



SHIREHAMPTON COMMUNITY ACTION FORUM



Walkie Talkies Free Walks Programme 2 – 3 Miles up to 90 minutes

Shirehampton Walkie Talkies were formed in 2012

We are Partnership Shirehampton Walkie-Talkies Level 3 Walking Group in association with SCAF. If you are looking to join a fun, friendly group of social walks, our group is for you. The walks are aimed at people aged 55+ and are suitable for anyone able to walk for an hour+ without stopping. We meet every Wednesday morning in Shirehampton at various times and starting points depending on Buses or Trains.

The walks are varied with some local and further afield. We like to stop for at a café and Toilets after walks when possible. Please bring money for refreshments and travel costs.

We 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. You should be able to walk and talk, but feel a bit warm with slightly elevated breathing.



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 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 Sept 4th – Harbourside Circular

Starts: 10:00 am

Starting Point: Park & Ride Bus Stop, Station Road

Buses: 902 Portway Bus

Details: Walk from Centre around Harbourside passing the M Shed and S S Great Britain and back to centre via the Pump Room.

Some steps - Choice to leave halfway at Merchants Road

Wed Sept 11th Concorde Museum

Starts: 9:30 am

Starting Point: Shirehampton Green

Buses: 3 or 4 to Cribbs Causeway then change buses T2 or 75

Details: Aprox 1 hour on Buses then 10 min walk. Tickets £14:50 to Museum.

About 10 min walk from Gypsy Patch Lane Bus Stop to Museum

Wed Sept 18th – Leigh Woods

Starts: 9:30 am

Starting Point: Park & Ride Bus Stop Station road

Buses: 902 Portway Bus and X3 or X4

Details: X3 or X4 to just past Beggar Bush Lane to entrance Leigh Woods. Brackenwood Nursery for coffee

Track is long, uneven and muddy at times. NO EXIT

Wed Sept 25th – Windmill City Farm

Starts: 10:00 am

Starting Point: Park & ride Bus Stop Station Road

Buses: 902 Portway Bus then any Bus back to centre from Bedminster

Details: Alight at Anchor Road from Merchants Road walk past SS Great Britain then cross bridge to Coronation Road and Bedminster East Street for Farm visit

Level Walk crossing Busy Roads, plenty of Buses back to Centre

Wed Oct 2nd – Cardiff Castle and Bay

Starts: 9:00 am

Starting Point: Shirehampton Station

Train: Group ticket to Cardiff Central £9 (3 persons per group)

Details: Walk to Cardiff Castle, visit grounds and gardens then catch River Bus £4 to Cardiff Bay for Lunch etc. (or take sandwiches) Return by Bus to Station £4

10 Min Walk to Castle along Busy Road. Total Fares Aprox £17

Wed Oct 9th – Strawberry Line

Starts: 9:30 am

Starting Point: Park & Ride Bus Stop Station Road

Bus: 902 Portway and X1 *direct* outward and X2 return

Details: Follow the Strawberry line from Congresbury to Yatton. Coffee at award winning cafe at Yatton Railway Station. Walk partway back for footpath to shopping precinct in Yatton, for X2 (which runs hourly 5 mins past hour)

Long Walk NO EXIT

Wed Oct 16th Thornbury Castle

Starts: 9:30 am

Starting Point: Shirehampton Green

Buses: 3 or 4 to Cribbs Causeway for 78 which leaves 10:26

Details: Walk to Castle to visit the gardens an option to visit house. (an entrance fee for house). Then after a pleasant walk around town for coffee.

If Castle Grounds are Closed there is a pleasant Walk around Park

Wed Oct 23rd - Severn Beach

Starts: 9:25

Starting Point: Shirehampton Station

Train: 9:35 am – return 11:54 am. Ticket £2 return approx

Details: Walk along Sea Defence Walls with veiws across the River Severn then through Severn Beach Village to cafe for coffee

Level Walk many dogs off lead

Wed Oct 30th – Ashton Court

Starts: 10:00 am

Starting Point: Park & Ride Bus Stop, Station Road

Buses: 902 Portway Bus, then X3 or X4

Details: Walk through Ashton Court Estate Ashton Court Mansion for coffee then either catch Bus from Bower Ashton or walk back to Merchants via Create Centre.

Long walk down to Mansion, many dogs off lead.

NO EXIT

Wed Nov 6th - Kingsweston Estate

Starts: 10:00 am

Starting Point: Tithe Barn

Buses: N/A

Details: Circular Walk around Kingsweston Estate, Kingsweston House for coffee

Muddy and Slippery, many dogs off lead NO EXIT

Wed Nov 13th - Portishead Lakes - Optional Walk along Costal Path

Starts: 9:30

Starting Point: Shirehampton Green

Buses: 3 or 4 to Cribbs Causeway Bus Stop H for 10:30 X5 to Portishead

Details: Choice to walk along the costal path from Lakes, (exit at Nichols Road. catch bus from Nore Road back to Harbour) or a shorter walk around Lakes. Choice of X3, X4 or X5 home

There are steps and slopes. Longer Walk NO EXIT on the Costal Path

Wed Nov 20th – Coombe Dingle to Blaise

Starts: 9:40

Starting Point: Shirehampton Green

Buses: 3 or 11 to Coombe Dingle

Details: Bus to Coombe Dingle. Walk through Coombe Dingle Carpark to follow gentle slopping paved path past Lily ponds up to Blaise Cafe for coffee.

Some Slopes, many dogs off lead

Wed Nov 27th - City Walk and ? Xmas Meal

Starts: 10:00

Starting Point: Park & Ride Bus Stop, Station Road

Buses: 902 Portway Bus

Details: City Walk then ? Xmas Meal at Venue to follow