

BRISTOL AMBLERS – AUG/SEPT 2021
(formerly St Pauls & Easton Walking Group)

BOOKING REQUIRED To reserve a place please contact: John & Lyn 07910 138 699 email: johnandlynda26@gmail.com

DATE	WALK	MEET & TRAVEL	DESCRIPTION, LEADERS & END	SYMBOLS									
Tues 3 rd AUG	CLUTTON/ HALLATROW	Meet: Bristol Bus Station 1025 for 1040 No. 376 Temple Gate-to the right hand side of the incline 1050 Clutton 1120	Through Greyfield Wood beside a stream & waterfall and into Stephen's Vale Nature Reserve then open countryside. No toilets until pub Led by William/John T End: Station Inn , Hallatrow 1330	 MUD if wet									
Weds 18 th AUG	LONG ASHTON PANORAMA SOUTH	Meet: 1030 Riverside Garden Centre , Clift House Road, Southville, BS3 1RX Buses:24 to Frayne Road (start of Greville Smyth Park & stop after Aldi North Street) cross to park, face right & 1 st left up Frayne Road to Jessops Underpass and GC is on other side to right M2 stopping at Cumberland Basin cross the Metro bridge over the river and take the first path to your left to the GC	Along Colliters Brook with lovely views over the valley and South Bristol. Led by William / John T End: The Angel Inn , Long Ashton,1300	 MUD if wet									
Tues 31 st AUG	AROUND THE DOWNS	Meet: Downs Water Tower approx 1045 You can travel from Union Street by 1012 or 1027 No.1 bus or 1020 No.2, or 0955 or 1025 No.3	A level stroll round Durdham Down taking in views and local history Led by John B / Cathy End: Downs Café Retreat approx. 1300	 									
Mon 13 th SEPT	SISTON COMMON CIRCULAR	Meet: Neptune's Statue 1015 for 1030 No.43. If catching en route ensure bus route sign reads: ' 43 Cadbury Heath/Newton Road Shops '. Arrives Warmley Station 1109	Explore Siston Common by footpaths, Dramway and cyclepath. Optional stops at farm shop or Station Cafe. Led by John B / Annette. End: Warmley Station 1315	 									
Tues 28 th SEPT	WESTON -super- MARE to SAND BAY	Meet by the Pier at 1120 By bus: Bristol Bus Station, Bay 9, 0955 for 1010 X1 By train: Please note there may be no walk leaders to organize you at the station. Bristol Temple Meads 1044 arrive WsM 1103 (19 mins) £7.50 return or with railcard/GWR 3 for 2 £5.05	Up through Grove Park, then steep steps up to Worlebury Woods and a more moderate decline to Sand Bay Sensible footwear needed for descent Led by John & Lyn T End: Sand Bay 1330 for No 1 bus back to WsM (every 30 mins)	 x 2 MUD if wet									
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

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

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 Traveline: 0871 200 2233 www.traveline.info or go to www.firstgroup.com/ukbus or <https://bustimes.org/areas/9>



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Please remember

- do not walk if you feel unwell
- remember to bring any necessary medication i.e. inhaler
- dress appropriately for the weather
- bring water, snacks, refreshment money and bus/train fare or bus/train pass to the walk if required
- wear suitable, supportive footwear
- walk to increase breathing but not to exhaust
- don't forget the sunglasses, sunhat, sunscreen & insect repellent

PLEASE DO NOT walk in front of the Walk Leader or talk when they are speaking and please move away from the group if taking/making mobile calls – Many thanks

NOTE: WALKERS ATTEND AT THEIR OWN RISK

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.

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 **free**, healthy 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.

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**

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**	**07960 788 189**
John Beales	07802 268 839
Annette Virgo	07740 996 554
William Malik	07826 074 130
Cathy Darlow	07870 874 092

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

**** please only ring/text Lyn on the day of the walk or emergencies****