



Bristol Walk Fest is in Full Swing

On 1st May we kicked off Bristol Walk Fest with a host of walks, as well as our launch event and launch walk. From here on in we see walks take place every day for the entire month. That's 400+ opportunities to join in, get outside and enjoy walking, right here on your doorstep.

About Bristol Walk Fest



Latest news

Our launch event and accompanying walk took place to a full house on 1st May. Read all about them [here](#).



Participant survey

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

Highlighted Walks

Monday 11th at 6pm

[St Werburghs Foraging Walk](#) - Join for an informal walk uncovering the plants of narrow ways. Learn where to find plums, hawthorn, apples, rosehips and other ingredients for seasonal salads!

Tuesday 12th at 10am

[Walking Cricket](#) - Join this fun, social, and inclusive session. It's a slower-paced version of the game, designed for older adults and people of all abilities.

Wednesday 13th at 11am

[Walk & Talk for Unpaid Carers](#) - This gentle, friendly walk offers time to breathe, boost your wellbeing, feel less alone and connect with others who understand the caring role.

Thursday 14th at 10.15am

[Family Storywalk: St George](#) - This gentle stroll around, with stories and songs to entertain along the way is perfect for early years children (0-4yrs) and their carers.

Friday 15th at 11am

[Discover Bristol Ring Section 4](#) - Join this taster of Section 4 of the new Bristol Ring, from Ashton Road, through Ashton Court Estate and beyond.

Saturday 16th at 8am

[Badock's Wood Bird Walk](#) - Early morning bird walk led by ecologist and Badock's Wood bird monitor, Matt Hobbs. Year round and summer visiting bird species will be present.

Sunday 17th at 2pm

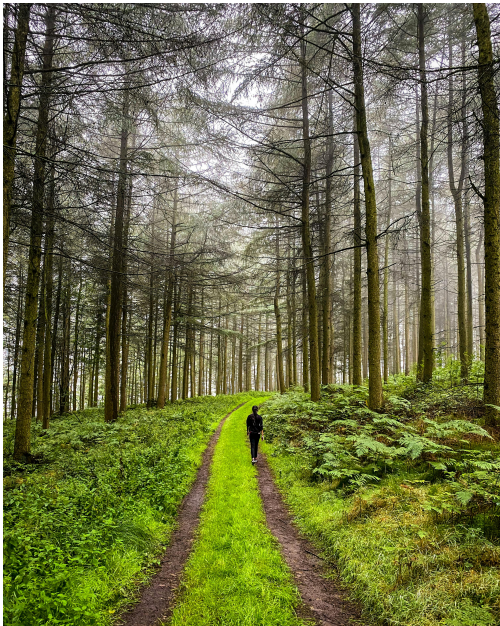
[LGBTQ+ History Tour](#) - The walk will cover over 300 years of extraordinary queer history and the locations involved.

[See all the walks here](#)

Good News Story

A walk in the woods reduces anxiety

Walking around woodland trails cuts anxiety, reduces rumination and boosts social connection, new research shows.



In a study into Forestry England's self-guided woodland wellbeing trails, participants reported a 31% drop in anxiety, a 38% reduction in rumination and improved feelings of connection after just one visit. The trails, at 18 sites, encourage mindfulness through prompts and reflections. Researchers say the findings show that meaningful engagement with nature matters more than simply spending time outdoors.

[Find out more](#)

Did You Know?

Bristol Walk Fest has featured on the radio twice in the last week!

Our event manager Jennifer was on the phone with [Joe Lemer on BBC Radio Bristol](#) on Monday and the wonderful Dr Subitha Baghirathan was [live](#)

from [Ujima's studio](#) on Wednesday.

What a fantastic way to spread the word about Bristol Walk Fest!

"There's much more to Bristol than I knew!" – BWF participant

Bristol Walk Fest

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