





















## HINTS FOR WALKING

Dress appropriately for the weather.  
 Wear suitable supportive footwear.  
 Walk to increase breathing but not to exhaust.  
 Drink plenty of water.  
 Remember to bring any necessary medication e.g. inhaler.  
 Tell a walk leader if you are leaving a walk.



### Key to symbols used on walk details overleaf

 Up to 1 mile (10-30 mins)	 Moderate Inclines	 Cafe Available	 Pub/Lunch
 1- 2 miles (30-60 mins)	 Steep Inclines	 Steps	 Bus or Coach Trip
 2 - 3 miles (60-90 mins)	 Rural or Challenging Terrain	 Uneven Ground	 Train Trip
 Probability of Mud.	 Buggy Friendly	 Toilets Available	 Wheelchair Accessible
 Kissing Gate	 Rest Opportunities	 Guided Walk	 Stiles

Please be mindful of other people when walking.  
 We ask you to respect other people's space at all times.







The St George Strollers  
 organise regular, healthy walks in or around the  
 vicinity of St George, East Bristol.









Your local contact is Liz Scott: 0117 952 2513 or  
 Email: [strollers@troopers-hill.org.uk](mailto:strollers@troopers-hill.org.uk)

More information and photos of our previous walks at:  
<http://www.troopers-hill.org.uk/strollers/>

Please arrive 10 mins early if you are joining us for the first time.

**Note- Important travel information overleaf.**



Date	Walk	Starting Point	Transport Options	Description	Symbols
<b>Third Tuesday of each Month</b>	<b>St George Park Stroll</b>	<b>The Beehive Centre Stretford Road, 10.30</b>	<b>These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.</b>		
Thursday 11 <sup>th</sup> April	Hanham Mount & Magpie Bottom	Hanham Public Toilets Laburnum Road 10.30 am	None Required	A circular walk starting from the High Street, up to Hanham Mount, then through Magpie Bottom. A hilly walk but avoids the steepest hills. Supportive footwear recommended. <i>Leader: Andy with Pat (BM) &amp; Liz</i>	
Friday 26 <sup>th</sup> April	Harbourside	Cascade Steps Bristol City Centre 10.30 am	None Required	A circular walk around the Harbour starting at the Cascade Steps passing various points of interest including the Underfall Yard, SS Great Britain and M Shed. <i>Leader: Liz with Lynn (BM) &amp; Andy</i>	
Tuesday 14 <sup>th</sup> May	Bath Botanic Gardens	Comfortable Place Bus Stop Upper Bristol Road (BA1 3AJ) 11.15 am	Bay 16 Bristol Bus Station at 10:10 am for X39 at 10:22	A linear walk around Victoria Park, visiting the Georgian Garden, passing Royal Crescent to the Great Dell & Botanic Gardens, then on to Bath Bus Station via the Railway Path. <i>Leader: Peter with Charlie (BM) &amp; Margaret</i>	
Wednesday 29 <sup>th</sup> May Kingswood Commerce and Christianity 		Clock Tower Bus Stop High St Kingswood (BS15 4AA) 10.40 am	Aldi Church Rd For Bus 43 at 10.22 am	Learn about the "Successful Merchant of Kingswood Hill" and walk past the amazing range of churches to be found in Kingswood. Walk ends by the blue-plaques Salvation Army building, Two Mile Hill Rd near to a 42/43 bus stop. <i>Leader: Susan with Lynn (BM) &amp; Peter</i>	
Thursday 13 <sup>th</sup> June	A Bristol Meander	Cotham Brow/Cheltenham Rd Junction (BS6 5QP) 10:40 am	B7 Bus Stop Haymarket Opp Primark 10.15	A linear walk through Cotham and Kingsdown visiting the Royal Fort Gardens, ending at the Beacon Centre. Very steep ascent & descent at Brandon Hill. A couple of moderate inclines. Toilets at museum. <i>Leader: June with Julie (BM) &amp; Keith</i>	
Monday 24 <sup>th</sup> June	Emersons Green to Page Park	Outside Sainsburys Emersons Green 11:00 am	Metrobus M3 City Centre bus stop C2 10.15 (bus 10.26 am)	A linear walk along the Ring Road Path, through Pomphrey Hill Open Space to the old Mangotsfield Railway station and on to Page Park. Some steps (optional). <i>Leader: Peter with Liz (BM) &amp; Andy</i>	

**Please Note: Due to the current problems with Bristol bus services (late or cancelled buses) it is advisable to meet your Walk Leader at the bus stop indicated under "Transport Options" where shown.**