

**BRISTOL AMBLERS – JANUARY TO APRIL 2022**  
(formerly St Pauls & Easton Walking Group)

Further info: John & Lyn 07910 138 699

email: johnandlynda26@gmail.com

DATE	WALK	MEET & TRAVEL	DESCRIPTION, LEADERS & END	SYMBOLS
Tues 11 <sup>th</sup> JAN	THE 3 ASHTONS (Ashton/Court/Long)	Meet: 1030 Riverside Garden Centre, Clift House Rd, BS3 1RX. Bus 24 to Frayne Rd (stop after Aldi North St) from bus stop walk up Frayne Rd & cross Clift House Rd. The M2 stops at Cumberland Basin cross the bridge over the river & take first path to your left to GC	Along part of Festival Way through Ashton Court to Long Ashton Church & end by the Angel Inn (approx 2 miles = 1 hr). Choice of walk on to Ashton Court (approx 3 miles total), or bus back Led by William & John & Lyn T	
Weds 26 <sup>th</sup> JAN	BADOCKS WOOD	Meet: 1010 Union St (B16) outside 'Subway' for 1020 No 2 towards Southmead, 1050 Greenway Cntr End: 1330 at café or Nos 2 or 76 to return	A relaxed walk from Greenway Centre to Dark Lane, Channel Hill, follow River Trym past the Nature Reserve/Zoo, Vintery Leys, Lakewood Rd to Badocks Wood & Greenway Centre café healthy lunch Led by Julie / Cathy	
Fri 11 <sup>th</sup> FEB	CLEVEDON Valentine's Walk	Meet: 0950 Bristol Bus Station bay 10 for 1010 X6 bus. Arr, Edward Rd 1107 End: approx.1300.Clevedon Pier. Return buses Clevedon Six-Ways (Linden Rd stop)	A gentle climb to Dial Hill viewpoint then down to St Mary's and along cliff-top Lovers' Path to the pier. Bring a short poem or Limerick to read and wear something red. Led by John B & Julie No loo's at walk start	
Thurs 24 <sup>th</sup> FEB	FISHPONDS to STAPLE HILL	Meet: 1000 Nelson Street opposite The Lanes (old Job Centre) for 1021 No.48 bus 1044 Fishponds Morrisons (Channons Hill) stop End: approx 1245 Page Park café	A level cycle-path walk including tunnel to Staple Hill and Page Park. Led by John B & Annette	
Thurs 10 <sup>th</sup> MAR	BRISTOL BRIDGES & Walkers feedback meeting	Meet: 1030 at the Underfall Yard End: 1230 for feedback meeting at Spike Island Café and Gallery (which is open for viewing)	The last walk on 16/3/20, before lockdown, was Harbour Bridges. This walk is the remaining bridges around the Cumberland Basin area Feedback meeting 1230 at Spike Island Café Led by William & John T	
Tues 22 <sup>nd</sup> MAR	SNUFF MILLS	Meet: 1025 Neptune's Statue for 1041 M1 bus, 1053 Begbrook M1 stop. Also accessible by M3, or 19 and 48A at Stoke Lane stop. End: 1300 Kingfisher Café, Fishponds	From Stoke Lane to Snuff Mills carpark and loo's, then along the Frome Valley Walkway. Up Repton's Drive to Oldbury Court (Vassal's) then into Fishponds for lunch. Led by John B & Jane	
Mon 4 <sup>th</sup> APR	BUTE PARK CARDIFF *(SEE OVER TRAIN TRAVEL)*	Meet: 0935 Temple Meads Station Foyer for 0959 train, Cardiff Central 1051 (52m) £9.70 return with GWR 3 for 2 or Railcard End: Trains back on the hour & on half hour	A walk to and around Bute Park to see the spring flowers and blossom with a stop for refreshments in the park cafe. Then time to explore on your own or go shopping Led by John & Lyn T & Annette	
Weds 20 <sup>th</sup> APR	KEYNSHAM CIRCULAR	Meet: 1020 Bristol Bus Station (Bay 15) for 1035 349, 1105 Keynsham Church End: 1300 refreshment stop in Keynsham park or lots of cafes on the High street	A circular walk on hard surfaces from Keynsham Church around the river into Keynsham Park past the Abbey Ruins and back into Keynsham Led by Cathy / William	

30-60 mins 1-2 miles	60-90 mins 2-3 miles	Bus & walk	Train & walk	Stile/s	Moderate incline/s	Steep Incline/s	Uneven ground	Steps	Rest opportunities	Toilet	Refreshment stop	Buggy friendly	Wheel chair accessible	Mobility scooter accessible

\*TRAIN TRAVEL - Please see the Walk Leader' before buying tickets - even if you have a railcard. They can then organize groups of walkers to best take advantage of Groupsave tickets and no-one should have to pay the full fare

**NOTE: WALKERS ATTEND AT THEIR OWN RISK**

**Please remember**

- bring along face mask, hand sanitizer
- remember to bring any necessary medication i.e. inhaler
- do not walk if you feel unwell
- bring water, snacks, refreshment money and bus/train fare or bus/train pass to the walk if required
- dress appropriately for the weather
- wear suitable, supportive footwear
- to increase breathing but not to exhaust

**PLEASE DO NOT walk in front of the Walk Leader or talk when they are speaking & move away from the group if taking/making mobile calls**



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**Bristol Amblers (we amble - not ramble!)** are a friendly and welcoming group so we hope you can be persuaded to come along and join us. We offer **free**, walks of up to 3 miles. We meet in the City Centre, bus or train station or at where the walk starts. Walks are led by trained volunteers.

As well as walks in the city, countryside and seaside, we also try and engage our minds by offering walks that nourish our interest in nature, history, the arts and the sciences.

This programme offers walks of up to 3 miles. Where possible we try to offer 'leave points' to accommodate walkers of varying levels. Rain won't stop us walking but other weather conditions, transport of other issues may alter the planned route.

Before your first walk with our walking group you will need to complete a short registration form (support available to help complete). Each walk group has their own database. So please arrive 10 minutes early - or print off from the Wellspring Healthy Living Centre's website link below, complete in advance, and bring along with you.

**We ask that all walkers pre-book a place and arrive at least 5 minutes before the advertised time so the walk can start promptly.**

If you have additional needs or queries please contact John or Lyn 07910 138 699 [johnandlynda26@gmail.com](mailto:johnandlynda26@gmail.com)

Current programme/registration form at:-  
<https://www.wellspringhlc.org.uk/walking-for-health/>

For pics and comments on walks – check out Margi's Walking Page on Facebook

Walk Leader Contact Numbers	
John & Lyn Townsend	07910 138 699
Lyn Townsend **please only ring/text on day of the walk or emergencies**	**07960 788 189**
John Beales	07802 268 839
William Malik	07826 074 130
Cathy Darlow	07870 874 092
Julie Boston	07791 867 512
Annette Virgo	07740 996 554
Jane Sessions	07806 409 535
The walk leaders are volunteers so avoid evening calls-a text is better	