

SHIREHAMPTON COMMUNITY ACTION FORUM



Issue 24

Walkie Talkies Free Walks Programme



Due to changes in the way that LinkAge operates, there is no longer a Health Walks Coordinator in the Shirehampton area. The Shire Nomads & Walkie-Talkie groups are now supported by SCAF.

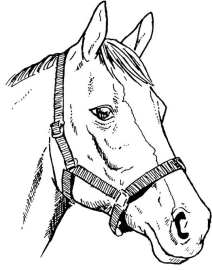


2 – 3 Miles – up to 90 minutes walk

The Walks are led by qualified volunteer walk leaders, who have undergone the National Walking for Health training. The walks are a mixture of town and country routes and are aimed at those who are doing little exercise at the moment, but who would like to become more active.

Dec 2018 – Feb 2019





Shirehampton Walkie Talkies



Shirehampton Walkie Talkies were formed in 2012

We are Partnership Shirehampton Walkie-Talkies Level 3 Walking Group in association with SCAF , Walking for Health Bristol and LinkAge. If you are looking to join a fun, friendly group of social walks, our group is for you.

We meet every Wednesday morning in Shirehampton at various times and starting points depending on Buses or Trains.

All of our walks are:

- ➔ FREE to attend, unless stated otherwise
- ➔ Set at a moderate pace and covers a distance of 2 - 3 miles
- ➔ Led by fully trained Walk Leaders

Our Walk Leaders are :- Barbara, Eileen, Sylvia, John M, and John A

The walking group is aimed at people aged 55+ and the walks are suitable for anyone able to walk for an hour+ without stopping.

The aim is to walk at a reasonable pace and cover between 2 to 3 miles. The walks are varied with some local and further afield. We like to stop for refreshments at a café and Toilets mostly after walks when possible. Please bring money for refreshments and travel costs



The walk leaders will try to set and maintain a pace which they feel is appropriate for the group and route. **IF YOU FIND IT IS TOO FAST** please **SLOW DOWN** at a pace that is comfortable for you

As a rough guide you should be able to walk and talk, but feel a bit warm with slightly elevated breathing

Start times are shown at the end of the first line of each walk



Double check the start time and location for the walk you want to attend - start times are varied. New walkers please arrive 10 to 15 minutes before start time to complete the Walker registration form (with support if required).

Please DO NOT walk in front of the Walk Leader



Dress appropriately for the weather and wear suitable supportive footwear

- ✓ Start each walk slowly, building up speed
- ✓ Slow down towards the end of each walk
- ✓ Walk to increase breathing but not to exhaust
- ✓ Drink plenty of water bring a bottle of water & any snacks you may need
- ✓ Do not walk if you feel unwell
- ✓ Remember any necessary medication e.g. inhaler

All walkers walk at their own risk and are responsible for their own safety.

Our routes are mostly designed to allow break-out points where anyone not wishing to complete the walk can leave at or near a bus stop (after advising a Walk Leader).

On some walks it is not possible to safely leave the walk and this is shown in the programme with the words NO EXIT as a warning.

A walk leader may refuse to allow you to walk if we consider you to be at risk!

Wed Dec 5th – Bath Canal Walk & Bath Christmas Market**9:10****Venue:** Shirehampton Station**Train:** Group Day Return by train to Bath**Details:** **Train leaves 9:19** Split into groups of 4 to buy tickets (each group must return together to validate return ticket).

A pleasant walk alongside canals and locks with views across parks and gardens. Bath Christmas market is an optional extra

Wed Dec 12th - The Downs**10:00****Venue:** Shirehampton Green**Buses:** 4**Details:** From the Downs we walk to Sea Walls for views of Avon gorge and Leigh Woods opposite. We pass the Goats Gulley where 6 feral goats have been introduced to help protect the gorge which is home to a large number of rare plants. Mostly flat terrain but can be a bit wet and muddy in places, Risk of slips and falls**Wed Dec 19th – Chepstow****9:10****Venue:** Shirehampton Green**Buses:** 3 or 4 then X7 Bus stop H**Details:** Change Buses at Cribbs Causeway for 10:12 express Bus (25min ride). The walk is around the Historic Old Town of Chepstow. Stay in Chepstow as long as you like and visit Chepstow shops for last minute gift ideas for Xmas. Buses run hourly at 20 mins to the hour. (Recommended a fish and Chip Restaurant near Bus Stop)**Wed Dec 26th – No Walk**



Wed Jan 2nd - Kings Weston Estate

10:00

Venue: Tithe Barn

Buses: N/A:

Details: For those who wish for some fresh air and exercise after Xmas. Not sure if cafe will be open. Wear appropriate footwear and clothing. Can be muddy, and slippery especially down slopes

Wed Jan 9th - Barracks Lane

10:00

Venue: Tithe Barn

Buses: N/A

Details: Walk along Barracks Lane to Lawrence Weston Farm. Optional visit Farm, before continue walking up to Kingsweston House for coffee or catch Bus home from Long Cross

A level paved path along the route to the farm, but slippery slopes up to Kingsweston House for coffee

Wed Jan 16th - Blackboy Hill to Suspension Bridge

10:00

Venue: Shirehampton Green

Buses: 3 or 4 return

Details: Bus to top Blackboy Hill. Walk along the Downs to Clifton Suspension Bridge and Clifton Village. Option 1 - continue walking through Birdcage walk to Clifton Down for coffee and Bus home. Option 2 - stay in Clifton Village for shopping and/or coffee and take Bus 8 or 9 to Clifton Down.

Some inclines along the Downs to Suspension Bridge.

Wed Jan 23rd – City Walk	10:00
<p>Venue: Park & Ride Bus Stop Station Road</p> <p>Buses: 902 Portway Bus</p> <p>Details: An interesting 2 mile walk starting at Anchor Road which includes Harbourside, 2 bridges, Queen's Square a walk by the Avon, Castle Park, and finishing at Watershed for Coffee.</p> <p>We will be crossing main roads and be amongst pedestrians</p>	

Wed Jan 30th - Westbury on Trym to The Downs	9:40
<p>Venue: Shirehampton Green</p> <p>Buses: 11 Bus leaves 9:46.</p> <p>Details: From Westbury on Trym walk through Canford Cemetery, University Sports ground, and Hyatt Baker Halls to the Downs Water Tower cafe for Coffee.</p> <p>There are several steep steps up to the Downs for coffee</p>	

Wed Feb 6th - Harbourside Circular	10:00
<p>Venue: Park & Ride Bus Stop Station Road</p> <p>Buses: 902 Portway Bus</p> <p>Details: Starting at Merchants Road walk towards centre via the Pump Room passing wildlife, birds, plant life etc. Choice whether to finish at Cascade steps or carry on walking back to Merchants Road passing M Shed and SS Great Britain</p> <p>Easy level walk with choices if you want to leave halfway</p>	

Wed Feb 13th – Shirehampton Village to Lamplighters	10:00
<p>Venue: Tithe Barn</p> <p>Train: N/A</p> <p>Details: An Historic memory lane walk around village then along Yellow Brick Road finishing at Lamplighters for a meeting about updates to Walking for Health (which seem more positive now) and the changes in the design of our programme. Please bring ideas/requests for walks</p> <p>There may be some steps in Shirehampton Village</p>	

Wed Feb 20th - Coombe Dingle to Blaise Estate - Snowdrop Walk 10:00

Venue: Shirehampton Green

Buses: 3,

Details: Bus to Coombe Dingle. Walk through Coombe Dingle Carpark to follow gentle sloping paved path past Lily ponds up to Blaise Cafe for coffee. Option if not too muddy walk right-hand side of Mill up to Blaise (See Snowdrops along the bank)



Some inclines and many dogs on the loose who may be muddy and wet after swimming in the lakes **NO EXIT**

Wed Feb 27th - Aston Court Estate

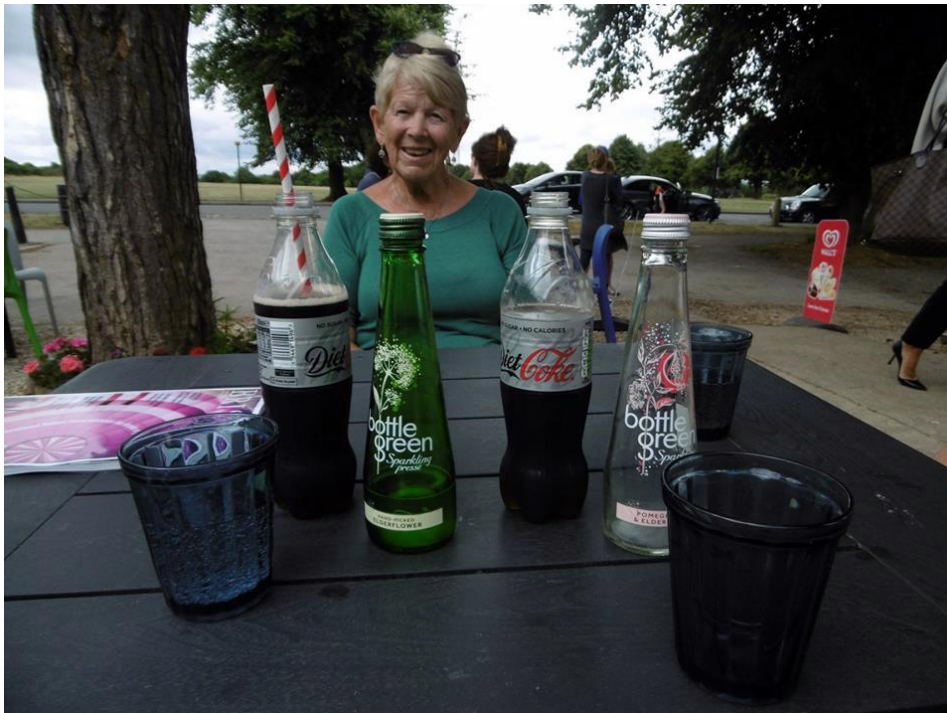
09:30

Venue: Park & Ride Bus Stop Station Road

Buses: 902 Portway Bus then X3 or X4

Details: 902 to **Anchor Road**, X3 or X4 to Top Ashton Court. Walk through Ashton Court Estate down to Ashton Court Mansion for coffee then either catch Bus from Bower Ashton to Merchant Road or walk back via Create Centre.

The walk down to Ashton Court House is long **NO EXIT**



SHIREHAMPTON COMMUNITY ACTION FORUM



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