

## Walking to Health in South Gloucestershire

The project started back in 2002, with the aim of helping residents to do more physical activity. This was to be done via community-based led health walks, which people would be able to take part in free of charge and would cater for a range of abilities.



Over the last 9 years more than 1,000 people have walked with us, we are delighted that lots of people who walk with us regularly now walk on their own and with other groups, e.g. the Ramblers Association, but **we must not forget why we are here:**

- ✓ Walking is a **low-risk low intensity** activity suitable for people **new to exercise** or who are **recovering from injury, surgery (upon medical clearance) or ill health.**
- ✓ The walks we provide are for people who want to walk for health benefits at a **moderate pace** over distances of up to 4 miles!

The walk leader will try to set and maintain a pace, which they feel is appropriate for the group and route, **IF YOU FIND IT IS TOO FAST** please **SLOW DOWN** to a pace, which is comfortable for you.

As a rough guide you should be able to walk and talk, but feel a bit warm with slightly elevated breathing.

Please **DO NOT** walk in front of the Walk leader!!

## How are the walks graded?

The following is a guide, but we urge you to walk at a pace that is **comfortable for you!** The volunteers are there to ensure your safety, provide support and make sure you don't get lost.

**If you need to slow down DO, we really don't mind!!**

<b>A</b>	<ul style="list-style-type: none"> <li>✓ Up to three quarters of a mile in length.</li> <li>✓ Uses flat and paved surfaces.</li> <li>✓ Suitable for walkers who are new to exercise, returning after injury or that use mobility aids.</li> </ul>
<b>B</b>	<ul style="list-style-type: none"> <li>✓ Up to 1 and a half miles in length.</li> <li>✓ Uses paved, firm surfaces, may include some small 'ups and downs'.</li> <li>✓ Suitable for walkers new to exercise, returning after injury and those who like to walk at a steady pace.</li> </ul>
<b>C</b>	<ul style="list-style-type: none"> <li>✓ Up to 2 and a half miles in length.</li> <li>✓ Uses rougher paths, which may be uneven underfoot and include 'ups and downs'.</li> <li>✓ Suitable for walkers wanting to increase their fitness slightly.</li> <li><b>X Not for people that use mobility aids.</b></li> </ul>
<b>D</b>	<ul style="list-style-type: none"> <li>✓ Up to 4 miles in length.</li> <li>✓ Uses rougher paths, may be uneven underfoot and include 'ups and downs'.</li> <li>✓ Suitable for slightly fitter walkers and those wanting to increase their fitness.</li> <li><b>X Not for people that use mobility aids.</b></li> </ul>
<b>D+</b>	<ul style="list-style-type: none"> <li>✓ 4 miles + in length (<b>For confident walkers ONLY</b>)</li> <li>✓ Tend to be rural in nature with stiles, rough terrain and uneven ground</li> </ul>

## How does this programme work?

This programme covers the whole of South Gloucestershire, so in order to make it easier to find the walks you want to attend we have given them a key. In the top left-hand corner of each walk you will see some initials:

FPS	Filton, Patchway & the Stokes
FC	Frampton Cotterell
KC	Kings Chase
SYD	Sodbury, Yate & Dodington
T	Thornbury
	Rural walks

In addition to these initials we also have a key to help you identify if a walk is suitable for you:

	Toilets		Drinks available		Wheelchair friendly
	Uneven ground		Steps		Stile(s)
	Buggy Friendly	<b>Dogs are welcome on our health walks if kept on their leads - unless otherwise stated.</b>			

Daily walk listings for the entire district, including weekends are listed chronologically **by date**, but where there are two walks on the same day we have listed them chronologically **by time** with the earlier walk listed first.

For each walk we have listed:

Start time  
Start venue  
Bus information where possible and a brief route description.

Rural walk listings are included in the chronological listings so make sure you look out for the boot symbol







Rural walks are for the **more able and adventurous walker** as they generally include stiles, steps, undulating ground etc.

**Please double check the start time for the walks you want to attend - start times are different for each area and can alter again when special events are being held.**

**Please try to arrive 10 - 15minutes before the walk starts so you can hear any announcements.**

### HOW TO CONTACT US

 Tel:	01454 868006
 Fax:	01454 868535
 Email:	<a href="mailto:foodandhealth@southglos.gov.uk">foodandhealth@southglos.gov.uk</a>
 Write:	South Glos Council, PO Box 2078, Council Offices, Castle Street, Thornbury, BS35 9BJ



## Tues 1<sup>st</sup> Nov – Bitterwell Lake & Ram Hill D (3.5miles)

**Starts at: 10.30am** (Please arrive 10-15mins before)

**Venue:** Village Hall/ Miner's Arms, Badminton Rd, Coalpit Heath, BS36 2QB

**Buses:** 85, 86, 87, 327, 342 (**Please park on RIGHT-HAND side of car park**)

**Details:** Pleasant country lanes, the old Dramway and a particularly pretty section beside a golf course. Refreshments and toilets will be available at the Village Hall/ Miner's Arms after the walk. **NB** – May be muddy if wet.



## KC Wed 2<sup>nd</sup> November - Hanham A & C (2miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Public Car Park, Castle Farm Road, Hanham

**Buses:** 6, 44, 45 (**May require a short walk**)

**Details:** Two lovely flat routes exploring Hencliff Woods, Hanham Common and Hanham Green. **NB** – This walk will be quite wet and muddy in places if it has recently rained. There are no toilet or refreshment facilities available.



## SYD Fri 4<sup>th</sup> Nov – Dodington & Wapley B & D (2.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Shire Way Community Centre, Shire Way, Yate, BS37

**Buses:** X42, 329, 342, 482, 483 (**Centre has its own car park**)

**Details:** Two lovely walks exploring the surprising wide open spaces and countryside to the south of Yate. The B walk visits Westerleigh Common and the D walk explores Wapley Bushes Local Nature Reserve. **NB** – This walk will be wet and muddy if it has recently rained.



## T Fri 4<sup>th</sup> Nov – Thornbury Golf Course D (3miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Mundy Playing Fields, off of Kington Lane, Thornbury, BS35 2AR

**Buses:** 613 (**May require a short walk**)

**Details:** This walk explores the countryside of Thornbury – fab views of the Severn! Lots of cafes are available nearby for post-walk refreshments. **NB** – This walk will be wet and muddy if it has recently rained.



FPS

## Monday 7<sup>th</sup> Nov – Through the Woods D (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Sainsbury's Superstore car park, Fox Den Rd, Stoke Gifford, BS34 7PS

**Buses:** X73, 73b, 312, 318, 319, 517, 518, 581 (**May require a short walk**)

**Details:** We take the UWE path towards Long Wood and Hermitage Wood, exploring Purdown and Duchess Pond en route. **NB** – May be muddy. The Volunteers should be able to offer a shorter route on the day if required.



## Wed 9<sup>th</sup> Nov – Bury Hill Fort C (1.5miles) & D (3miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** The Golden Heart PH, Down Road, Winterbourne, BS36 1AU (**Park in pub car park at the LOWER end**)

**Buses:** X42, 85, 342 (**May require a short walk**)

**Details:** Two interesting routes taking in woodland, the Frome Valley Walkway and open fields. Pub available for refreshments and toilets after walk. **NB** - Both include steep slopes, steps, stiles and muddy sections.



## KC Thurs 10<sup>th</sup> Nov – Longwell Green D (3miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Small Room, Cadbury Heath Hall, School Rd, Cadbury Heath, BS30 8EN

**Buses:** 44, 45, 319 (**Hall has its own car park**)

**Details:** A lovely route taking in Barrs Court Moat before continuing onto Cock Road Ridge for views of Lansdown and beyond. **NB** – Will be muddy if it has recently rained, if very wet an alternative may have to be offered.



## SYD Fri 11<sup>th</sup> Nov – C. S. & the Ridge B & C (2.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Wickwar Road Car Park, Off Barnhill Road, Chipping Sodbury, BS37 6BQ

**Buses:** X42, 88, 342, 482, 483, 627

**Details:** Two peaceful walks exploring the historic High Street, Ridge Wood and parts of the Frome Valley walkway. Lots of cafes are available nearby for post-walk refreshments. **NB** - Some uphill sections, but nothing too tricky.



**T** Fri 11<sup>th</sup> Nov – Thornbury & Beyond **D** (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Thornbury Leisure Centre Car Park, Alveston Hill, BS35 3JB

**Buses:** 309, 310, 312, 614, 622 (May require a short walk)

**Details:** This route explores countryside beyond the A38, taking in fields, sections of the Jubilee Way and stunning views of the area. Refreshments available in Leisure Centre café. **NB** – Will be muddy if it has recently rained.



**FPS** Mon 14<sup>th</sup> Nov – Patchway & Over **D** (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Coniston Community Centre, Coniston Rd, Patchway, BS34 5LP (Park in long-stay area by GP surgery)

**Buses:** 75, 625 (May require a short walk)

**Details:** This walk explores Over with its fantastic views of the Severn Estuary and Wales. Refreshments available after the walk in the Community Centre café. **NB** – Will be very muddy if it has recently rained.



 Wednesday 16<sup>th</sup> Nov – Bitton Village **D** (3miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Bitton Railway Station, Avon Valley Railway, Bath Rd, Bitton, BS30 6HD (Station has its own car park)

**Buses:** 319, 332, 532, 684 (May require a short walk)

**Details:** A lovely rural walk exploring this delightful village and its surrounding countryside. Refreshments and toilets available at Bitton Station. **NB** – Walk contains one low stone stile and will be muddy if wet.



**SYD** Fri 18<sup>th</sup> Nov – Yate Common **B & C** (2.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Sunnyside Pavilion, Moorland Road, Yate, BS37 4BX (Pavilion has its own car park)

**Buses:** X42, 85, 86, 87, 200, 327, 342, 581 (May require a short walk)

**Details:** Two off-road walks exploring Yate Common, which take in the peace and quiet of this wide open space. **NB** – May be a bit boggy underfoot if it has recently rained.



 Friday 18<sup>th</sup> Nov – Tytherington **D** (3.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** The Swan Inn at Tytherington, Duck Street, Tytherington, GL12 8QB

**Details:** This lovely walk explores local woodland & quiet country lanes. The pub is open at 12pm so please make the most of it when we return for a drink or lunch. **NB** – Includes a very steep section & will be very muddy if it is wet.



 Saturday 19<sup>th</sup> Nov – Kelston Rural **D+** (4miles)

**Starts at: 10.30am** (Please arrive 10-15mins before)

**Venue:** Outside The Bird in Hand PH, High Street, Saltford, BS313EJ (Parking on nearby streets)

**Buses:** 337, 339, 665, X39 (May require a short walk)

**Details:** A special walk through the delightful countryside of Saltford towards Swineford and Kelston Round, which we will climb for 360° views of the area. **NB** – Not suitable for people that are new to exercise. Will be muddy if wet.



**FPS** Mon 21<sup>st</sup> Nov – Stoke Gifford Stroll **D** (2.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside St. Michael's Café, The Green, Stoke Gifford, BS34 8PD (Parking on residential streets)

**Buses:** 73, X73, 74, X74

**Details:** A lovely walk that uses quiet streets and lanes around Stoke Gifford, taking in Bakers Ground, Mead Park and the old Church Yard. Refreshments and lunch available at the Café afterwards.



 Wed 23<sup>rd</sup> Nov – Frampton Fields via Mayhill **D** (3.5miles)

**Starts at: 10.30am**

**Venue:** Frampton Cotterell - corner of Church Rd & Frampton End Rd (Park in Frampton End Road)

**Buses:** 482, 483, 581

**Details:** A pleasant walk beside the River Frome. Refreshments and toilets available at the Café. **NB** – Due to the possible presence of cattle – please **NO** dogs on this walk. Sturdy footwear recommended.



**KC****Thursday 24<sup>th</sup> Nov – Frenchay****C (2.5miles)****Starts at: 2pm** (Please arrive 10-15mins before)**Venue:** Oldbury Court Car Park, off of Oldbury Court Road, Fishponds**Buses:** 5, 48, 49 (May require a short walk)**Details:** This lovely walk winds its way down to Snuff Mills before returning through Vassall's Park alongside the River Frome. **NB** – Includes steep slopes, steps and 1 low stone stile. Will be muddy if it is wet.**FPS****Monday 28<sup>th</sup> Nov – Filton Golf Course****D (3miles)****Starts at: 11am** (Please try to arrive 10-15mins before)**Venue:** Outside Filton Leisure Centre, Elm Park, Filton, BS34 7PS**Buses:** X11, 75, 309, 310 (May require a short walk)**Details:** This walk offers an extensive off-road circuit. Refreshments are available afterwards from The Ratepayer's Arms. **NB** – May be muddy. The Volunteers should be able to offer a shorter detour on the day if required.**SYD****Friday 25<sup>th</sup> Nov – Yate Rocks****D (3.25miles)****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** Tyler's Lake Car Park, Off of Cooper's Drive, Yate, BS37 7YF (**NO toilet facilities at venue**)**Buses:** X27, 88, 329 (May require a short walk)**Details:** This walk explores quiet lanes and footpaths to the north-east of Yate, including a detour to explore the pretty Yate Rocks area (weather dependent). **NB** – May be muddy if recently rained.**KC****Wed 30<sup>th</sup> Nov – Emerson's Green****A & C (2.5miles)****Starts at: 2pm** (Please try to arrive 10-15mins before)**Venue:** Emerson's Green Library, Emerson's Way, Emerson's Green, BS16 7AP**Buses:** 48, 49, 85, 86, 87 (Parking available in retail park)**Details:** Two pleasant walks around the many paths and walkways of Emerson's Green. The C walk visits the Ring Road Earthworks for surprising countryside views. **NB** – The C walk contains a steep flight of steps.**T****Fri 25<sup>th</sup> Nov – Community Woodlands****D (3.5miles)****Starts at: 11am****Venue:** Thornbury Leisure Centre Car Park, Alveston Hill, Thornbury, BS35 3JB**Buses:** 309, 310, 312, 614, 622 (May require a short walk)**Details:** A longer walk through Community Woodlands, heading across fields to Vilner Farm. An attractive, peaceful circuit with steep inclines/ declines. Refreshments available in Leisure Centre café. **NB** – May be muddy.**SYD****Fri 2<sup>nd</sup> Dec – C. Sodbury - Ridgewood****B & D (3miles)****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** Wickwar Road Car Park, Off Barnhill Road, Chipping Sodbury, BS37 6BQ**Buses:** X42, 88, 342, 482, 483, 627**Details:** The B walk takes in Chipping Sodbury's High Street. The D walk heads north around the Quarry before returning through Ridge Wood. Lots of cafes are available nearby for post-walk refreshments. **NB** – May be muddy.**Mon 28<sup>th</sup> Nov – Frome Valley & Algars Manor****D (3miles)****Starts at: 10.30am****Venue:** St Peter's Church, Church Rd, Frampton Cotterell**Buses:** 327, 482, 483, 581 (Parking in Mill Lane)**Details:** This riverside walk contains slopes, muddy sections and 15 stiles! Coffee, cake (and toilets) available after the walk (min. £1 donation). **NB** – Due to the nature of the walk – please **NO** dogs. Sturdy footwear advised.**T****Friday 2<sup>nd</sup> Dec – Thornbury to Kington****D (4miles)****Starts at: 11am** (Please try to arrive 10-15mins before)**Venue:** Mundy Playing Fields, off of Kington Lane, Thornbury, BS35 2AR**Buses:** 613 (May require a short walk)**Details:** A picturesque walk around Thornbury, exploring the beautiful countryside surrounding the historic town. Bring change for some fresh farm eggs en route. **NB** – This walk contains stiles and will be very muddy if wet.

**FPS** Mon 5<sup>th</sup> Dec – Patchway to Almondsbury D (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Coniston Community Centre, Coniston Rd, BS34 5LP

**Buses:** 75, 625 (Please park in long-stay area by GP surgery)

**Details:** This is an energetic hilly walk offering beautiful views of the Severn Estuary. **NB** – Will be very muddy if it is wet. Due to the terrain this walk is not suitable for people returning to exercise. The Volunteers should be able to offer a shorter detour on the day if required.



 Wed 7<sup>th</sup> Dec – Nightingale Bridge to Huckford D (3.5miles)

**Starts at: 10.30am**

**Venue:** Outside The Live & Let Live PH, Clyde Road, Frampton Cotterell, BS36 2EF

**Buses:** 327, 482, 483, 581 (Parking available in pub car park)

**Details:** This walk follows sections of the Frome Valley to explore Huckford Quarry. Refreshments and toilets available at pub after walk. **NB** - Due to the nature of the walk – please **NO** dogs. Optional steep section to Huckford.



**KC** Thurs 8<sup>th</sup> Dec – Warmley Forest B & D (2.5miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Warmley Forest Visitor's Centre, High Street, Warmley, BS30 5JL (Centre has its own car park)

**Buses:** 43, 319, 634, 635 (May require a short walk)

**Details:** These walks explore the wide open spaces of Warmley Forest Park, Siston Common and the Dramway. **NB** – Additional parking is available at Warmley Station. The Park will be very muddy if it is wet.



**SYD** Friday 9<sup>th</sup> Dec – Brimsham Green B & D (2.75miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Tyler's Lake Car Park, Off of Cooper's Drive, Yate, BS37 7YF (NO toilet facilities at venue)

**Buses:** X27, 88, 329 (May require a short walk)

**Details:** The B walk is scenic walk on hard surfaces taking views over Yate and beyond. The D is a peaceful route with some highly scenic sections. **NB** – The B walk includes 1 slight incline. The D walk can be muddy after rain.



**T** Friday 9<sup>th</sup> Dec – Alveston to Old Down D (4miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside The Ship Inn PH, Thornbury Rd, Alveston, BS35 3LL

**Buses:** 309, 310, 312

**Details:** A lovely countryside route which takes you from Alveston to Old Down via Lower Hazel. The Ship Inn is available for refreshments after the walk. **NB** – May be muddy if it has recently rained.



**FPS** Mon 12<sup>th</sup> Dec – Little Stoke & Scotts Park C (2.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside Little Stoke Community Hall, Little Stoke Lane, Little Stoke, BS34 6HR

(Hall has its own car park)

**Buses:** 71, 72, 73a, 517, 518, 625 (May require a short walk)

**Details:** A walk exploring Little Stoke and local parks and recreational areas nearby. The Riverside Club is available for refreshments after the walk.



**KC** Wed 14<sup>th</sup> Dec – Staple Hill A & D (3.5miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Hawthorne Gardens Sheltered Housing, Broad Street, Staple Hill, BS16 5PL

**Buses:** 7, 17, 533, 689 (Parking in residential streets nearby)

**Details:** The A walk explores Page Park, whilst the D walk heads towards Mangotsfield Station and Siston Common. Please join us afterwards for a Christmas quiz and mince pies in the warmth of the Resident's Lounge!



**SYD** Fri 16<sup>th</sup> Dec – Dodington Ramble B & C (2.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Shire Way Community Centre, Shire Way, Yate, BS37

**Buses:** X42, 329, 342, 482, 483 (Centre has its own car park)

**Details:** The B walk is ideal for people returning to exercise exploring parts of South Yate. The C route follows paths through peaceful surroundings including Lilliput Park. Please join us for a festive mince pie afterwards in the Hall.



**T** Friday 16<sup>th</sup> Dec – Around the Castle **D** (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Mundy Playing Fields, off of Kington Lane, Thornbury, BS35 2AR

**Buses:** 613 (May require a short walk)

**Details:** An energetic walk passing through the lovely countryside of North Thornbury. This walk includes the Medieval Ponds. **NB** – Drinks available at The Chantry afterwards (small charge of 80p for tea/ coffee).



Friday 6<sup>th</sup> January – Olveston **D** (3.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Outside The White Hart PH, The Street, Olveston, BS35 4DR (Please **DO NOT** park in pub CP)

**Buses:** 614, 622 (May require a short walk)

**Details:** Mostly off-road walk exploring quiet lanes, fields and paths. **NB** - Steep sections are included and this walk can get very muddy if recently rained. Not suitable for people that are new to exercise.



**FPS** Mon 19<sup>th</sup> Dec – Patchway Plod **D** (2.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Coniston Community Centre, Coniston Rd, BS34 5LP

**Buses:** 75, 625 (Please park in long-stay area by GP surgery)

**Details:** A revised version of this pleasant walk taking in The Tumps and Gorse Covert Local Nature Reserves. It uses very flat ground and crosses fields, parks and a variety of quiet residential streets. Refreshments available after the walk in the Community Centre café. **NB** - May be muddy.



Mon 9<sup>th</sup> Jan – Blackberry Brake & Kendleshire Pond **D** (3.75miles)

**Starts at: 10.30am** (Please arrive 10-15mins before)

**Venue:** Village Hall/ Miner's Arms, Badminton Rd, Coalpit Heath, BS36 2QB

**Buses:** 85, 86, 87, 327, 342 (Please park on RIGHT-HAND side of car park)

**Details:** An attractive rural walk across fields via a cattle creep and pretty golfing ponds, returning through country lanes. Refreshments and toilets available at the Village Hall after the walk. **NB** - May be muddy.



**KC** Wed 4<sup>th</sup> Jan – Downend Central **B & D** (3miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Shopper's Car Park to the rear of Co-op, Downend Rd, Downend, BS16 5UJ

**Buses:** 4, 5, 48, 312, 318, 319, 462a, 517, 518 (May require a short walk)

**Details:** Two walks exploring Downend's King George V Playing Fields. The D walk also visits Britannia Woods, the site of the tragic airline crash in 1957. **NB** – The D route contains uneven earth steps and may be muddy.



**FPS** Mon 9<sup>th</sup> Jan – Aztec West & Explore **D** (4miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Coniston Community Centre, Coniston Rd, BS34 5LP

**Buses:** 75, 625 (Please park in long-stay area by GP surgery)

**Details:** A revised version of this walk taking in open spaces and quiet streets. Refreshments available after the walk in the Community Centre café. **NB** - The Volunteers should be able to offer a shorter detour on the day if required. May be muddy in places.



**SYD** Fri 6<sup>th</sup> Jan – Lilliput & Kingrove **B & D** (3.25miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Wickwar Road Car Park, Off Barnhill Road, Chipping Sodbury, BS37 6BQ

**Buses:** X42, 88, 342, 482, 483, 627 (May require a short walk)

**Details:** The B route explores parts of Ridge Wood, whilst the D walk heads south to open countryside on the outskirts of Yate and Sodbury. Lots of cafes are available nearby for post-walk refreshments. **NB** – May be muddy.



**KC** Thurs 12<sup>th</sup> Jan – Warmley **A & C** (2miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Warmley Clock Tower, Tower Road North, Warmley, BS30 8XU (Centre has its own car park)

**Buses:** 42, 43, 319 (May require a short walk)

**Details:** The A walk explores a pleasant streamside path, whilst the C walk weaves its way to the Bristol to Bath Railway Path and back along quiet lanes. **NB** – May be a bit muddy in places if it has recently rained.



**SYD** Fri 13<sup>th</sup> January – Engine Common **D** (3.25miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Outside Codrington Arms PH, North Road, Yate, BS37 7LG



**Buses:** 622 (Please park in RIGHT-HAND car park)

**Details:** This walk explores little known parts of North Yate along quiet roads and lanes in an area known as Engine Common. **NB** – May be a bit muddy in places if wet.

**T** Friday 13<sup>th</sup> January – Alveston **D** (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside The Ship Inn PH, Thornbury Rd, Alveston, BS35 3LL



**Buses:** 309, 310, 312

**Details:** This walk covers flat land, with occasional steep inclines/ declines across surfaced and un-surfaced paths. **NB** – Possibility of livestock in fields and will be muddy if it has recently rained.

**FPS** Sat 14<sup>th</sup> Jan – Bradley Stoke Wander **D+** (4miles +)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Outside of Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, BS32 9B2



**Buses:** 72, 73b, 483 (Centre has its own car park)

**Details:** A lovely walk exploring the Three Brooks Way and surrounding areas. Refreshments available after the walk in the Leisure Centre café. **NB** – Walk will include some slopes and uneven ground. May be muddy.

**FPS** Mon 16<sup>th</sup> Jan – Bradley Stoke Circuit **C** (2.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside of Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, BS32 9B2



**Buses:** 72, 73b, 483 (Centre has its own car park)

**Details:** A lovely walk exploring the Three Brooks Way. Refreshments and toilets available after the walk at Centre café. **NB** – Volunteers should be able to offer a shorter detour on the day if required. May be muddy.

 Wed 18<sup>th</sup> Jan – Iron Acton village **D** (3.5miles)

**Starts at: 10.30am** (Please arrive 10-15mins before)

**Venue:** Frampton Cotterell - corner of Church Rd & Frampton End Rd (**Park in Frampton End Road**)



**Buses:** 482, 483, 581



**Details:** A beautiful walk taking a peek at delightful Iron Acton village before returning through the Frome Valley. **NB** – Due to the presence of cattle – please **NO** dogs. Can be muddy/ slippery - sturdy footwear advised.

**KC** Wed 18<sup>th</sup> January – Hanham **C** (2.5miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Public Car Park, Abbots Road, Hanham, BS15



**Buses:** 6, 44, 44a (May require a short walk)

**Details:** A lovely flat walk around quiet residential streets, including 'Panorama walk' with its fantastic views over Conham Vale and the R. Avon. **NB** – There is limited parking at Abbots Road car park, other parking is available on nearby residential streets. No toilets or refreshments available.

**SYD** Fri 20<sup>th</sup> Jan – Kingsgate & Stanshawe **B & D** (3miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Outside the Pop Inn Café, West Walk, Yate Shopping Centre, BS37 4AX (**Parking in shopping centre car park**)



**Buses:** X42, 85, 86, 87, 200, 327, 342, 581, 622 (May require a short walk)

**Details:** The B walk takes in part of Ridge Wood and uses good walking surfaces throughout. The lovely D walk follows peaceful routes through Kingsgate Park and the Frome Valley Walkway. **NB** – May be muddy if wet.

 Friday 20<sup>th</sup> Jan – Tockington **D** (3.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)


**Venue:** Tockington Green, opp. The Swan Inn PH, Tockington, BS32 4NJ (**Please DO NOT park in pub CP**)



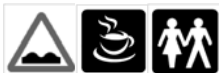
**Buses:** 614, 622

**Details:** This beautiful walk takes you through Elberton and Old Down. The pub opens from 12pm for lunch so please make the most of it when we return from the walk. **NB** – It contains steep inclines and declines.


**FPS** Monday 23<sup>rd</sup> Jan – Abbey Wood **D** (3miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)  
**Venue:** Outside of Filton Leisure Centre, Elm Park, BS34 7PS   
**Buses:** 75, 75a, 99, 517  
**Details:** A revised version of this walk taking in quiet residential streets en route to the MOD and back. Refreshments are available after-wards from The Ratepayer's Arms. **NB** – The Volunteers should be able to offer a shorter detour on the day if required.


**KC** Thurs 26<sup>th</sup> Jan – Leap Valley **B & D** (2.75miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)  
**Venue:** Badminton Gardens Extra Care housing, Beaufort Road, Downend, BS16 6SG   
**Buses:** 48, 462, 462a (Please use overflow car park on Beaufort Road)  
**Details:** Two lovely walks exploring the Leap Valley and surrounding footpaths. Refreshments and toilets available at the Badminton Gardens café. **NB** – A few slopes may be slippery if wet. May be muddy in places


**SYD** Friday 27<sup>th</sup> Jan – Yate Common **B & C** (2.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)  
**Venue:** Sunnyside Pavilion, Moorland Road, Yate, BS37 4BX (Pavilion has its own car park)   
**Buses:** X42, 85, 86, 87, 200, 327, 342, 581 (May require a short walk)  
**Details:** Two off-road walks exploring Yate Common, which take in the peace and quiet of this wide open space. **NB** – May be a bit boggy underfoot if it has recently rained.



**T** Fri 27<sup>th</sup> Jan – Thornbury Golf Course **D** (3miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)  
**Venue:** Mundy Playing Fields, off of Kington Lane, Thornbury, BS35 2AR   
**Buses:** 613 (May require a short walk)  
**Details:** This walk explores the countryside of Thornbury, including Mundy Playing Fields and Thornbury Golf Course – fab views of the Severn!


**FPS** Mon 30<sup>th</sup> Jan – R. Frome & Snuff Mills **C** (2.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)   
**Venue:** Snuff Mills Car Park, River View, off of Broomhill Road, Stapleton  
**Buses:** 4, 200, 312, 318, 319, 327, 329, 517, 518 (May require a short walk)  
**Details:** This walk has been a real hit as it explores the delightful area of Snuff Mills and the River Frome. **NB** – Will be muddy if it has recently rained. The Volunteers should be able to offer a shorter detour on the day if required.


**FC** Tues 31<sup>st</sup> Jan – Frampton Wander **A & B**

**Starts at: 10.30am** (Please try to arrive 10-15mins before)   
**Venue:** Frampton Cotterell - corner of Church Rd & Frampton End Rd (Park in Frampton End Road)   
**Buses:** 482, 483, 581  
**Details:** Discover Frampton Cotterell's past - two interesting walks along quiet lanes. Please let Volunteers know which walk you would like on arrival. Refreshments and toilets available at Café.

**FC** Tues 31<sup>st</sup> Jan – Frampton Wander **C** (2miles) & **D** (3.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)  
**Venue:** Frampton Cotterell - corner of Church Rd & Frampton End Rd (Park in Frampton End Road)   
**Buses:** 482, 483, 581  
**Details:** Two pleasant walks through Frampton's quiet backwaters. Please let Volunteers know which walk you would like on arrival. Refreshments and toilets available at Café. **NB** – 5 optional steps on D route.

**KC** Wed 1<sup>st</sup> February – Rodway **D** (3.5miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)   
**Venue:** 1<sup>st</sup> Mangotsfield Scout Hut, Northcote Road, Mangotsfield, BS16 9HF (opp. The Lamb Inn PH)  
**Buses:** 49, 517, 518, 533 (Parking in residential streets)  
**Details:** This lovely walk visits Mangotsfield Station, Pomphrey Hill and Mangotsfield Village. **NB** – There are a few small steps to access the venue. Venue booking TBC at time of print – apologies for any inconvenience!

**SYD** Fri 3<sup>rd</sup> Feb – C. S. & Frome Valley **A & C** (1.75miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Wickwar Road Car Park, Off Barnhill Road, Chipping Sodbury, BS37 6BQ

**Buses:** X42, 88, 342, 482, 483, 627

**Details:** Two lovely walks exploring Chipping Sodbury's impressive High Street and sections of the Frome Valley Walkway. Lots of cafes are available nearby for post-walk refreshments. **NB** – May be muddy if it is wet.



**T** Fri 3<sup>rd</sup> Feb – Community Woodlands **D** (3.5miles)

**Starts at: 11am**

**Venue:** Thornbury Leisure Centre Car Park, Alveston Hill, Thornbury, BS35 3JB

**Buses:** 309, 310, 312, 614, 622 (May require a short walk)

**Details:** A longer walk through Community Woodlands, heading across fields to Vilner Farm. An attractive, peaceful circuit with steep inclines/ declines. Refreshments available in Leisure Centre café. **NB** – May be muddy.



**FPS** Mon 6<sup>th</sup> Feb – Three Stokes Parks **D** (3.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside Little Stoke Community Hall, Little Stoke Lane, BS34 6HR (Hall has its own car park)

**Buses:** 71, 72, 73a, 517, 518, 625 (May require a short walk)

**Details:** A flat walk exploring green areas in Little Stoke, Bradley Stoke and Stoke Gifford. The Riverside Club is available for refreshments after walk. The Volunteers should be able to offer a shorter detour on the day if required.



**Wed 8<sup>th</sup> Feb – Frog Lane, Fields & Woods** **D** (3miles)

**Starts at: 10.30am**

**Venue:** Outside The Badminton Arms PH, Badminton Road, Coalpit Heath, BS36 2QJ

**Buses:** X42, 85, 86, 87, 200, 327, 342 (Park in far corner of pub car park)

**Details:** A beautiful walk taking in a picturesque old railway and Ram Hill Colliery's remains. Refreshments and toilets available at pub after walk. **NB** – Due to the presence of cattle – please **NO** dogs. Sturdy footwear advised.



**KC** Thurs 9<sup>th</sup> February – St. George **A & D** (3miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Public Car Park, Chalks Rd, St. George

**Buses:** 41, 43, 44, 44a, 45, 332, 635

**Details:** These walks take you around St. George's Park, with its tree-lined avenues, duck pond and wide open spaces. From here the D route heads to Trooper's Hill for fantastic views of the city. Lots of cafes are available nearby for post-walk refreshments. **NB** – Several steep slopes in Park.



**SYD** Fri 10<sup>th</sup> Feb – Goose Grn & Ridgewood **B & D** (2.75miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Yate Heritage Centre, Church Rd, Yate, BS37 5BG (Parking on nearby streets)

**Buses:** X42, 85, 86, 87, 200, 327, 342, 581, 622 (May require a short walk)

**Details:** A slightly more challenging walk around little known parts of northern Yate, including Ridge Wood. **NB** – May be muddy in places after rain.



**T** Fri 10<sup>th</sup> Feb – Thornbury to Kington **D** (4miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Mundy Playing Fields, off of Kington Lane, Thornbury, BS35 2AR

**Buses:** 613 (May require a short walk)

**Details:** A picturesque walk around Thornbury, exploring the beautiful countryside surrounding the historic town. Bring change for some fresh farm eggs en route. **NB** – This walk contains stiles and will be very muddy if wet.



**FPS** Monday 13<sup>th</sup> Feb – Filton Airfield **D** (4miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

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

**Buses:** 73b, 482

**Details:** Scenic views and wide open spaces on your doorstep! Everyone is welcome, plus you can bring your dog! **NB** – Sturdy footwear recommended. The Volunteers should be able to offer a shorter detour on the day if required



**KC****Wed 15<sup>th</sup> Feb – Longwell Green****B & D (3miles)****Starts at: 2pm** (Please try to arrive 10-15mins before)**Venue:** Cadbury Heath Library, School Road, Cadbury Heath, BS30 8EN (**Park on nearby streets**)**Buses:** 43, 44, 45, 319, 532, 533 (**May require a short walk**)**Details:** Two lovely walks that wind their way through parts of Warmley and Cadbury Heath, visiting unknown areas of open space and greenery. **NB – May be muddy in places if it has recently rained.****FPS****Mon 20<sup>th</sup> Feb – Patchway to Almondsbury D (3.5miles)****Starts at: 11am** (Please try to arrive 10-15mins before)**Venue:** Coniston Community Centre, Coniston Rd, BS34 5LP**Buses:** 75, 625 (**Please park in long-stay area by GP surgery**)**Details:** A revised (flatter) version of our regular walk exploring hidden parts of Patchway and the surrounding area. Refreshments and toilets available from the Community Centre Café after the walk. **NB – May be very muddy if it is wet.****SYD****Fri 17<sup>th</sup> Feb – Rodford Around & About A & D (3.25miles)****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** St. Nicholas Family Centre, off of Chargrove, Abbotswood, Yate, BS37 4LG**Buses:** 620 (**Centre has its own car park**)**Details:** The A walk takes in quiet footpaths in the surrounding area. The D walk winds its way through quiet streets and the intriguing 'Road to Nowhere'.**Venue booking TBC at time of print – apologies for any inconvenience!****FC****Wed 22<sup>nd</sup> Feb – Old Mill Lane & The Glebe A & B****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** St Peter's Church, Church Rd, Frampton Cotterell**Buses:** 327, 482, 483, 581 (**Parking in Mill Lane**)**Details:** A short, flat walk with historical interest – ideal for those that are new to, or returning to exercise. Coffee, cake (and toilets) available after the walk (min. £1 donation). Please let Volunteers know which walk you would like on arrival.**Friday 17<sup>th</sup> Feb – Littleton-on-Severn****D (3.5miles)****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** Outside The White Hart PH, The Village, Littleton-on-Severn, BS35 1NR**Buses:** 627**Details:** A scenic walk along the River Severn, with fantastic views of both bridges. Refreshments available from pub after the walk. **NB – The walk is mainly along rough paths so sturdy footwear is recommended.****Wed 22<sup>nd</sup> Feb – Beside the Frome C (1.5miles) & D (4miles)****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** St Peter's Church, Church Rd, Frampton Cotterell**Buses:** 327, 482, 483, 581 (**Parking in Mill Lane**)**Details:** A pleasant walk along flat footpaths and lanes. Please let the Volunteers know which walk you would like on arrival. Coffee, cake (and toilets) available after the walk (min. £1 donation). **NB – Can be muddy so sturdy footwear advised. Due to the presence of cattle – please NO dogs.****Sat 18<sup>th</sup> February – River Frome Ramble****D (3.5miles)****Starts at: 10.30am** (Please try to arrive 10-15mins before)**Venue:** Outside The Sandringham PH, Quakers Road, Downend, BS16 6NH (**Please DO NOT park in pub CP**)**Buses:** 4, 318, 319, 462, 517, 518 (**May require a short walk**)**Details:** This walk winds its way to Frenchay and the River Frome, before emerging in Moorend and Bromley Heath. **NB – Will be very muddy in places if recently rained – sturdy footwear recommended.****KC****Thurs 23<sup>rd</sup> Feb – Siston Common B & C (2miles)****Starts at: 2pm** (Please try to arrive 10-15mins before)**Venue:** Warmley Forest Visitor's Centre, High Street, Warmley, BS30 5JL (**Centre has its own car park**)**Buses:** 43, 319, 634, 635 (**May require a short walk**)**Details:** A walk around Siston Common and quiet back streets of Warmley. **NB – Additional parking is available at Warmley Station.**

**SYD** Fri 24<sup>th</sup> Feb – West Yate & F. Valley **B & D** (3.5miles)

**Starts at: 10.30am** (Please try to arrive 10-15mins before)

**Venue:** Outside the entrance to Morrison's supermarket, Station Rd, Yate, BS37 5PW (**Please DO NOT park in Morrison's CP**)

**Buses:** X42, 85, 86, 87, 200, 327, 342, 581, 622

**Details:** The B walk takes in pleasant surroundings of North Yate. The D walk takes in quiet streets west of the Town Centre, including a section along the River Frome. Refreshments and toilets available at Café after the walk.



**T** Fri 24<sup>th</sup> Feb – Alveston to Old Down **D** (4miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Outside The Ship Inn PH, Thornbury Rd, Alveston, BS35 3LL

**Buses:** 309, 310, 312

**Details:** A lovely countryside route which takes you from Alveston to Old Down via Lower Hazel. **NB** – May be muddy if recently rained.



**FPS** Monday 27<sup>th</sup> Feb – Harry Stoke **C** (2.5miles)

**Starts at: 11am** (Please try to arrive 10-15mins before)

**Venue:** Sainsburys Superstore car park, Fox Den Rd, Stoke Gifford, BS34 7PS

**Buses:** 70, 312, 318, 319, 581, X73 (**May require a short walk**)

**Details:** An energetic walk out and about in the fields of Harry Stoke. Refreshments and toilets available at Sainsburys. **NB** – Will be muddy if wet. The Volunteers should be able to offer a shorter route on the day if required.



**Tuesday 28<sup>th</sup> Feb – Tubbs Bottom** **D** (4miles)

**Starts at: 10.30am**

**Venue:** Frampton Cotterell - corner of Church Rd & Frampton End Rd (**Park in Frampton End Road**)

**Buses:** 482, 483, 581

**Details:** A varied walk including Tubbs Bottom, Robin Wood and the Frome. Refreshments and toilets available from Café. **NB** – May be muddy, sturdy footwear advised. Due to the presence of cattle – please **NO** dogs.



**KC** Wed 29<sup>th</sup> February – Conham **C** (2miles)

**Starts at: 2pm** (Please try to arrive 10-15mins before)

**Venue:** Side Room, St. Aidan's Church Hall, corner of Fir Tree Lane and Nicholas Lane, St. George, BS5 8BJ

**Buses:** 44, 44A, 45, 332 (**Parking on nearby streets**)

**Details:** A lovely walk taking in much of the hidden green spaces that this area has to offer, including Magpie Bottom. **NB** – Will be muddy if it has recently rained.

