





















































































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

| DATE | WALK | | MEET,TRAVEL &END | | | | DESCRIPTION & LEADERS | | | | | | | SYMBOLS | | | | |
|---|---|---|--|---|--|---|---|---|---|---|---|---|---|---|---|--|---|---|
| TUES 2 nd APRIL | CHEPSTOW (new walk) | | Bristol Bus Station, Bay 19,0950 for 1003 T7. Conway Drive, near Tesco Express, Thornwell,1050 End: 1300 in Chepstow | | | | Walk partly along the Wales Coast Path from Bulwark into Chepstow. Some woodland with river views. Long steep hill on path at the end of the walk.Finish in Chepstow town for refreshments at one of the many cafes or the church community cafe near the main bus stop Toilets on alighting the bus at B&M Thornwell if requiredLedby Margaret / Rob | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  |  | | |
| TUES 16 th APRIL | SAND BAY to WESTON super MARE (by Train) *see over | | Temple Meads Station Foyer 0935 for 0956 train, WsM Station 1024(28m)(£8.90 return or £5.85 with railcard/GWR 3 for 2).No 1 bus (should be every 30m) from Station to Sand Bay End: Birnbeck1330 | | | | As there are lots of roadworks/temp traffic lights on A370 causing long delays to the X1 bus - we will travelling by train. Walk from Sand Bay up into Kewstoke& through the woods into WsM where you can eat, shop or travel onwards Led by William / Rob / John T | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  | | | |
| FRI 3 rd MAY | NEWTON ST LOE | | Bristol Bus Station, Bay 16, 0940 for 0953 X39 Globe Inn 1034 End: Globe Inn bus stop 1400 for X39 back | | | | A rural walk along paths through Bath Uni grounds to the lovely village of Newton St Loe,with refreshments at the Farm Café, before returning to Globe bus stop Led by William / John T / Lyn | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  |  | | |
| MON 13 th MAY | PORTBURY WOODS | | Bristol Bus Station, Bay 11, 1020 for 1040 X4 Start: Sheepway bus stop 1115 End: approx 1300 Sheepway X4 (3 per hr) or pub for refreshments | | | | Footbridge over M5, through Portbury Village, to Prior’s Wood on tracks and paths with,hopefully, massed woodland bluebells. Finishing at The Priory Pub, Portbury, for lunch. Some steep sections (up and down) plus steps. No loos till end. Led by John B / John T | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  |  |  | END |
| FRI 31 ST MAY | PURDOWN &Feedback Meeting | | Baldwin St,C13 stop, outside Italian Gelato Cafe 1020 for 1037 No 24, Arrive Gainsborough Sq, Lockleaze 1112 End: Approx 1300 The Farm PH St Werburghs or No 25 (10-15 mins walk) or No 70 (30 mins walk) | | | | Along Purdown Ridge with viewpoints and orchard to Narrowways Nature Reserve and down to St Werburghs. Followed by Walkers’ Feedback Meeting at The Farm PH at approx1300 Routes to return buses will be explained at walk end Led by John B /John T / Lyn T | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  |  |  | X 3 |
| WEDS 12 th JUNE | KEYNSHAM | | Bristol bus station, Bay 15, 1010 for 1027 349 bus arriving Keynsham Church approx1100 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 / Margi | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  |  | | |
| TUES 25 th JUNE | WORCESTER (by Train) must be booked and £6 paid in advance | | See payment receipt for travel details | | | | A day trip to Worcester , a beautiful Cathedral &University City with a fascinating history, located in the heart of the West Midlands on the banks of the River Severn. We will haveGWR tickets for £6 (a reduction of the full fare of £17.50 (or £11.55with railcard/GWR 3 for 2)). Can only be used on direct GWR trains. The numbers are limited to 20walkersand we will all have to return together. Feedback will be required by GWR Led by Margi/ Margaret | | | | | | |  |  |  |  | |
| | | | | | | | | | | | | | | | | | | |
| WEDS 3 rd JULY | WIDCOMBE area of BATH | | Bristol Bus Station, Bay 16, 0940 for 0953 X39, Bath Bus Station 1053 OR independently by train Temple Meads 1030 (or every 15 mins), Bath Station 1041 (£9.30 return or £6.10 with railcard) If coming by train you must let the walk leader know in advance. End: approx1230 at Brunel Square | | | | Start:1100 at Brunel Square, Bath, BA1 1SX (the area immediately outside the exit from the station). A chance to explore this beautiful area of the city, including the start of the Kennet & Avon canal, and some surprisingly rural areas in the city. Plenty of cafes at the end of the walk. On hard surface and canal path (a bit rough in places) Led by Jon L /Margi | | | | | | |  |  | OR  |  |  |
| | | | | | | | | | | | | | | MUD if wet |  |  |  |  |
| FRI 19 th JULY | PRE- HARBOURFEST | | Meet &Start: 1015 for 1030 outside the M Shed End: approx 1200 for refreshments | | | | A gentle stroll around our beautiful harbourside and see what is being set up for the Festival and observing vessels arriving. Plenty of eateries and seats if you choose to pause Led by: Margi / Annette | | | | | | |  |  |  |  |  |
| | | | | | | | | | | | | |  |  |  | | | |
| MON 29 th JULY | HALLATROW CIRCULAR via TIMSBURY BASIN | | Bristol Bus Station, Bay 18, 1000 for 1013 172 bus, Claremont Gdns,Hallatrow, 1105 End: approx 1400 Claremont Gdns(3.3 miles) or 1420 Old Station Inn, Hallatrow (3.8 miles) | | | | Pleasant walk starting along the old railway track through Timsbury& Paulton Basins&Gossards Batch. Chance to see some farm animals. No toilets after the bus station or refreshments until pub. No escape points during walkLed by William / Cathy Over 3 miles - so not a Ramblers Wellbeing Walk | | | | | | | 3.3-3.8 miles |  |  | AT PUB |  |
| | | | | | | | | | | | | | | MUD if wet |  |  | |  |
|  | 1 walkmax 3.8 miles |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 60-90 mins 2-3 miles | Over 3 hrs | 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 scooter33 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

BUS TRAVEL

If you wish to join the walk at the starting point please let the walk leader know in advance

We often use buses to take us the start of our walks. Please note that bus times and route may be subject to changes. Bus timetables and travel information can be found at Traveline 0871 200 2233 www.traveline.info or go to: <https://www.firstbus.co.uk/bristol-bath-and-west/plan-journey/timetables> or <https://bustimes.org/areas/9>

PLEASE REMEMBER

- bring along face mask and hand sanitizer if required
- don't forget sunglasses, sunhat, sunscreen & insect repellent
- 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
- dress appropriately for the weather
- wear suitable, supportive footwear & bring walking 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 |
| Jon Lucas | 07735 650103 |
| Rob Thatcher | 07902 939 005 |
| Cathy Darlow | 07870 874 092 |

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



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



BRISTOL AMBLERS
(formerly St Pauls & Easton Walking Group)

APRIL TO END JULY 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 or 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



Widcombe Walk - June 23