

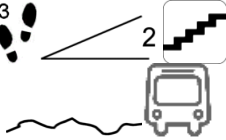
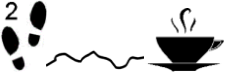


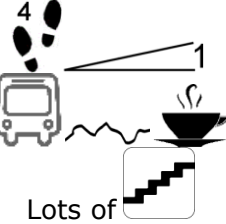


Date	Walk	Meeting point	Transport	Description	Symbols
Tuesdays 17 th Jan, 21 st Feb and 20 th March	St George Park Stroll	The Beehive, Stretford Rd, 10.30		These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.	
Wed 11 th January	Brandon Hill Tour	Cascade Steps, The Centre. 10.15am		A visit Brandon Hill Park and the newly restored tower. This walk will involve considerable ascents although they can be tackled gradually. Please wear appropriate footwear. <i>Guest Leader: Darren</i>	
Fri 27 th January	Meadow Vale Walk	Harewood Rd bus stop on Speedwell Rd, 10.40am, or bus stop on Whitehall Rd, between Gordon Rd/Thurston Barton, 10.10am.	Bus No 7	This walk connects 3 of St George's green spaces, Meadow Vale, Troopers Hill and Plummers Hill using some little known walkways. Bring a donation to enjoy hot soup afterwards at the Meadow Vale Community Centre. <i>Leader: Susan</i>	
Mon 13 th February	City Walls Walk	Old Market bus stop island, 10.15am		Walk the perimeter of the original settlement of Bristol and discover some of the history – or tell us what you know. We will stop for refreshments at St Stephen's cafe. <i>Leader: Kit</i>	
Wed 29 th February	Discover the Dings	Lidl Car Park, Lawrence Hill. 10.15am (2hour parking limit)*	Bus no 7	This walk will explore the Dings and on through Temple Meads station to Victoria Park. Continuing to Windmill City Farm to Bedminster and then buses home.* <i>Leaders: Clare and Susan</i>	
Thur 15 th March	Deep Pit Mine and Coal walk	Speedwell Rd/Whiteway Rd Bus stop at 10.30 or bus stop on Whitehall Rd, between Gordon Rd/Thurston Barton, 10.10am.	Bus no 7	A walk through coal mining history in Speedwell and Fishponds. <i>Leader: Clare</i>	
Wed 28 th March	Stapleton to St George	Aldi car park, Church Road, St George, 10.00am or Snuff Mills car park 11.20.*	42/43/44/ 45 & No 5 from Rupert St.	The walk includes a look at Snuff Mills, a stroll through the Frome Valley and Eastville Park and some back ways through Whitehall. Some parts may be a bit muddy so please wear appropriate footwear.* <i>Leader: Angela</i>	

*N.B. These walks are linear and will not return to the start point.


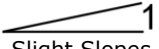













HINTS FOR WALKING

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 medication - e.g. inhaler

Do Not:

- Walk if you feel unwell in any way

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

For further information, please contact:
 Nic Ferris (BCC Sports Development)
 07810506738 / 01173521283
Nicola.ferris@bristol.gov.uk

Your local contact is Clare Willott: 0117 9414514



Winter Walks, January - March 2012



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
www.wfh.naturalengland.org.uk

