



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 Mar 4th – 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 March 11th – The Downs

Starts: 10:00 am

Starting Point: 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 live

Take care busy traffic crossing main roads

Wed March 18th – Spring time on Brandon Hill and Cabot Tower

Starts: 10:00

Starting Point: Shirehampton Green

Bus: 3 or 4

Details: from George St. Entrance to Brandon Hill to see Spring flowers, wildlife and panoramic views across Bristol. Option climb Cabot's Tower!

Don't forget peanuts for the squirrels

Wed March 25th – Kingsweston Estate

Starts: 10:00 am

Starting Point: Tithe Barn

Buses: N/A

Details: Circular walk around the estate

Many Dogs off Lead can be muddy in places

Wed April 1st – Leigh Woods

Starts: 9:50

Starting Point: Park & Ride Bus Stop Station Road

Bus: 902 Portway then X3 or X4

Details: X3 or X4 to just past Beggar Bush Lane. Open views across the Avon Brackenwood Nursery for coffee then Bus home

Track is uneven and muddy at times NO EXIT gentle slopes

Wed April 8th – Sea Mills to Blaise

Starts: 9:50 am

Starting Point: Park & Ride Bus Stop Station Road

Bus: 902 Portway to Riverside Bus Stop

Details: Follow River Trym through Combe Dingle Carpark to follow gentle slopping paved path past Lily ponds up to Blaise Cafe for coffee.

May Dogs off Lead NO EXIT gentle slopes

Wed April 15th - Severn Beach

Starts: 9:25 am

Starting Point: Shirehampton Station

Train: 9:32* am – return 11:52* am. Ticket £1:40 group return

Details: Walk along Sea Defence Walls with views across the River Severn Severn Beach Village for coffee. There are exit points if you want to leave the walk

***Please note slight change in train times. Many dogs off lead**

Wed April 22nd - Cardiff

Starts: 9:50 am for 10:05 train to qualify for group tickets

Starting Point: Shirehampton Station

Train: Group ticket to Cardiff Central £9:45 (3 persons per group)

Details: Walk to Cardiff Castle, visit grounds and gardens then catch River Bus £4 to Cardiff Bay for Lunch etc. (or take sandwiches) Return by Bus to Station £4

10 Min Walk to Castle along Busy Road. Total Fares Aprox £17

Wed April 29th - Portishead Nature Reserve

Starts: 9:30

Starting Point: Park & Ride Bus Stop Station Road

Buses: Portway 902 then X3

Details: From Sheepway walk along Nature Reserve to Harbourside

Muddy and Slippery NO EXIT

Wed May 6th - Badocks Wood

Starts: 9:40

Starting Point: Shirehampton Green

Buses: 11 to Lake Road

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

NO EXIT Some Slopes, many dogs off lead

Wed May 13th - 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 May 20th – Wild Flower Meadow to Blaise Castle

Starts: 10:00

Starting Point: Shirehampton Green

Buses: 4 outward 3 or 4 return

Details: From Westbury Hill walk across fields to Blaise Castle path. Follow path down then up to Blaise Castle for coffee

May be muddy in meadow, slopes down and up NO EXIT

Wed May 27th - 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