

DATE	WALK	Meeting Point and Travel	DESCRIPTION	Symbols
Tuesday 3 August	St. Philips Greenway	Marks and Sparks, Avonmeads: 10 am	A flat walk along the Avon to Temple Meads. Have a cuppa in the Square behind Temple Meads. Lead: Emma Assist: Nic	
Friday 13 August	Beeses Tea Gardens	Somerfield Foyer, St. Annes: 11 am	A picturesque walk along to Beeses Gardens and back. Bring 50p for your return boat trip over to the tea gardens and some money for tea and scones or a light lunch. Lead: Nic	
Tuesday 24 August	Arnos Vale Cemetery	Sainsburys Foyer (Castle Court), St. Philips Causeway: 10 am	Through Spark Evans Park to this fantastic cemetery of peace, tranquility, heritage and nature. <i>Please bring £3 to cover the cost of a guide or choose to explore without a guide and bring a smaller donation.</i> Lead: Nic	
Tuesday 7 September	Harbourside Amble	Neptune's Statue, City Centre: 10am	Through Millennium Square, around the floating harbour, along new waterside walkways and past the SS Great Britain. Catch a ferry back from the Cottage Pub if you want a shorter walk. Lead: Emma Assist: Nic	
Tuesday 14 September	Brislington History Walk	Wick Road Library, 10am	A guided walk with Janice Coggins from Brislington History and conservation group. Through Victory Park, St. Lukes and Brislington Cemeteries, Oakenhill Farm and finishing at The Rock (Allison Road dip) or return to Wick Rd café.	
Monday 20 Sept	Partnership Walk	Wicklea Youth Centre bus stop: 10 am (for 36 bus to Bishport Avenue) OR The Scout Hut, Bishport Ave: 11 am (opposite Willmott Park)	Meet other groups from across Bristol for an event hosted by Hartcliffe and Withywood Group. Different walk options including a walk on Dundry Slopes. Refreshments provided. Lead: Pete & Hartcliffe Leaders	
Friday 24 September	Keynsham	No. 1 bus terminus. Junction of Whitmore Ave / Broomhill Road: 10 am	A walk to Keynsham along the River Avon. Refreshments at the Lock Keepers in Keynsham before returning on 349 bus. Wear sturdy footwear. This route can be muddy. Lead: Pete	

Before your 1st walk you will need to fill in a short starter form. Please turn up a bit earlier or phone Nicola to discuss

It's advisable to bring some money for refreshments and a bus pass or bus fare to each walk

HINTS FOR WALKING

- ✓ Dress appropriately for the weather.
- ✓ Wear suitable, supportive footwear.
- ✓ Start each walk slowly, building up speed.
- ✓ Walk to increase breathing but not to exhaust.
- ✓ Drink plenty of water.
- ✓ Do not walk if you feel unwell.
- ✓ Remember to bring any necessary medication e.g. inhaler.

KEY TO WALK SYMBOLS

- 1 Under 1 mile (10 – 30 minutes)
- 2 1 – 2 miles (30 – 45 minutes)
- 3 2 – 3 miles (45 – 90 minutes)
- 4 3 + miles (90 + minutes)

- ↪ Steps ☒ Stiles △ Slopes ☕ café stop
- ▲ ▼ Uneven ground ♿ Wheel chair accessible
- 🛒 Buggy friendly 🚻 Toilets 🚌 Bus & walk

These symbols are a guide to choosing a suitable walk.
If you have special requirements please phone Nicola to discuss

For further information contact

Nic Ferris (BCC Sports Development)
07810506738 / 352 1283

www.bristol.gov.uk/healthwalks



Summer Walks: Aug – Sept 2010



Brislington Twalkers

Walking for Health Bristol (WfHB)



**Welcome to the new
Brislington Health
walks programme!**

Everyone is welcome

If you are new to
walking or have
special needs please
phone Nicola before
your first walk



I have two doctors, my
left leg and my right.
~G.M. Trevelyan

