

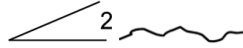

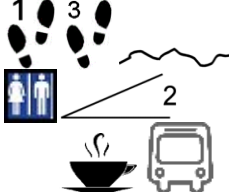

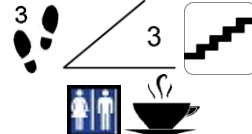
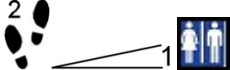


Date	Walk	Meeting point	Trans -port	Description	Symbols
Every Tuesday	<b>St George Park Stroll</b>	<b>The Beehive, Stretford Rd, 10.30</b>		<b>These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.</b>	1 
Tuesday 10 <sup>th</sup> April	Warmley Wander	Aldi bus stop, Church Rd, 10.45am. Kingswood Heritage Museum car park, Tower Lane, Warmley at 11.20	Bus no 43	Discover the hidden history of industrial Warmley. Visit Neptune and the Grotto. Cost for this walk is £2 per person for the guide. A light lunch may be bought at museum cafe afterwards, then visit the fascinating museum – entry £2. <i>Guest Leader: Alan</i>	2 
Thursday 19 <sup>th</sup> April	Partnership Walk	St Michaels and All Angels Church, Vivian St, BS3 4LW. 10.45am		This is a partnership walk to which all are invited. Various lengths from 1.5 to 3.5 miles available. Refreshments will be available afterwards. Please make your own travel arrangements if you wish to attend.	
Monday 23 <sup>rd</sup> April	St George's Day Walk	Outside St George Library. 10am. <u>Pre-booking essential.</u> Call Susan: 01179475037		A visit to a hidden gem of an 18 <sup>th</sup> Century building hidden in the Crews Hole Woodlands and known as the Bath House. By kind permission of the landowners. <i>Leader: Susan</i>	3 
Friday 11 <sup>th</sup> May	Warmley Forest Park	Aldi bus stop for bus, 10.00am or Warmley Station car park, Station Close, 10.30am	Bus no 43	This walk takes us through Warmley Forest Park and over Siston Common. As well as lovely countryside and great views it includes evidence of past industrial activity. Could be muddy so please wear sturdy footwear. <i>Leader: Angela</i>	1 3 
<b>Tuesday 15<sup>th</sup> May</b>	<b>Health Walk Leaders Training</b>	<b>Create Centre</b>	<b>Bus no 7</b>	<b>Your chance to train to become a health walk leader and help out on our walks. Please contact Nicola if you would like to volunteer.</b>	
Monday 21 <sup>st</sup> May	Birthday Walk	Summerhill Terrace entrance to Troopers Hill Field. 10.00am		Celebrate our one year anniversary with a walk on Troopers Hill led by radio's wildlife expert, Ed Drewitt. Then refreshments at Summerhill Methodist Church and a meeting to plan year 2. <i>Leader: Clare</i>	1 3 
Wednesday 13 <sup>th</sup> June	St Phillips Greenway	Bench across the road from Tesco, Church Rd. 10am	Return on 36 bus.	A walk through Netham park, to Barton Hill, then across the Feeder Canal, and on to the Black Castle. This is a one way walk, returning by bus.	3 
Friday 29 <sup>th</sup> June	Walled Garden Walk	Chalks Rd entrance to St George's Park. 10.30am		A walk to find out about allotments, then on through Barton Hill to the Walled Garden for lunch via the cycle path. Bring a packed lunch. Make your own way back afterwards. <i>Leader: Clare assisted by Steve and Brian</i>	2 
















## HINTS FOR WALKING

Do:

Dress appropriately for the weather.  
 Wear suitable supportive footwear.  
 Start each walk slowly, building up speed.  
 Slow down towards the end of each walk.  
 Walk to increase breathing but not to exhaust.  
 Drink plenty of water.  
 Remember to bring any necessary medication  
 e.g. inhaler.

Do Not:

Walk if you feel unwell.

<p>1</p>  <p>Under 1 mile (10-30 mins)</p>	<p>1</p>  <p>Slight Slopes</p>	 <p>Steps</p>	 <p>Bus Trip</p>
<p>2</p>  <p>1 - 2 miles (30-45 mins)</p>	<p>2</p>  <p>Moderate Slopes</p>	 <p>Cafe available</p>	 <p>Train Trip</p>
<p>3</p>  <p>2 - 3 miles (45-90 mins)</p>	<p>3</p>  <p>Steep Slopes</p>	 <p>Uneven ground</p>	
<p>4</p>  <p>3 + miles (90 + minutes)</p>	 <p>Buggy friendly</p>	 <p>Toilets Available</p>	 <p>Wheelchair Accessible</p>

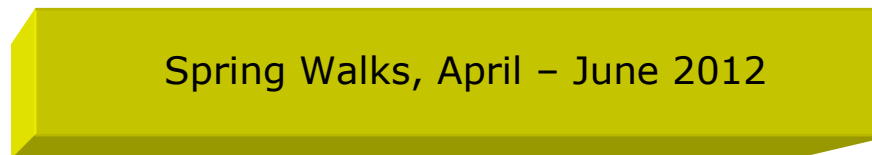
For further information, please contact:

Nic Ferris (BCC Sports Development)

07810506738 / 01173521283

[Nicola.ferris@bristol.gov.uk](mailto:Nicola.ferris@bristol.gov.uk)

Your local contact is Clare Willott: 0117 9414514



The St George Strollers organise regular, healthy walks in the vicinity of St George, East Bristol.

Walks are generally free and are open to all, but please contact Nicola if you are new to walking with us or have special needs. Please arrive 10 mins early if you are joining us for the first time.

[www.bristol.gov.uk/healthwalks](http://www.bristol.gov.uk/healthwalks)

[www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

