live in South Gloucestershire?

If **yes** and you are aged 14 or above, you can get eight free activity sessions with SportsPound.

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