










































































































































































BRISTOL AMBLERS – DEC 2023 TO END MARCH 2024

Contact: John & Lyn 07910 138 699

(formerly St Pauls & Easton Walking Group)

email: johnandlynda26@gmail.com

IF YOU DECIDE TO MEET AT THE START OF THE WALK PLEASE LET THE WALK LEADER KNOW IN CASE OF ANY CHANGE

DATE	WALK	MEET, TRAVEL & END	DESCRIPTION & LEADERS	SYMBOLS										
Fri 8 th DEC	CHURCHES WALK	Outside M Shed 0950 for 1000 departure (toilets) End: approx 1300 St James Priory	A short walk to St Mary Redcliffe (founded in 1185) to view some amazing exhibits in this year's Treefest. Some light refreshments on sale by volunteers if required (30 – 45 mins). Finish at St James Priory (founded in 1129) recently refurbished - some fantastic history displayed here. Very reasonable café on site called Santiago's where we can finish for lunch Led by Margi / Annette											
														
Tues 12 th DEC	SEASONAL STROLL	0950 for 1000 outside St Nicholas Market, Corn Street (toilets) End: Finish approx. midday St Nicholas Market	A circular stroll via Queens Square, Finzels Reach and Castle Park – plenty of cafes for a traditional mince pie, or a mulled wine at the Christmas Market Led by Margl / Jane											
														
Fri 5 th JAN	KEYNSHAM CIRCULAR	Bristol bus station, Bay 15, 1010 for 1027 349 bus arriving Keynsham Church approx 1100 End: Finish near the High Street approx. 1300	Circular walk along mainly level paths around the Chocolate Quarter, partly following the river with views of open spaces. Finish near the High Street for refreshments in one of the many cafes Led by Margaret / Rob											
														
Wed 17 th JAN	BRADFORD on AVON (by Train) *see Train Travel over	Foyer Temple Meads Station 0950 for 1020 train BoA Station 1046 (£8.40 return GWR Groupsave/ Railcard or £12.80 full fare - please have correct cash for ticket) End: approx 1230 Avoncliffe Cross Guns Pub or Avoncliffe Station (2 x hr)	Leisurely walk along towpath (canal) on hard surfaces. Steep downward decline to pub Led by William / Margaret											
														
Fri 2 nd FEB	FISHPONDS to OLD MARKET Feedback Meeting	Bristol Centre Old Electricity House 1010 for 1030 48 bus. Arr. Channons Hill Morrisons 1100 End: The Assembly, 25 West Street, Old Market BS2 0DF approx 1315	A quiet level cycle path walk towards Bristol. Followed by Walkers' Feedback Meeting at the Assembly at approx 1330 Led by John B / John T / Lyn T											
														
Wed 14 th FEB	VALENTINE'S DAY CLEVEDON WALK	Bristol Bus Station Bay 12, 1040 for 1100 X6 bus. Arr. Edward Rd (Walton St Mary) Clevedon 1157 End: Clevedon Pier approx 1330	Our Annual Valentine's walk takes us to top of Dial Hill the easy way, then Ladye Bay, and Lovers' cliff-top path to the pier. Reading your poems en-route, wear something red Led by John B / Margi / Lyn											
														
Tues 27 th FEB	UNI GARDENS WALK	Neptune's Statue 1015 for 1027 No 4 bus (C7) opposite Omnibus Clock, 1040 Blackboy Hill bus stop, on Stoke Rd, near the Water Tower End: Hyatt Baker Hall Building, Stoke Bishop approx 1300 for refreshments -or U1 bus back (5 x hr)	Walk across Downs and into University Campus Gardens to hopefully see the spring bulbs in flower Led by William / Rob											
														
Tues 12 th MAR	NEWBRIDGE to BATH RIVERSIDE WALK	Bristol Bus Station Bay 16 1000 for 1022 X39 bus. Arr. Newbridge Gdns 1110 End: Green Pk Stn approx 1330	A level towpath walk along the River Avon to Green Park and central Bath Led by John B / William / Cathy											
Wed 27 th MAR	THREE PARKS WALK (part of Bristol Skyline)	1040 for the 1055 2A bus (C8) by the Hippodrome, Centre, 1120 Broadwalk (Greenmore Rd) End: Wapping Wharf, nr M-Shed, approx 1330	From Broadwalk, cross Redcatch Park onto Perretts Park with views across the City and then down to Victoria Park before walking through Bedminster and into Wapping Wharf by M-shed 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	Wheelchair accessible	Mobility scooter accessible

*TRAIN TRAVEL

Please bring right amount of CASH for the train fare as it is too difficult to pay by card at the ticket desk when buying multiples - and sign in with the Walk Leader BEFORE buying tickets - even if you have a train pass. They can then organize groups of walkers to take best advantage of Groupsave tickets and no-one should have to pay the full fare. Prices and times are correct at time of publishing

PLEASE REMEMBER

- bring along face mask and hand sanitizer if required
- do not walk if you feel unwell
- remember to bring any necessary medication e.g. inhaler
- bring water, snacks, refreshment money & bus/train fare or bus/train card to the walk if required
- dress appropriately for the weather
- wear suitable, supportive footwear & bring sticks/poles if needed
- walk 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

NOTE: WALKERS ATTEND AT THEIR OWN RISK

Walk Leader Contact Numbers

John Townsend	07910 138 699
Lyn Townsend	07305 741 799
John Beales	07802 268 839
Margi Johnson	07474 228 585
William Malik	07826 074 130
Margaret Curtis	07817 645 836
Rob Thatcher	07902 939 005
Cathy Darlow	07870 874 092
Jane Sessions	07806 409 535

The walk leaders are volunteers so please avoid evening calls - a text is better (but no texting to William please)



50P DONATION FOR THE PROGRAME IS USED TOWARDS VOLUNTEER WALK LEADERS RAIL FARES, BUS FARES, REFRESHMENTS ALLOWANCE OF £3 & PRINTING COSTS



BRISTOL AMBLERS
(formerly St Pauls & Easton Walking Group)

DECEMBER 23 TO END MARCH 24

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. Where possible we try to offer 'leave points' to accommodate walkers of varying levels. We meet in the City Centre, bus or train station or at where the walk starts. Walks are led by trained volunteers. Rain won't stop us walking but other weather conditions, transport of other issues may alter the planned route.

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.

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 website link below, complete in advance, and bring along with you.

We ask that all walkers 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/Lyn 07910 138 699 johnandlynda26@gmail.com

Current programme/registration form at:-

<https://wellspringsettlement.org.uk/support/improve-my-health-fitness-and-wellbeing/>

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



Valentines Day Walk 2022 – Dial Hill