

## 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	Picnic Opportunity	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.

# St George Strollers



## Summer Walks July to Sept 2026



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](mailto:strollers@troopers-hill.org.uk)

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

Your first walk is free, but we would suggest a voluntary £1 donation for each walk thereafter.  
 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
<b>Third Tuesday of each Month</b>	<b>St George Park Stroll</b>	<b>The Beehive Centre Stretford Road, 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>		
Wed 8 <sup>th</sup> July	Waterside Amble	Chapel Way bus stop, St Anne's Road, Brislington at 4:15pm	4pm at Terrell Gardens bus stop, Pile Marsh for No 5 bus at 16:07	An afternoon stroll around St Anne's and Netham Park. Option to bring a picnic and take the 6:15pm ferry to Welsh Back. Bring exact change, £3.50 for ferry. Return by bus. More details on <a href="http://www.tinyurl.com/sgsferry">www.tinyurl.com/sgsferry</a> <i>Leader: Susan with Sarah (BM) &amp; Keith</i>	
Tuesday 28 <sup>th</sup> July	Bath River & Canalside	Bath Bus Station at 11:00am	Bristol Bus Station Bay 15 At 9:39am for X39 at 9:49am	A circular walk from Bath Bus Station. We walk to Pulteney Bridge, then alongside the river and canal, through Sydney Gardens and pass by Parade Gardens. <i>Leader: Keith with Sue (BM) &amp; Peter</i>	
Friday 14 <sup>th</sup> August	Royate Hill Ramble	Beehive Centre, Stretford Rd, BS5 7AW at 10:00am	None Required	A circular walk through Greenbank Cemetery, Royate Hill Local Nature Reserve and Ridgeway Playing Fields ending back at the Beehive Centre. <i>Leader: Susan with Julie (BM) &amp; Sue</i>	
Thursday 27 <sup>th</sup> August	Southmead to Westbury-on-Trym	Outside Main Entrance Southmead Hospital at 10:30am	None Required	A beautiful linear walk through Badocks Wood & other green spaces, passing several places of historical interest. Return to The Centre by a regular No 1 bus. <i>Leader: June with Meg (BM) &amp; Andy</i>	
Monday 14 <sup>th</sup> Sept	Severn Beach	Severn Beach Railway Station 11:25am	Temple Meads Station Foyer at 10:15am for 10:46am train	A circular walk starting and finishing at Severn Beach Railway Station. Largely flat with views of the Severn Estuary. Toilets at the start and finish of the walk. Cafe at end of walk. <i>Leader: Liz with Sarah (BM) &amp; Andy</i>	
Tuesday 29 <sup>th</sup> Sept	Discover Easton	Croydon St Bus Stop Lawrence Hill 10:30am	None Required	A linear walk ending at Cabot Circus. We'll see many places of worship, green spaces, and several art works. Relatively flat on good surfaces, with some areas of uneven ground. <i>Leader: June with Keith (BM) &amp; 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.