

SHIREHAMPTON COMMUNITY ACTION FORUM



Issue 20

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.

Dec 2017 – Feb 20





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 Dec 6th - Coombe Dingle to Blaise

Starts at: 9:40 (9:30 for newcomers)

Venue: Shirehampton Green

Buses: 3, (or 11 which leaves at 9:46)

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.

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Dec 13th - Chepstow

Starts at: 9:00 (8:50 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. Then visit Chepstow shops for last minute gift ideas for Xmas. Stay as long as you like. Buses run hourly at 20 mins to the hour. (Recommended a fish and Chip Restaurant near Bus Stop)

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Dec 20th - Blackboy Hill to Suspension Bridge

Starts at: 9:45 (9:35 for newcomers)

Venue: Shirehampton Green

Buses: 3 or 4 return

Details: Bus to top Blackboy Hill. Walk along the Downs to Clifton Suspension Bridge and Clifton Village. Option 1 - continue walking through Birdcage walk to Clifton Down for coffee and Bus home. Option 2 - stay in Clifton Village for shopping and/or coffee and take Bus 8 or 9 to Clifton Down

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Dec 27th - Kingsweston Estate

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

Venue: Tithe Barn

Buses: N/A

Details: For those who wish for some fresh air and exercise after Xmas. Not sure if cafe will be open.

Walk Leaders: John, Eileen, Sylvia, Barbara



Wed Jan 3rd - 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 Jan 10th - Barracks Lane

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

Venue: Tithe Barn

Buses: N/A

Details: Walk along Barracks Lane to Lawrence Weston Farm. Optional visit Farm, before continue walking up to Kingsweston House for coffee or catch Bus home from Long Cross

Walk Leaders: John, Eileen, Sylvia, Barbara



Wed Jan 17th - Leigh Woods

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

Venue: Park & Ride Bus Stop Station road

Buses: 902 Portway Bus then X3 or 4

Details: Change Buses at **Anchor Road**. To 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, Eileen, Sylvia, Barbara



Wed Jan 24th - The Downs

Starts at: 9:45 (9:35 for newcomers)

Venue: Shirehampton Green

Buses: 4

Details: From the Downs we walk to Sea Walls for views of Avon gorge and Leigh Woods opposite. We pass the Goats Gulley where 6 feral goats have been introduced to help protect the gorge which is home to a large number of rare plants

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Feb 1st - 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 Feb 8th - Badocks Wood

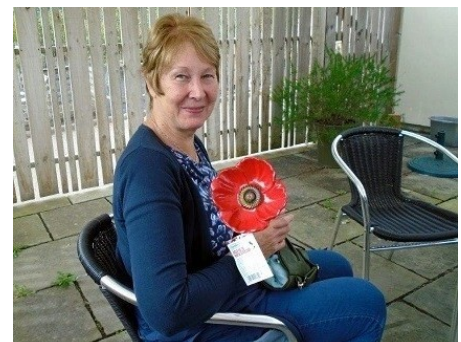
Starts at: 9:40 (9:30 for new walkers)

Venue: Shirehampton Green

Buses: 11 return (Bus runs hourly leaves at 9:46)

Details: From Lake Road entrance an interesting woodland walk with well maintained footpaths. Then finding way to Historical Westbury on Trym for coffee and Bus home

Walk Leaders: John, Eilleen, Sylvia, Barbara



Wed Feb 15th - Greville Smyth Park to Create Centre

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

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus & X3 or X4

Details: Bus to Hotwells then one stop on X3 or X4 for safe entrance to park which has plenty of walks and places of interest to see. It is well maintained and signposted. Then accross the River Avon to explore the Create Centre for coffee



Walk Leaders: John, Eilleen, Sylvia, Barbara

Wed – Feb 22nd Severn Beach

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

Venue: Shirehampton Station

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

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



Walk Leaders: John, Eilleen, 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

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