



## SHIREHAMPTON COMMUNITY ACTION FORUM



### Walkie Talkies Free Walks Programme 2 – 3 Miles up to 90 minutes

#### Shirehampton Walkie Talkies were formed in 2012

We are Partnership Shirehampton Walkie-Talkies Level 3 Walking Group in association with SCAF. If you are looking to join a fun, friendly group of social walks, our group is for you. The walks are aimed at people aged 55+ and are suitable for anyone able to walk for an hour+ without stopping. We meet every Wednesday morning in Shirehampton at various times and starting points depending on Buses or Trains.

The walks are varied with some local and further afield. We like to stop for at a café and Toilets after walks when possible. Please bring money for refreshments and travel costs.

We 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** at a pace that is comfortable for you. 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**

- ➔ Dress appropriately for the weather and 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 bring a bottle of water & any snacks you may need
- ➔ Do not walk if you feel unwell.
- ➔ Remember any necessary medication e.g. inhaler

## **All walkers walk at their own risk and are responsible for their own safety.**

Our routes are mostly designed to allow break-out points where anyone not wishing to complete the walk can leave at or near a bus stop (after advising a Walk Leader).

On some walks it is not possible to safely leave the walk and this is shown with the words **NO EXIT** as a warning.

**A walk leader may refuse to allow you to walk if we consider you to be at risk!**

### **Wed Dec 4<sup>th</sup> – Harbourside Circular**

**Starts:** 9:50 am

**Starting Point:** Park & Ride Bus Stop, Station Road

**Buses:** 902 Portway Bus

**Details:** Walk from Merchants Road around Harbourside passing wildlife and gardens to centre and back to Merchants Road via S S Great Britain

**Some steps - Choice to leave halfway at Centre**

### **Wed Dec 12<sup>th</sup> – City walk to St Mary Redcliffe Church**

**Starts:** 9:50 am

**Starting Point:** Park & Ride Bus Stop, Station Road

**Buses:** 902 Portway Bus

**Details:** Bus to City Centre, walk to St Mary Redcliffe Church, before returning to Centre via Bathurst Basin, and Merchants Quay.

**Take care busy traffic crossing main roads**

### **Wed Dec 18<sup>th</sup> – Chepstow**

**Starts:** 9:10 am

**Starting Point:** Shirehampton Green

**Buses:** 3 or 4 then X7 Severn Express from Bus Stop H Cribbs Causeway

**Details:** 10:12 express Bus (25min ride). Walk around the Historic Old Town of Chepstow. Stay as long as you like. Buses run hourly at 20 mins to the hour.

**Catch return bus before 4 pm, passes invalid after 4 pm**

**Wed Dec 25<sup>th</sup> – No Walk**



**Wed Jan 1<sup>st</sup> – Kingsweston Estate**

**Starts:** 10:00

**Starting Point:** Tithe Barn

**Bus:** N/A

**Details:** Circular walk around the estate hopefully cafe open!



**Wed Jan 8<sup>th</sup> – Ashton Court and Suspension Bridge to Clifton Village**

**Starts:** 9:50 am

**Starting Point:** Park & Ride Bus Stop Station Road

**Bus:** 902 Portway then X3 or X4

**Details:** Bus to top entrance to Ashton Court. Cross Suspension Bridge to Clifton Village for coffee. Walk through Birdcage walk to the Triangle to catch 3 or 4 bus

**Level walk, for a shorter walk catch No 8 bus from Clifton Village to the Triangle**

**Wed Jan 15<sup>th</sup> - Barracks Lane**

**Starts:** 10:00 am

**Starting Point:** Tithe Barn

**Buses:** N/A

**Details:** Walk along Barracks Lane to Lawrence Weston Farm. Optional visit Farm. Continue walking to Kingsweston House for coffee or catch bus from Long Cross.

**Easy level walk, slippery slope up to Kingsweston House. Many dogs off lead**

**Wed Jan 22<sup>nd</sup> - Concorde Museum**

**Starts:** 9:30 am

**Starting Point:** Shirehampton Green

**Buses:** 3 or 4 to Cribbs Causeway

**Details:** 10 to 20 min walk from Cribbs Causeway to Museum. Tickets £14:50 valid for 1 year for return visits

**Walking from Cribbs Causeway take care crossing Busy Roads**

**Wed Jan 29<sup>th</sup> - Portishead Lakes and optional Battery Point**

**Starts:** 9:30

**Starting Point:** Shirehampton Green

**Buses:** 3 or 4 to Cribbs Causeway then the 10:30 X5 from Bus stop H

**Details:** Walk to lakes from High Street. **Option 1** Walk up to Battery Point and down to Harbourside. **Option 2** Walk around lakes and on to Harbourside for coffee.

Return Bus X5 11:54 or 12:54 from Combe Road, or X3 or X4 ½ hrly from Harbourside

**Muddy and Slippery to Battery Point. Option 2 is a fairly level walk on tarmac**

**Wed Feb 5<sup>th</sup> - Coombe Dingle to Blaise****Starts:** 9:40**Starting Point:** Shirehampton Green**Buses:** 3 or 11 to Coombe Dingle**Details:** Bus to Coombe Dingle. Walk through Coombe Dingle Carpark to follow gentle slopping paved path past Lily ponds up to Blaise Cafe for coffee.**NO EXIT Some Slopes, many dogs off lead****Wed Feb 12<sup>th</sup> - Ashton Court Estate****Starts:** 9:50**Starting Point:** Park & Ride Bus Stop, Station Road**Buses:** 902 Portway Bus then X3 or X4**Details:** Long pleasant walk down to Ashton Court for coffee. Then 902 home from Merchants Road. There buses from Bower Ashton to Hotwells if preferred.**NO EXIT Dogs off lead****Wed Feb 19<sup>th</sup> – Greville Smythe Park Snowdrop walk to Create Centre****Starts:** 9:50**Starting Point:** Park & Ride Bus Stop, Station Road**Buses:** 902 Portway Bus .**Details:** Walk around the park, hopefully snowdrops are out. There are display boards with the History of the park. Riverside Garden Centre or Create Centre for Coffee.**Some slopes around park, there is an easier walk on a lower level****Wed Feb 26<sup>th</sup> - Strawberry Line****Starts:** 9:50**Starting Point:** Park & Ride Bus Stop, Station Road**Buses:** 902 Portway Bus then X1 Direct. X2 back to Hotwells**Details:** Popular request to visit cafe at Yatton Station and the bread Shop in Yatton!**NO EXIT Dogs off lead**