

SHIREHAMPTON COMMUNITY ACTION FORUM



Issue 23

Walkie Talkies Free Walks Programme



Due to changes in the way that LinkAge operates, there is no longer a Health Walks Coordinator in the Shirehampton area. The Shire Nomads & Walkie-Talkie groups are now supported by SCAF.



2 – 3 Miles – up to 90 minutes walk

The Walks are led by qualified volunteer walk leaders, who have undergone the National Walking for Health training. The walks are a mixture of town and country routes and are aimed at those who are doing little exercise at the moment, but who would like to become more active.

Sept 2018 – Nov 2018



Supported through funding from players of People's Postcode Lottery and Macmillan



Partnership Shirehampton Walkie-Talkies Level 3 Walking Groups winter programme in association with SCAF, Walking for Health Bristol and LinkAge.

If you are looking to join a fun, friendly group of social walks, our group is for you.

All of our walks are:

FREE to attend, unless stated otherwise.

Set at a moderate pace and covers a distance of 2 - 3 miles

Led by fully trained Walk Leaders

The walking group is aimed at people aged 55+ and the walks are suitable for anyone able to walk for an hour+ without stopping.

The aim is to walk at a reasonable pace and cover between 2 to 3 miles. The walks are varied with some local and further afield. The level and conditions of the walks are indicated via a key. We like to stop for refreshments at a café mostly after walks when possible. Please bring money for refreshments and travel costs

The walk leaders 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

As a rough guide 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

Hints for Walking

- ◆ 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 bring a bottle of water & any snacks you may need
- ◆ Do not walk if you feel unwell
- ◆ Remember any necessary medication e.g. inhaler

Key

The following symbols are used as a guideline only. If you have specific needs please phone to find out more detailed information about a particular walk.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 60–90 minutes 2- 3 miles | Rural terrain | Toilets | Uneven ground | Steps | Moderate inclines |
|  |  |  |  |  |  |
| Wheelchair accessible | Scooter Accessible | Views | Rest opportu- nities | Guided walk (stop/start) | Train and walk |
|  |  |  |  | | |
| Bus and walk | Car share | Café stop | Lunch stop | | |

Double check the start time and location for the walk you want to attend - start times are varied and can be varied again when special events are being held. New walkers please arrive 10 to 15 minutes before start time to complete the Walker registration form (with support if required).

Please try to arrive at least 10 - 15 minutes before the walk starts so you can hear any announcements.

Wed Sept 5th - River Trym Walk from Sea Mills to Henbury Church

Starts at: 10:00 (9:50 for newcomers)

Venue: Park & Ride Bus Stop Station Road

Bus: 902 Portway Bus to Riverside

Details: From Sea Mills we follow the River Trym through Coombe Dingle and the Blaise estate passing the Lily pond & Tarn Lake. Then pass the 18th Century Mill righthand side through tunnel to Henbury Church finishing at Blaise cafe.

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Sept 12th - Portishead Costal Path

Starts at: 9:30 (9:20 for new walkers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus and X3

Details: Catch X3 - option to start at Somerset Road (longer and harder route) or start further along at Nichols Road to join Costal Path. Then past the lakes to harbour for coffee and bus home.

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Sept 19th - Leigh Woods

Starts at: 9:30 (9:20 for new walkers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus X3 or X4

Details: Change Buses at **Anchor Road** for X3 or X4 to just past Beggar Bush Lane. Cross busy Road to entrance Leigh Woods. Open views across the Avon now the trees have lost their leaves. Track is uneven and muddy at times. Brackenwood Nursery for coffee then Bus home

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Sept 26th - Sparks Evans Park & Arnos Vale

Starts at: 10:00 (9:50 for new walkers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway then 1 or 2 to Albert Road

Details: (Change buses at Bristol Bridge) From Albert Road walk down steps to join path along River Avon to Sparks Evans Park. Then cross road to Arnos Vale for walk and coffee before catching any bus back to centre.

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Oct 3rd - Wells or Glastonbury

Starts at: 9:15 (9:05 for newcomers)

Venue: The Green

Buses: 3 or 4 then 376

Details: Catch the Bus to Wells/Glastonbury from Bristol Bus Station (they run every ½ hour). Enjoy a scenic bus ride through the countryside. Explore Wells Market Day and shops or stay on Bus to Glastonbury the choice is yours. Return anytime



Walk Leaders: John, Eileen, Sylvia, Barbara

Wed Oct 10th - Harbourside Circular

Starts at: 10:00 (9:50 for newcomers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus

Details: Walk from Centre around Harbourside passing the M Shed and S S Great Britain and back to centre via the Pump Room, passing wildlife, and gardens



Walk Leaders: John, Eileen, Sylvia, Barbara

Wed Oct 17th - Severn Beach

Starts at: 9:25 (9:15 for new walkers)

Venue: Shirehampton Station

Train: 9:35 am – return 11:54 am. Ticket £2 return approx

Details: Walk along Sea Defence Walls with views across the River Severn then through Severn Beach Village to cafe for coffee



Walk Leaders: John, Eileen, Sylvia, Barbara

Wed Oct 24th - Thornbury Castle

Starts at: 9:30 (9:20 for new walkers)

Venue: Shirehampton Green

Buses: 3 or 4 to Cribbs Causeway then 78 Bus with leaves 10:26

Details: Walk to Castle to visit the gardens an option to visit house. (an entrance fee for house). Then after a pleasant walk around town for coffee.



Walk Leaders: John, Eileen, Sylvia, Barbara

Wed Oct 31st - Ashton Court Estate

Starts at: 9:30 (9:20 for new walkers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus then X3 or X4

Details: 902 to **Anchor Road**, X3 or X4 to Top Ashton Court. Walk through Ashton Court Estate down to Ashton Court Mansion for coffee then either catch Bus from Bower Ashton to Merchant Road or walk back via Create Centre.



Walk Leaders: John, Eilleen, Sylvia, Barbara

Wed Nov 7th - Ham Green to Pill

Starts at: 10:00 am (9:50 for newcomers)

Venue: Park & Ride Bus Stop Station Road

Buses: Portway 902 and X4

Details: Alight Bus in Ham Green and explore nearby surroundings with panoramic views across the River Avon and beyond. Public toilet and cafe hopefully open in Pill. Choice to catch bus back from Pill or walk across the Avonmouth Bridge to Shirehampton



Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Nov 14th - Kingsweston Estate

Starts at: 10:00 am (9:50 for newcomers)

Venue: Tithe Barn

Buses: N/A

Details: Circular Walk around Kingsweston Estate finishing at Kings Weston House for coffee



Walk Leaders: John, Eileen, Sylvia, Barbara

Wed Nov 21st - Portishead Battery Point and Lakes

Starts at: 9:30 (9:20 for new walkers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus and X3

Details: From Portishead Harbour walk up through woods to Battery point and then on to the lakes, finish back at Harbourside for coffee



Walk Leaders: John, Eileen, Sylvia, Barbara

Wed Nov 28th - Riverside Walk & ? Xmas Meal

Starts at: 10:00 (9:20 for new walkers)

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus to Temple Way

Details: Walk from Temple Meads along the river path then through Castle Park eventually ending at the ? venue for Xmas Meal. Date and Venue to follow



Walk Leaders: John, Eileen, Sylvia, Barbara

Merry Christmas



MERRY CHRISTMAS

SHIREHAMPTON COMMUNITY ACTION FORUM



For general information or to request a programme please contact :
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Find more out about SCAF <http://scaf.shire.org.uk/index.htm>
Find more out on Health Walks visit www.walkingforhealth.org.uk

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