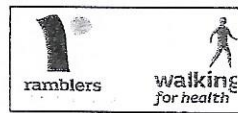


**\*TRAIN TRAVEL - Please sign the Walk Leader's register BEFORE buying tickets - even if you have a railcard. They can then organize groups of walkers to best take advantage of Groupsave tickets and no-one should have to pay the full fare**



**BRISTOL AMBLERS**  
(formerly St Pauls & Easton Walking Group)

**OCT 2021 TO JAN 2022**

**BUS TRAVEL** We often use buses on 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](http://www.traveline.info) or go to [www.firstgroup.com/ukbus](http://www.firstgroup.com/ukbus) or <https://bustimes.org/areas/9>

**Please remember**

- bring along face mask, hand sanitizer & insect repellent
- 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

**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**

**Walk Leader Contact Numbers**

<b>John &amp; Lyn Townsend</b>	<b>07910 138 699</b>
<b>**Lyn Townsend**</b>	<b>**07960 788 189**</b>
<b>John Beales</b>	<b>07802 268 839</b>
<b>William Malik</b>	<b>07826 074 130</b>
<b>Julie Boston</b>	<b>07791 867 512</b>
<b>Margi Johnson</b>	<b>07474 228 585</b>
<b>** please only ring/text Lyn on the day of the walk or emergencies**</b>	
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.	

**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.

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

**BRISTOL AMBLERS - OCT 2021 TO JAN 2022**  
(formerly St Pauls & Easton Walking Group)

Further info: John & Lyn 07910 138 699

email: [johnandlynda26@gmail.com](mailto:johnandlynda26@gmail.com)

DATE	WALK	MEET & TRAVEL	DESCRIPTION, LEADERS & END	SYMBOLS										
Tues 26 <sup>th</sup> OCT	CLIFTON to LEIGH COURT	<b>Meet: Christchurch Clifton 1045 for 1100.</b> Travel on any #8 bus from Electricity House, College Green etc. Alight Clifton Village stop and follow bus route in short walk to Christchurch.	Walk over the Suspension Bridge and through Leigh woods past Stokeleigh Camp to Brackenwood GC for lunch then for X3 or X4 bus back to Bristol <b>End: Brackenwood Garden Centre Tea Room 1300 Led by John B &amp; William</b>	MUD if wet										
Weds 10 <sup>th</sup> NOV	BRUTON (by Train) (must be booked and £5 paid in advance) (* or SEE OVER)	<b>Meet: Temple Meads Station 0925 for 0945 train, Bruton 1054 (1hr 9m)</b> <b>End: Bruton Station</b> 1419 ETA TM 1529 (1hr 10m) or 1611 ETA TM 1728 (1hr 17m)	A pre-arranged visit to Hauser & Wirth Art Gallery and Sculpture Garden and a walk around Bruton town <b>Led by John &amp; Lyn T. We are hoping to have tickets from GWR reducing the full cost of £17.10 to £5. As there will be limited tickets you must book and pay in advance. Feedback will be required by GWR. If not it will be £11.25 return with Railcard or 3 for 2 GWR</b>	MUD if wet										
Thurs 25 <sup>th</sup> NOV	KINGSWOOD to EASTVILLE & Walkers Feedback Meeting	<b>Meet: Neptune's Statue 1010 for 1030 #43 bus</b> Arrive Kings Chase Centre 1105 (Also accessible by 19, 35 & 42 buses)	Features viewpoints, nature reserve, playing fields, cycle path, viaduct and paupers graves. <b>End: Greenbank Pub, 57 Bellevue Road, 1300 for feedback meeting</b> <b>Led by John B &amp; Julie B</b>	MUD if wet										
Mon 6 <sup>th</sup> DEC	BRADFORD on AVON (by Train *SEE OVER)	<b>Meet: Temple Meads Station 1005 for 1023 train, ETA BoA 1048 (25mins)</b> £7.70 return with Railcard or 3 for 2 GWR <b>* SEE OVER End: frequent trains back from either Avoncliffe or BoA</b>	A walk along the river path to Avoncliffe and return along the canal path to BoA <b>Led by William &amp; John T.</b>	MUD if wet										
Thurs 6 <sup>th</sup> JAN	COOMBE DINGLE	<b>Meet: Broadmead Sails (end of Primark) Union Street 1020 for 1040 #4 bus.</b> Arrive Blaise Castle 1120 (Also accessible by #3 bus)	An old favourite with different start - through churchyard tunnels then down the Coombe <b>End: Mill House PH 1300</b> <b>Led by John B &amp; Margi</b>	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