



Just One Week To Go

We're now into the final week of BWF 2026. If you've not yet taken part in a walk, we strongly encourage you to make the most of this last opportunity to get out there and enjoy the festival, meet others and see a different side of Bristol.

About Bristol Walk Fest



BWF offer

Get 20% off the [Bristol Ideas Book of Walks](#) with code **WALKFEST20** (valid until 31st May 2026)



Participant survey

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

Highlighted Walks

Monday 25th at 9.30am

[Walking rugby](#) is a fantastic way to play the game at a slower pace, with passing catching and touch tackles.

Tuesday 26th at 10.30am

Come rain or shine, [Stroll and Chat](#) is a way to enjoy some company, make friends and boost your health.

Wednesday 27th at 2.30pm

[Bristol Blitz](#) takes you underground on this unique subterranean walking tour beneath St Nicholas Market.

Thursday 28th at 11am

[Moving Around and Accessing Bristol](#) is a creative workshop exploring the histories and experiences of those with mobility and visual impairments.

Friday 29th at 1pm

Walk the site the '[Great Avon Wood](#)' where thousands of young trees have been planted over the last three winters.

Saturday 30th at 10am

[Walk Bristol](#) is a non-competitive, free, signed and supported walk offering accessible 1, 5, and 10 mile options taking in the stunning sights of Bristol.

Sunday 31st from 11am-5pm

Join [OTTER's Bristol Art Quest](#), an interactive and engaging cross-city adventure designed for ages 8 and above.

[See all the walks here](#)

Good News Story

Walk to School Week amplifies children's voices for safer streets

In an article by the Children's Commissioner, we see how Walk to School Week shines a spotlight on what children really think about their journey to school. While many enjoy the freedom, exercise and time with friends that walking brings, they also speak openly about busy roads, dangerous crossings and unsafe parking. By giving children a platform to share their experiences, the campaign encourages schools, councils and leaders to make meaningful changes that create safer, healthier and more welcoming streets for every child walking to school. You can have your say [here](#).

[Read the article here](#)

Did You Know?

Nordic walking works more muscles than running

Nordic walking originated from Finland in the 80s and was used as an off-season training regime for cross-country skiers during the summer months. It's basically a walking technique that uses poles (not trekking poles) to help propel you along various terrain, firing up your upper and lower body muscles in the process.

"Really grateful to BWF and the providers for putting on this wonderful event which has taught me so much about my local area, to engage with the community and encourage me to get out and about so much more" – BWF participant

Bristol Walk Fest

Bristol, United Kingdom

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