

Stepping forward

March – June 2017



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

www.southglos.gov.uk


South Gloucestershire
Council

Welcome to the Stepping Forward programme for March to June 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.

May is National Walking Month – when we will be promoting the message that we all need to be active every day. Please see the introduction in the Walking for Health section which gives lots of tips and information about walking more, and also use the Step Log in the centre of this programme to record how many steps you do each day. You can use the log sheet to set your own targets.

The photo on front cover of this programme shows our walk leader get-together at Tortworth in November. Tortworth is a beautiful area, and our Thornbury group are planning a new walk there on 19 May. There are more

new walks in this programme including the Frampton Cotterell group's walk to Monk's Pond, Winterbourne, on 24 May and the new Wildflower Meadow Walk at Mayshill on 6 June.

As always, we are looking for more volunteers. This doesn't have to be leading the walks, it can be back or middle markers, admin, route planning, updating risk assessments, help with teas and coffees. 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 and positive project then please contact me on **07766 780087**.

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

Happy walking

Christina

Filton and Thornbury groups have a mobile phone so you can contact them if needed. Please only ring to check a walk is happening due to weather or if you require more details. There's no need to let organisers know if you can't make it.

FPS
Filton/Patchway/Stokes
07724 627107

T
Thornbury
07724 627104

For information about the key symbols, please see the front of our Walking for Health programme – this will tell you whether to expect stiles, muddy ground or inclines. There is usually somewhere to go for refreshments after the walk. Dogs are welcome unless otherwise stated, but please do keep them on a lead. Our walk leaders are fully trained and insured, but you do walk at your own risk.

T



Friday 3 March

Old Down

4 miles

11am

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

622

FPS



Monday 6 March

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)

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

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

FC



Wednesday 8 March

Tubbs Bottom

4 miles

10.30am

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

82, 46 (5 min walk)

*Delightful walk, includes fields &
River Frome beside Chill Wood.
Park in side road.*

T



Friday 10 March

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB

77, 78, 79, 622

FPS

Monday 13 March

Three Stokes Park

3.6 miles

11am

Little Stoke Community Hall,
Little Stoke Lane BS34 6HR

 **X5, 19, 19A, 82, 625**

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

T



Friday 17 March

Oldbury on Severn

4 miles

11am

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

 **No bus service**

Tea and refreshments available after the walk.

FC



Tuesday 21 March

Daffodils beside the Frome

3.5 miles

10.30am

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

 **46, 82, 202**

Easy, pleasant walk through fields & footpaths. Coffee & cake, bring £1.50. Park in Mill Lane (when full, use pub car park).

T



Friday 24 March

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park,
Alveston Hill BS35 3JB

 **77, 78, 79, 622**

FPS



Monday 27 March

Harry Gifford

3.5 miles

11am

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

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

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

SYD



Friday 31 March

Yate Rural

4 miles

10.30am

Brimsham Lake Car Park,
off Coopers Drive, Yate BS37 7YF

46, X46

Through country lanes of Yate.

T



Friday 31 March

Tytherington

4 miles

11am

The Swan Inn at Tytherington,
Duck Street GL12 8QB

622

*Tea and refreshments available after
the walk.*

FPS



Monday 3 April

Bradley Stoke Circuit

3.5 miles

11am

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

3B, 73

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

FC



Wednesday 5 April

Nightingale to Huckford

4 miles

10.30am

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

46, 82, 202

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

T

Friday 7 April

Alveston

4 miles

11am

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

77, 78, 79, 622

Tea and refreshments available after the walk.

FPS

Monday 10 April

Ellen's Wood

3 miles

11am

Lower Knowle Farmyard, Monmouth Hill, Lower Almondsbury BS32 4ES (the farmyard is easy to miss but is close to some large conifers)

No bus service

A circular walk through Ellen's Wood, parts of Lower Almondsbury and Catbrain Wood (includes a steep section).

SYD

Friday 21 April

Dodington/Kingsgate

3.5 miles

10.30am

St Nicholas Family Centre, off Chargrove, Abbotswood, Yate BS37 4LG (centre has its own carpark)

47, X47

Quiet circuit includes Kingsgate Park and Westerleigh Common.

T

Friday 21 April

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park, Alveston Hill BS35 3JB

77, 78, 79, 622

FPS

Monday 24 April

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.

FC



Wednesday 26 April

Frog Lane, Bluebell Woods

3.5 miles

10.30am

Badminton Arms, Badminton Rd,
Coalpit Heath BS36 2KJ

46, 47, 86, 202

Rural walk includes picturesque old railway track. Please NO dogs due to cattle. Park in Woodside Rd if not using pub.

SYD



Friday 28 April

Engine Common

3.25 miles

10.30am

Codrington Arms, North Road, Yate
BS37 7LG

622, X46 (5 min walk)

Includes meadows, old colliery workings and paths.

T



Friday 28 April

Old Down

4 miles

11am

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

622

FPS



Monday 1 May

MOD to Purdown

4.6 miles

11am

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

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

A flat, circular walk around Abbey Wood to the telecoms tower and gun positions at Purdown. Great views of Bristol.

FPS



Monday 8 April

Frenchay and Snuff Mills Circuit

4 miles

11am

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

5, 46, 48A

A circular walk through Frenchay returning via Snuff Mills.

T



Friday 12 April

Alveston

4 miles

11am

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

77, 78, 79, 622

Tea and refreshments available after the walk.

T



Friday 5 May

Littleton-on-Severn

4 miles

11am

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

No bus service

Tea and refreshments available after the walk.

FC



Tuesday 9 May

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). Refreshments at the pub after walk.

FPS



Monday 15 May

Almondsbury, Hortham and Rudgeway

4.2 miles

11am

The Swan Hotel, Gloucester Road, Almondsbury BS32 4AA

77, 78, 79

A circular walk using fields, lanes, woodland and a section of the A38.

SYD



Friday 19 May

Lilliput Park/Kingrove

3.25 miles

10.30am

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

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

Passes through lovely countryside south of Yate.

T



Friday 19 May

Tortworth

4 miles

11am

Tortworth Farm Shop, Box Walk, Tortworth, nr Wotton Under Edge GL12 8HF (please park in carpark on right before shop carpark)

60, 84, 85, 626 (5 min walk)

FPS



Monday 22 May

Filton Airfield

4 miles

11am

Burger King Car Park, The Venue, Merlin Road, Cribbs Causeway BS10 7SR

1, 2, 3, 4, 76, 623 (M, W, F) 73, 75, 78, 82, 622, 625 (5 min walk)

A surprisingly rural walk around the former airfield and old Charlton Village. Please NO dogs.

FC

Wednesday 24 May

Monk's Pool **NEW**

3.5 miles

10.30am

The Swan, Winterbourne BS36 1RW

X46, 82, 626

Delightful riverside nature reserve, woods, fields and paths. Park in Nicholls Lane if not using pub.

SYD

Friday 26 May

Kingsgate/Stanshawes

3.25 miles

10.30am

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

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

Peaceful routes through Kingsgate Park and the Frome Valley Walkway.

T

Friday 26 May

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park, Alveston Hill BS35 3JB

77, 78, 79, 622

T

Friday 2 June

Oldbury on Severn

4 miles

11am

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

No bus service

Tea and refreshments available after the walk.

FPS

Monday 5 June

Severn Beach

4 miles

11am

Shops on Beach Road, Severn Beach BS35 4PQ

623 (M, W & F) 625

Includes parts of the Severn Way.

FC



Tuesday 6 June

Wildflower Meadow **NEW**

3.7 miles

10.30am

The New Inn, Badminton Road, Mayshill
BS36 2NT

46, 47, 82, 86, 202

*Delights of Wildflower Meadow, woods
and farmland.*

FPS



Monday 12 June

Blaise Castle

3.5 miles

11am

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

3, 4, 18

*Walk through the beautiful grounds of
the estate.*

T



Friday 9 June

Alveston

4 miles

11am

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

77, 78, 79, 622

*Tea and refreshments available after
the walk.*

T



Friday 16 June

Tytherington

4 miles

11am

The Swan Inn at Tytherington, Duck
Street GL12 8QB

622

*Tea and refreshments available after
the walk.*

FPS



Monday 19 June

Bradley Stoke Wander

4 miles

11am

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

3B, 73

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

FC



Wednesday 21 June

Mayshill Fields and Lanes

3 miles

10.30am

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

46, (5 min walk) 82

Great rural walk via Mayshill hamlet - Park in Frampton End Rd.

SYD



Friday 23 June

West Yate and Frome Valley

3.5 miles

10.30am

Morrisons Supermarket Car Park Station Road, Yate BS37 5PW

46, X46, 47, X47, 82, 84, 85, 86, 202, 623 (5 min walk)

Takes in the quiet streets west of the Yate including River Frome.

T



Friday 23 June

Thornbury

4 miles

11am

Thornbury Leisure Centre Car Park, Alveston Hill BS35 3JB

77, 78, 79, 622

FPS



Monday 26 June

Easter Compton and Pilning

4 miles

11am

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

623 (M, W, F) 625

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

T



Friday 30 June

Littleton-on-Severn

4 miles

11am

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

No bus service

Tea and refreshments available after the walk.



Well Aware

Your local path to health and wellbeing services

www.wellaware.org.uk

Well Aware is the free health and wellbeing information website for Bristol and South Gloucestershire. It has more than 6,000 entries with categories ranging from 'support around the home' and 'socialising' to 'getting around' and 'personal health services' and much other useful information. There is a calendar of events so that you can find activities in your area.

Freephone 0808 808 5252

We have a Freephone telephone line (0808 808 5252) during weekday office hours for people who prefer to talk to us. Calls are answered by one of our team based in Fishponds.



the care forum

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