

HINTS FOR WALKING

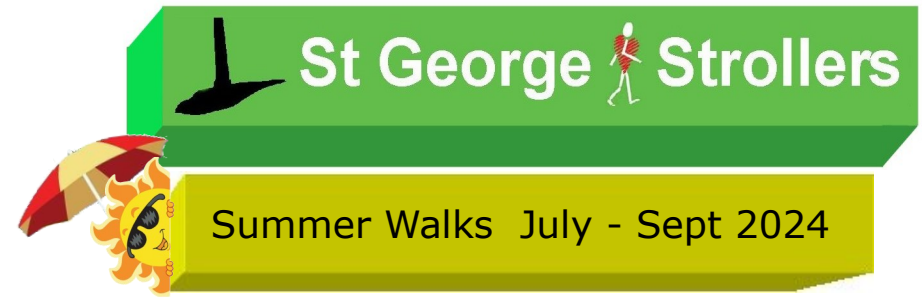
Dress appropriately for the weather.
Wear suitable supportive footwear.
Walk to increase breathing but not to exhaust.
Drink plenty of water.
Remember to bring any necessary medication e.g. inhaler.
Tell a walk leader if you are leaving a walk.



Key to symbols used on walk details overleaf

Up to 1 mile (10-30 mins)	Moderate Inclines	Cafe Available	Pub/Lunch
1- 2 miles (30-60 mins)	Steep Inclines	Steps	Bus or Coach Trip
2 - 3 miles (60-90 mins)	Rural or Challenging Terrain	Uneven Ground	Train Trip
Probability of Mud.	Buggy Friendly	Toilets Available	Wheelchair Accessible
Kissing Gate	Rest Opportunities	Guided Walk	Stiles

Please be mindful of other people when walking.
We ask you to respect other people's space at all times.



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

Your local contact is Liz Scott: 0117 952 2513 or
Email: strollers@troopers-hill.org.uk

More information and photos of our previous walks at:
<http://www.troopers-hill.org.uk/strollers/>

Please arrive 10 mins early if you are joining us for the first time.

Note- Important travel information overleaf.



Date	Walk	Starting Point	Transport Options	Description	Symbols
Third Tuesday of each Month	St George Park Stroll	The Beehive Centre Stretford Road, 10.30	These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.		
Tuesday 9 th July	Clevedon River Walk	Tesco Kenn Road 10:50 am	Bay 12 Bristol Bus Station 9:50 For X6 at 10:00	A linear walk on paths and grass along Blind Yeo to Clevedon via part of Poet's Walk. Country & coastal views, bird & wildlife spotting. Finish at the Salt House. <i>Leader: Margaret with Rob (BM) & Peter</i>	
Thursday 25 th July	Explore Thornbury	By Aldi Rock St, Thornbury At 11:00 am	C2 Bus Stop City Centre 10:00 am for T1 bus at 10:10	A circular walk. Explore the historical town centre, visit Thornbury Castle and walk through rural areas and park. WC at start & end. No steep hills. <i>Leader: June with Alan (BM) & Richard</i>	
Thursday 8 th Aug	Sea Mills to Shirehampton	Roman Way Bus Stop The Portway 10:35 am	B8 Bus Stop Haymarket (by Primark) At 10:10 for Portway P&R No.9 at 10:19	A linear walk starting at the site of the Roman ruins in Sea Mills. We walk alongside the River Trym and make our way through part of the golf course. There are some inclines, one of them steep. We finish at Shirehampton village & take the bus back to Broadmead. <i>Leader: Andy with Sue (BM) & Liz</i>	
Friday 23 rd Aug	Lamplighters Marsh	Portway Park & Ride Railway Station 10.36 am	Train from Lawrence Hill 10:15 On Lidl side Max return fare £3	A linear walk from Bristol's newest railway station through Lamplighters Marsh to the Daisy Field & the new War Horse sculpture. Then a loop beside the river to end at Shirehampton Station for return journey. Closed footwear recommended for the grassy Daisy Field. <i>Leader: Susan with Charlie (BM) & Sue</i>	
Monday 9 th Sept	Keynsham Circular	Keynsham Church At 11:00	10:20 at Bay 15 Bristol Bus Station for No. 349 at 10:29	A circular walk on hard surfaces from Keynsham Church, around the river Avon into Keynsham park, past the abbey ruins and back into Keynsham. <i>Leader: Peter with Lynn (BM) & Sue</i>	
Tuesday 24 th Sept	Magpie Bottom to Warmley	Maypole Pub Hanham BS15 3AB 10:30 am	None Required	A linear walk through Magpie Bottom passing through green spaces to Warmley Station Waiting Room café. Return by No.43 bus from Station Rd. <i>Leader: Sue with Charlie (BM) & Peter</i>	

Please Note: Due to the current problems with Bristol bus services (late or cancelled buses) it is advisable to meet your Walk Leader at the bus stop indicated under "Transport Options" where shown.