

# SHIREHAMPTON COMMUNITY ACTION FORUM



Issue 22

## 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.

**Jun 2018 – Aug 2018**





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 Jun 6<sup>th</sup> – Bath Canal Walk

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

**Venue:** Shirehampton Station

**Train:** Group Day Return by train to Bath

**Details:** Aprox cost of ticket £5:50 return anytime. Fantastic walk alongside the canal, with its historic locks and parks. Option to explore Bath and shops after walk

**Walk Leaders:** John, Eilleen, Sylvia, Barbara



### Wed Jun 13<sup>th</sup> Congrebury to Yatton via The Strawberry Line

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

**Venue:** Park & Ride Bus Stop Station Road

**Buses:** 902 Portway Bus to Anchor Road No X1 or X2 to Congresbury

**Details:** Follow the Strawberry line Cycle Path from Congresbury to Yatton passing wildlife and wetlands. Coffee at Yatton then catch X7 back from Yatton (which runs hourly), or walk to crossroads for choice of X2 or X7

**Walk Leaders:** John, Eilleen, Sylvia, Barbara



### Wed Jun 20<sup>th</sup> Avon Nature Reserve Portishead

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

**Venue:** Park & Ride Bus Stop Station Road

**Buses:** 902 Portway and X3

**Details:** From Sheepway follow signs through nature reserve with its lakes, ponds rhymes with 3 bird hides and level paths to Portishead Harbour for coffee and Bus home.

**Walk Leaders:** John, Eilleen, Sylvia, Barbara



### Wed Jun 27<sup>th</sup> Chepstow

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

**Venue:** Shirehampton Green

**Buses:** 3 or 4 then X7 Bus stop H

**Details:** Change Buses at Cribbs Causeway for 10:12 express Bus (25min ride). The optional walk is around the Historic Old Town of Chepstow. Stay as long as you like. Buses run hourly at 20 mins to the hour.

**Walk Leaders:** John, Eilleen, Sylvia, Barbara





### Wed July 4<sup>th</sup> – Wells Day Trip

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

**Venue:** The Green

**Buses:** 3 or 4 then 376

**Details:** Catch the Bus to Wells from Bristol Bus Station (they run every ½ hour). Enjoy a scenic bus ride through the countryside to Wells. Explore Wells, the choice is yours whether to walk around the Cathedral, look at the market or just relax! Return anytime



**Walk Leaders:** John, Eileen, Sylvia, Barbara

### Wed July 11<sup>th</sup> - 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, Eileen, Sylvia, Barbara

### Wed July 18<sup>th</sup> - Clevedon

**Starts at:** 9:30 (9:20 for newcomers)

**Venue:** Park & Ride Bus Stop Station Road

**Buses:** 902 and X6 return

**Details:** Enjoy a scenic bus ride to Clevedon. A Lovely walk by the river - then a choice to either walk along Poet's walk, or an easier route, back to Sea Front for coffee



**Walk Leaders:** John, Eileen, Sylvia, Barbara

### Wed July 25<sup>th</sup> - 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 gardens, seabirds and award winning flowerbeds.

**Walk Leaders:** John, Eilleen, Sylvia, Barbara



### Wed Aug 1st - Sneyd Park Nature Reserve

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

**Venue:** Park & Ride Bus Stop Station Road

**Buses:** 902 Portway Bus

**Details:** Alight at Roman Way, find entrance in Glenovan Park. The Reserve is a secluded piece of countryside, and wildlife haven, in Sneyd Park. Part of it runs alongside the Portway. It has walkways, planting and info points, we walk up to the Downs for Coffee and toilet.

**Walk Leaders:** John, Eilleen, Sylvia, Barbara



### Wed Aug 8<sup>th</sup> – 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, Eilleen, Sylvia, Barbara



### Wed Aug 15<sup>th</sup> 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 Aug 22nd - Kingsweston Estate

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

**Venue:** Tithe Barn

**Buses:** N/A

**Details:** Circular walk around Kingsweston Estate with its views across the rivers Avon and Severn, plenty of history to share and some surprising detours!

**Walk Leaders:** John, Eileen, Sylvia, Barbara



### Wed Aug 29<sup>th</sup> - 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 X4

**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



# 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](http://www.walkingforhealth.org.uk)

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