

# SHIREHAMPTON COMMUNITY ACTION FORUM



Issue 21

## 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.



Xmas 2017 Photo by  
Ruth Morris

### 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.

**Mar 2018 – May 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 Mar 7<sup>th</sup> – Avon Nature Reserve Portishead

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

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

**Buses:** 902 Portway then 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 Mar 14<sup>th</sup> - Avon Riding School

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

**Venue:** The Green Shirehampton

**Buses:** 3 or 4

**Details:** Bus to Henbury, walk to Avon Riding School through fields and woods. We walk around the perimeter of the Riding School with its extensive views across to the River Severn and Wales. May be muddy and tricky up a slippery slope.



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

### Wed Mar 21<sup>st</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 Mar 28<sup>th</sup> - Kingsweston Estate

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

**Venue:** Tithe Barn

**Buses:** N/A

**Details:** A Springtime Easter walk around the Kingsweston Estate finishing at Kingsweston House and gardens for coffee



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



### Wed April 4<sup>th</sup> - River Trym from Sea Mills to Blaise

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

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

**Buses:** Portway 902

**Details:** From Sea Mills we follow the River Trym through Coombe Dingle and the Blaise estate passing the Lily pond, Tarn Lake and the 18<sup>th</sup> Century Mill finishing at Blaise cafe. (Option leave or join walk at Coombe Dingle)

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



### Wed April 11<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 April 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, Eilleen, Sylvia, Barbara



### Wed April 25<sup>th</sup> - The Dings and Ferry Ride

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

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

**Buses:** 902 Portway Bus Ferry £3 to £4 Approx

**Details:** Starting at Old Market walk through Oxford Street and the Dings with its interesting houses and art work along the way. Then catch Ferry from Temple Back to centre or continue to Pump Room

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



### Wed May 2<sup>nd</sup> - Congresbury to Yatton

**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 to Congresbury

**Details:** Follow Cycle Path from Congresbury passing Cadbury Garden Centre and continue to Yatton for coffee. Choice of several Buses back to Bristol

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



### Wed May 9<sup>th</sup> - Henbury to Blaise Castle

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

**Venue:** Shirehampton Green

**Buses:** 3 or 4

**Details:** From Westbury Hill walk across fields to Blaise Castle path. (Option to walk along Rhodedendrum walk). Finish walk at Blaise Castle for coffee

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



### Wed May 16<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, Eileen, Sylvia, Barbara





### Wed May 23rd - 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:** Circular walk in Thornbury (founded in the 9<sup>th</sup> Century) with it's rich history and intersting places to see



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

### Wed May 30<sup>th</sup> - Portishead Costal Path

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

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

**Buses:** 902 Portway then x3

**Details:** We join the costal path to Portishead to visit the old town of Portishead and continue through Battery Point to Harbour for Coffee and Bus Home.



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

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