



We're Halfway Through BWF

There are now only two weeks to go, but still over 75 unique walks left to take place. We hope you can make the most of these opportunities to join in with BWF and explore our city with our wonderful walk providers.

About Bristol Walk Fest



Q&A with BWF Provider

Our latest Q&A, with Anastasia Romaniuk is live on our website now. [Read it here.](#)



Participant survey

If you've taken part in a walk, please [complete our survey](#) and enter the prize draw.

Highlighted Walks

Monday 18th at school time!

[Walk to School Week](#) kicks off today. Pupils are encouraged to walk, wheel, cycle, scoot or Park and Stride to school every day of the week.

Tuesday 19th at 10.30am

[BS3 Buggies and Babies](#) is a lovely way to meet other local families, with the option to grab a coffee or bite to eat afterwards.

Wednesday 20th from 10am-1pm

[Bloomberg Connects at Glenside Hospital](#) is a free, engaging trail, allowing visitors to learn the history of Bristol's first mental health care facility.

Thursday 21st at 12.30pm

[Urban Green Spaces](#) is the perfect walk for city-dwellers seeking greenery, to interact with nature and escape the office, in central Bristol.

Friday 22nd at 1pm

[Blaise and Beyond](#) uses as many public footpaths, showcasing the Blaise Estate, Moorgrove Wood, Henbury Golf Club and more, over mixed terrain.

Saturday 23rd at 10.30am

[Bristol South Skyline Walk](#) is a journey of discovery over two distances, starting at river level and going on to offer wide vistas across the city.

Sunday 24th at 11am

[Bristol's Humanist History](#) tells the untold history of atheism, freethinking & humanism in Bristol, with a walk through Bristol from Castle Park.

[See all the walks here](#)

Good News Story

Walk your way to a longer, healthier life: Walking boosts heart, brain and bone health, making it one of the most effective

ways to stay healthy as you age.



Walking is a simple but powerful way to improve long-term health. Regular walking supports heart health, brain function, balance and endurance while reducing stress and lowering dementia risk. Because it is low-impact and easy to maintain, walking helps us stay active consistently. Experts say combining walking with strength training offers the greatest benefits for healthy aging.

[Find out more](#)

Did You Know?

Taking a single step requires 200 muscles

Our muscular system consists over over 650 muscles of three main types, and 200 of these are needed to lift your foot, propel it forward, and set it down. Find out more [in this interesting TED-Ed video](#).

"Fantastic choice of walks. Super-friendly walk leaders. Very sociable and full of interest" – BWF participant

Bristol Walk Fest

Bristol, United Kingdom

You received this email because you signed up to our participant mailing list.

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