

BRISTOL AMBLERS – FEB TO MAY 2020

Contact: John & Lyn 07910 138 699

(formerly St Pauls & Easton Walking Group)

email: johnandlynda26@gmail.com

DATE	WALK	MEET, TRAVEL & END	DESCRIPTION & LEADERS	SYMBOLS
Thurs 6 th FEB	ALMONDSBURY	Bus Station (Bay 15) 1000 for 1015 T2, Swan at Almondsbury 1105 End: Garden Centre 1230	A short exploration of this hidden village ending in cafe lunch. No loos at walk start. 2 miles+½ to bus back Led by John B / Maurice	
Fri 14 th FEB	VALENTINE'S WALK	Bus Station (Bay 10) 1015 for 1030 X6, Old Pk Rd Clevedon 1130 End: Clevedon Pier 1300	Over Dial Hill & along cliff-top Lovers' Path to Pier. Bring a short poem to read and wear something red. 2½ miles. No loos at walk start Led by John B / Margi	
Tues 18 th FEB	TAUNTON **(see TRAIN over)	Temple Meads Station foyer 0925 for for 0955 train, Taunton 1055 (£9.65 return Groupsave) End: Taunton 1420 or 1550 - TM 1518 or 1617	A wander along the River Tone, some history delights, finishing at the amazing museum and café for refreshments Led by Jon / Jane	
Weds 26 th FEB	MALAGO GREENWAY	Broad Quay-Cascade steps, Centre (C5) 1000 for 1013 75, Library 1038 End: V Shed 1300	Bus to Bishopsworth Library then follow Malago River along quiet footpaths connecting green spaces. All on hard surfaces Led by Julie / Cathy	
Thurs 5 th MAR	NEWTON ST LOE to SALT FORD	Bristol Bus Station (Bay 17) 0950 for 1008 X39, The Globe Pub, Newton St Loe Stop 1051 End: Saltford 1300	A gentle, flat walk alongside the river Avon, steeped in history, as it flows through the Avon valley towards Saltford. Café/toilet at end Led by Simon / Lyn T	
Fri 13 th MAR	TYNTESFIELD	Bristol Bus Station (Bay 10) 1015 for 1030 X6, 1052 Tyntesfield bus stop End: 1300 Tyntesfield cafe	A chance to look around the Tyntesfield estate when the daffs are in bloom with a National Trust Guide (donation £2) Led by Lyn / John T	
Mon 16 th MAR	HARBOUR BRIDGES	Temple Gate Stop (T1) 1000 for 1010 (no bus) End: Cumberland Basin 1230	Walks to Hotwells – all on footpaths. Able to leave walk en route. Toilet at ASDA, Bedminster Led by William / John T	
Fri 27 th MAR	FISHPONDS to OLD MARKET & Feedback Meeting	Nelson St (B5) opp old Jobcentre 1000 for 1015 48A, Morrisons F'ponds 1042 End: West Street 1230	A cycle path walk from Morrison's to Old Market. Followed by Walker's feedback meeting at The Assembly, West St, Old Market approx 1230 Led by John B / Margi	
Mon 30 th MAR	3 BROOKS	Cenotaph (C2), Centre, 0955 for 1008 m1, Willow Brook bus stop, Bradley Stoke 1023 End: 1300 BSSC	A visit to this lovely nature reserve and hopefully see lots of spring flowers, ending at Bradley Stoke Sports Centre for refreshments. Led by Lyn / John T	
Tues 7 th APR	FARRINGTON GURNEY half circle	Bus Station (Bay 18) 0950 for 1005 376, Farrington Inn 1054 End: Station Inn, Hallatrow, 1300	Over tracks and fields, taking in lovely countryside views to the quirky Station Inn for lunch. Some stiles Led by William / John T	
Thurs 16 th APR	BATH PRIORY HOTEL GARDENS	Bristol Bus Station (Bay 17) 1220 for 1235 X39, Park Lane, Bath (corner by playpark) 1.30pm End: Open from 2-5pm - leave when you wish	See these beautiful gardens open for the National Garden Scheme for one day a year - £3.50 entry Refreshments available-proceeds to Dorothy House Hospice Care or b.y.o. Led by John T / Lyn	
Weds 22 nd APR	CLIFTON to LEIGH WOODS	College Green 1005 for 1023(approx) No.8, Lansdown Rd 1035ish End: Brackenwood GC 1300	Over the Suspension Bridge and through Leigh Woods on forest paths to Garden Centre for lunch Led by John B / William	
Tues 28 th APR	STOKE PARK SCULPTURE TRAIL	Cenotaph (C2), Centre 1000 for 1015 m3, UWE Frenchay 1031 End: Snuff Mills café approx 1300	Taking the metro bus to UWE and walking to Stoke Park to find the seven wood sculptures in the park Led by Cathy / Margi or Julie	
Tues 5 th MAY	PENSFORD CIRCULAR	Bristol Bus Station (Bay 18) 0945 for 1005 376, Pensford Bridge 1042 End: Rising Sun, Pensford 1300	This circular walk takes some interesting features of this very industrial area (coal, wool/mills/railway) and Acker Bilk's grave at Publow Led by Cathy / Margi	
Thurs 14 th MAY	PORTBURY BLUEBELLS (see pic over)	Bristol Bus Station (Bay 12) 0950 for 1005 X3, Sheepway bus stop 1034 End: Portbury approx 1300	A woodland country round on tracks and paths at Prior's Wood - a splendid bluebell wood. No loos at walk start Led by John B / Jane	
Mon 18 th MAY	*WESTONBIRT ARBORETUM (Booking essential) see back page	Coach Limited seats-must be booked. Cost no more than £18 (includes entry fee) £10 deposit required-see Margi Meet: 0950 for 1000 by Brewers Fayre Lewins Mead	Return trip to Westonbirt, as requested, to see the amazing spring flowers. There are picnic areas if you wish to bring refreshments or can be purchased on site End: Westonbirt 2pm Led by Margi / Lyn/John T	
Thurs 28 th MAY	MEDIEVAL MARSHFIELD	Neptune's Statue 1005 for 1020 No 35 (C4) Broad Quay, Marshfield 1118 End: Marshfield 1335 or 1545	Views from country lanes, then through this lovely Cotswold Town with many historic buildings, one with a literary connection Led by Maurice / William	

Coach MUST BE BOOKED	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



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(formerly St Pauls & Easton Walking Group)

FEBRUARY TO MAY 2020



Rest time at Prior Woods (see Thurs 14/5)

Walk Leader Contact Numbers

John & Lyn Townsend	07910 138 699
Lyn Townsend**	**07960 788 189**
John Beales	07802 268 839
Margi Johnson	07474 228 585
William Malik	07826 074 130
Jon Lucas	07905 314 387
Cathy Darlow	07870 874 092
Jane Sessions	07806 409 535
Julie Boston	07791 867 512
Simon Carpenter	07849 622 823
Maurice Ashman	07910 963 294

Please avoid ringing walk leaders in the evenings, bear in mind they are volunteers & pleased to answer your query, but are not always available. A text is better if possible.

Bristol Amblers are a friendly and welcoming group so we hope you can be persuaded to come along and join us. 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.

We offer weekly, **free**, healthy walks of up to 3 miles. We meet locally, in the City Centre, bus or train station, and welcome new walkers. Walks are led by two trained volunteers.

Before your first walk with our walking group you will need to fill in a short starter form (support available), 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 the copy 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 any queries please contact **John or Lyn 07910 138 699 johnandlynda26@gmail.com** to discuss, otherwise just turn up

Current programme and starter form at:-

<https://www.wellspringhlc.org.uk/walking-for-health/>

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

This programme offers walks of between 1 & 3 miles in length

When possible, different length options are offered to accommodate walkers of varying levels and interests

The rain won't stop us walking but weather, transport or other issues may alter the planned route

Please remember

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

Please DO NOT walk in front of the Walk Leader, talk when the leader is speaking and please move away from the group if taking/making phone calls – many thanks

NOTE: WALKERS ATTEND AT THEIR OWN RISK

*WESTONBIRT COACH TRIP

Limited seats - must be booked. Cost no more than £18 (includes entry fee). £10 deposit required – see Margi

Please make sure you arrive in good time

Meet: 0950 for 1000 by Brewers Fayre, Lewins Mead

Return: Approx 1400 from Westonbirt

If you are unable to attend after reserving/paying a deposit please let Margi **07474 228 585** know as soon as possible as we will have a reserve list for cancellations, and if we are able to fill with another walker, we will refund the deposit if possible

** TRAIN TRIPS

Please sign the Walk Leader's register 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

BUS TRAVEL

We often use buses to take us to the start of our walks. Please note that bus times may be subject to changes. Bus timetables and travel information can be found at:

<https://bustimes.org/operators/first-in-bristol-bath-the-west>

Traveline: 0871 200 2233 www.traveline.info

or go to: www.firstgroup.com/ukbus

EAST BRISTOL WALKING FOR HEALTH STARTER WALKS
Mons 2pm Wellspring Health Living Centre, Beam Street, Barton Hill BS5 9QY with Sue & Sandra – local short, gentle walks of approx 30 mins with free cuppa after - ring 304 1400 to check its taking place
Tues 10.30-11.30am Beehive Centre, 19a Stretford Road, Whitehall, BS5 7AW 935 4471 - weekly walk around St George Park

WALK LEADER TRAINING by Sue Willingham
Weds 12th February 2020 - 9.30/9.45am until around 4pm at The Station, Silver Street, Broadmead
 for walkers that already walk with existing Ramblers WfH group
contact:- swillingham381@btinternet.com
 or speak to a walk leader

NB There will also be city wide training for all groups at City Hall in March / April 2020, funded by Active Aging Bristol