



YEAR ROUND WALKS IN BRISTOL

BROUGHT TO YOU BY



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This booklet has been produced by Bristol Walk Fest in partnership with Bristol City Council and Go Jauntly with funding from Sport England Lottery.

All walks included in this booklet can be found on the Bristol Walk Fest website (www.bristolwalkfest.com) or directly from the Go Jauntly app (see pages 10-11).

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Details are correct at the time of going to print.



ACTIVE AGEING BRISTOL

More Older People, More Active, More Often.

This specially targeted programme gets more local people aged 55 and over, involved more regularly, in physical activity, coaching and volunteering, enabling them to be active, healthy and happy in later life.

Keeping as active as possible is good for our mental wellbeing as well as our physical health. Being physically active as we get older can reduce the risk of us developing depression, heart disease and dementia. It also increases our social networks, helping to reduce the risk of us becoming lonely or isolated.



OUR TIPS FOR WALKING

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. You don't have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

BEFORE YOU START

Any shoes or trainers that are comfortable, provide adequate support and don't cause blisters will do. If you're walking to work, you could wear your usual work clothes with a comfy pair of shoes and change shoes when you get into work. For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack. If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes.

HOW DO I KNOW IF I'M WALKING FAST ENOUGH?

A brisk walk is about three miles an hour, which is faster than a stroll. One way to tell if you're walking briskly is if you can still talk but can't sing the words to a song.

You could also try using the free Active 10 app on your smartphone. It tells you when you're walking fast enough and suggests ways to fit in some more brisk walking. Download the Active 10 app from the App Store and Google Play.

WHAT IF I'M NOT VERY ACTIVE?

If you're not very active but are able to walk, increase your walking distance gradually. If your joints are a problem, check whether your local swimming pool holds exercise classes. The water helps to support your joints while you move, and once you lose a bit of weight, the pressure on your joints will reduce. If you're not active because of a medical condition, get advice on exercising with a disability. If you can't leave the house, why not see if one of our free exercise videos can help?

STAYING MOTIVATED MAKE IT A HABIT

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine. Examples include:

- Walking part of your journey to work
- Walking to the shops
- Using the stairs instead of the lift
- Leaving the car behind for short journeys
- Walking the kids to school
- Doing a regular walk with a friend
- Going for a stroll with family or friends after dinner



LISTEN TO MUSIC

Walking while listening to music or a podcast can take your mind off the effort. Music can also get you into a rhythm and help you walk faster. You'll be surprised at how fast the time goes when you're walking to your favourite tunes.

USE THE ACTIVE 10 APP

Active 10 allows you to track how much and how fast you've walked. To keep things interesting, it gives you goals to work towards and rewards your progress. Download Active 10 from the App Store and Google Play.

MIX IT UP

Add variety to your walks. You don't have to travel to the countryside to find a rewarding walk. Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths, commons, woodlands, heaths and nature reserves.

JOIN A WALKING GROUP

Walking in a group is a great way to start walking, make new friends and stay motivated. Watch a video about Walking for Health's walking groups. Ramblers organises group walks for health, leisure and as a means of getting around for people of all ages, backgrounds and levels of fitness. Its website has details of many locally organised walks in towns and cities, as well as the countryside.

RAMBLERS WELLBEING WALKS BRISTOL

There are over 30 Bristol wellbeing walk groups which are part of a national initiative, Ramblers Wellbeing Walks'. To find your nearest wellbeing walk group offering free, short, regular, led walks visit the website below and use the postcode 'walk finder':

<https://www.ramblers.org.uk/walking/group-finder>

Alternatively, contact Bristol City Council Wellbeing Walks Co-ordinator Darron Gillett, E: Darron.gillett@bristol.gov.uk





WAYS TO WELLBEING THROUGH WALKING

A good walk can do wonders for your mental wellbeing.

It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

We have given some ideas and suggestions about how you can introduce the five ways to wellbeing into your everyday routine, to help your mental health even more than just exercising.

CONNECT

- Walking outdoors can connect you to your local neighbourhood and gives you the opportunity to engage with other people and the social world around you.
- Use your walk to phone friends or family you don't live with to check in with them.



- By walking you're already doing this one so well done! If walking is something you are anxious about, or something you're not used to doing, start small. Some days just take a quick wander around the block, others a longer leg stretch.
- Most smartphones have apps that track steps and distance, if that interests you, so you can see how far you've walked over the week or track your route.



- Living in a city, it may be harder to find places off the beaten track but there will be interesting local facts you can learn. For example, in Bristol, why not look out for the blue plaques or, look out for quirky front doors, gardens or window displays, there's lots you've probably never noticed before.
- Take pictures of three things you've seen on your walk which have made you smile. You could also think about at least one thing you've heard and smelt.
- Importantly, take notice of how going for the walk made you feel. This will be useful in the future when trying to motivate yourself on off days.



KEEP
LEARNING

- A great way to learn about something or someone new is to listen to a podcast or audiobook while walking. There's so much free content out there to learn about new things.
- How about learning a new language? Think about countries you'd like to visit in the future or a language that a friend or family member speaks that you could learn to impress them.

Give

- We are having to think of new ways of showing kindness with social distancing in mind, but it's more important now than ever before.
- You could go for a walk to deliver some shopping or send a nice letter or gift to a friend or family member.

These are just a few tips but have a think about what you could do. It's great if you can build some regular walking or outdoor exercise into your routine as we begin to slowly emerge from lockdown, but importantly be kind to yourself. While we can all look for inspiration of what to do, try not to compare yourself to others and do what's good for you and your circumstances.



BRISTOL WALKFEST

GO JAUNTLY

10

THE GO JAUNTLY APP

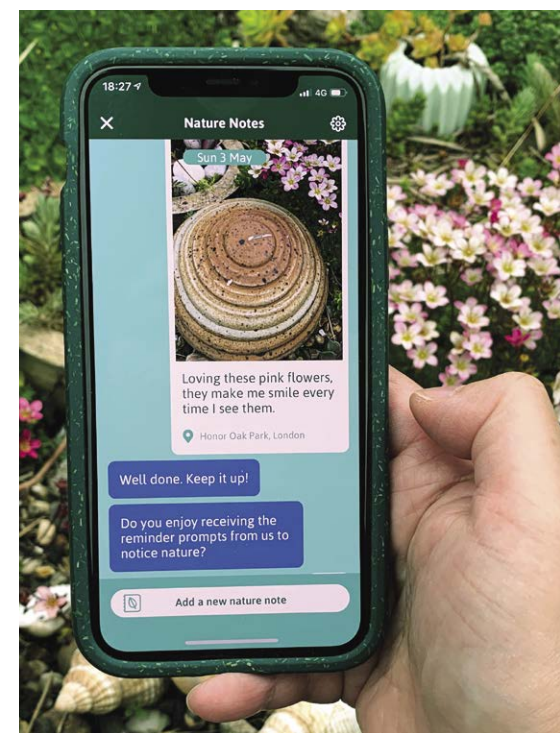
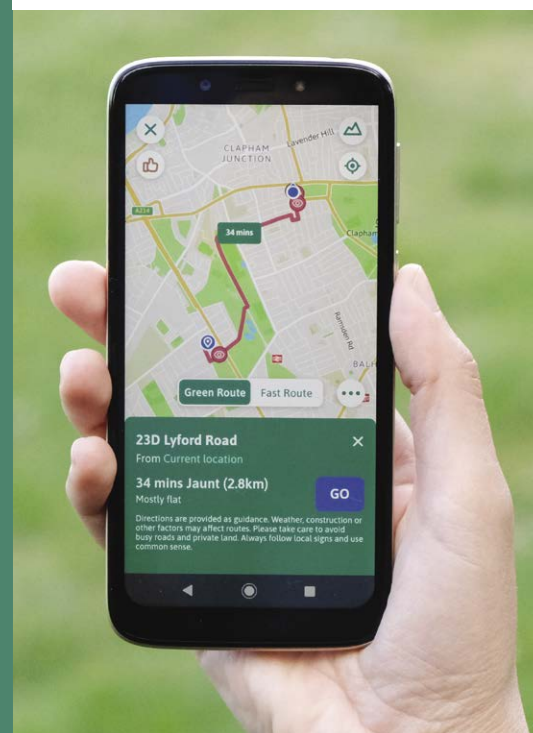
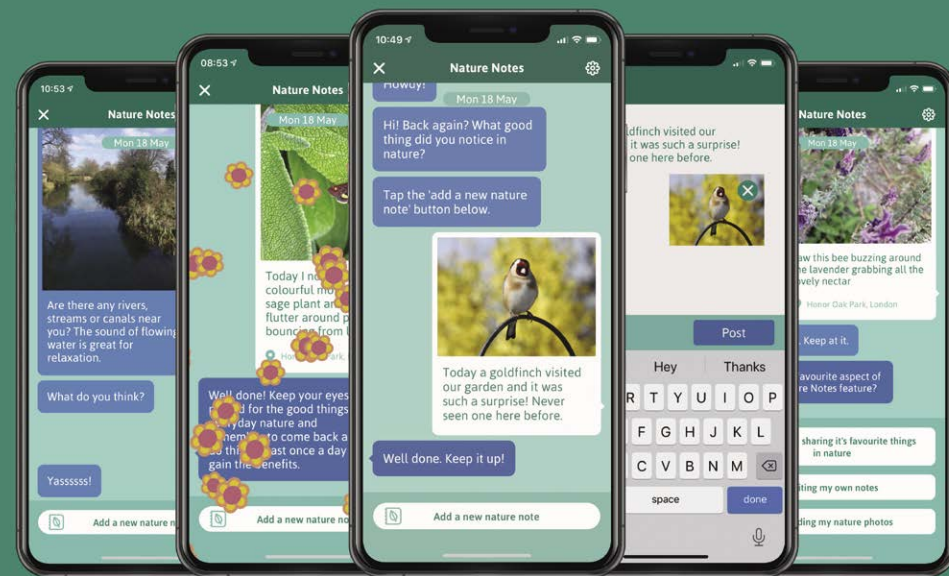
Go Jauntly is a free app to help you discover walking routes and enjoy everyday outdoor adventures. To help you navigate, you can find step-by-step walking directions and photo's directions on the Go Jauntly app. Download for free now on the App Store or the Play Store.



BRISTOL WALKFEST

GO JAUNTLY

11



BADOCK'S WOOD SHORT STROLL

Enjoy a short stroll about Badock's Wood. There's a beautiful stream for the kids to play in. Start at the northern entrance on Doncaster Road. Bear right through the gates. You can follow the health marker signs here for the 1k route or explore the various footpaths. For an easy stroll with some steep bits, keep right along the outskirts of the park. Explore the bamboo den before looping back around alongside the stream to get back to the adventure playground at the start.



APPROX
25 mins



APPROX
1.2 km

**BADOCK'S WOOD
SHORT STROLL**
www.bristolwalkfest.com



BLAISE CASTLE WALK

You can find lots of short loops around the Blaise Castle Estate in the Go Jauntly app. One of our favourites is the Kings Weston Down walk which explores some of the lost history of its Roman and Iron-age past. Cross over the field heading away from the cafe and towards the trees make your way towards Echo Gate followed by the woodland path known as Arbutus Walk. You'll approach an old Roman road, bear left to walk to the centre of Kings Weston.



APPROX
35 mins



APPROX
1.4 km

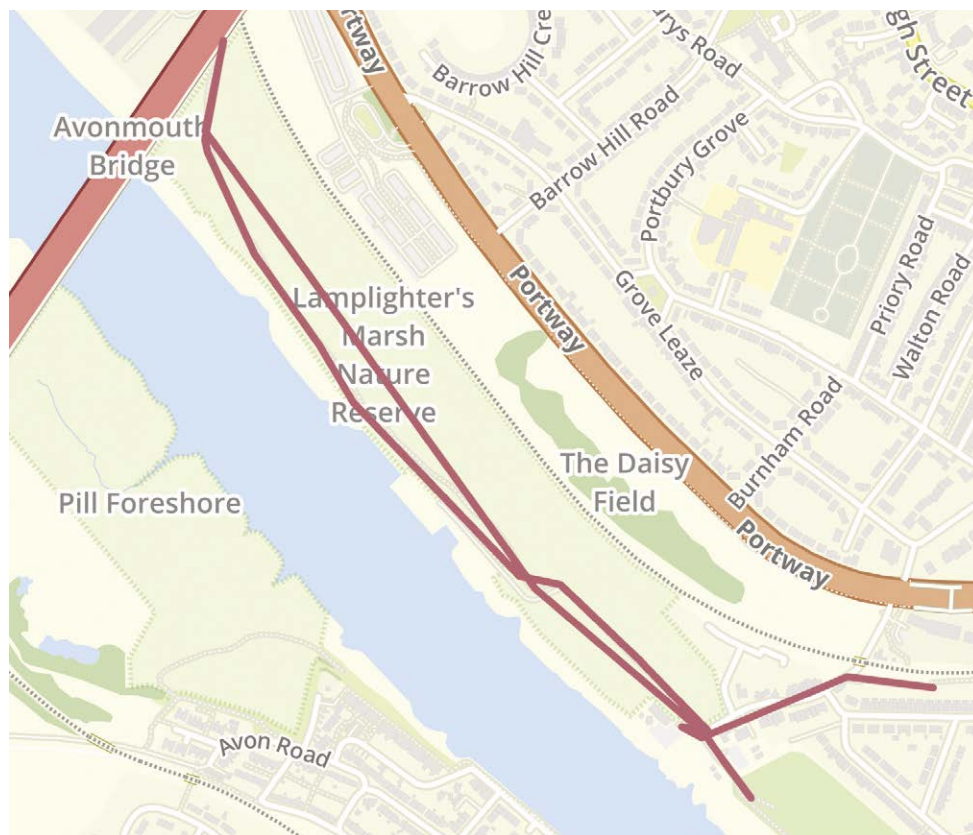
**BLAISE CASTLE
WALK**

www.bristolwalkfest.com



THE LAMPLIGHTERS WALK

An easy step-free walk along the Avon through a nature reserve and towards the Severn estuary with a pub and kids play area nearby. Accessible via Shirehampton train station. Start near the Lamplighters pub. Walk away from it over Station Road and into the Lamplighters Marsh. Follow the main path through the nature reserve, wandering as you wish and soaking up the views before retracing your steps back towards the pub. Just beyond the pub you can find the forgotten landscape plaques and a great little kids play area to enjoy.



APPROX
45 mins



APPROX
2.5 km

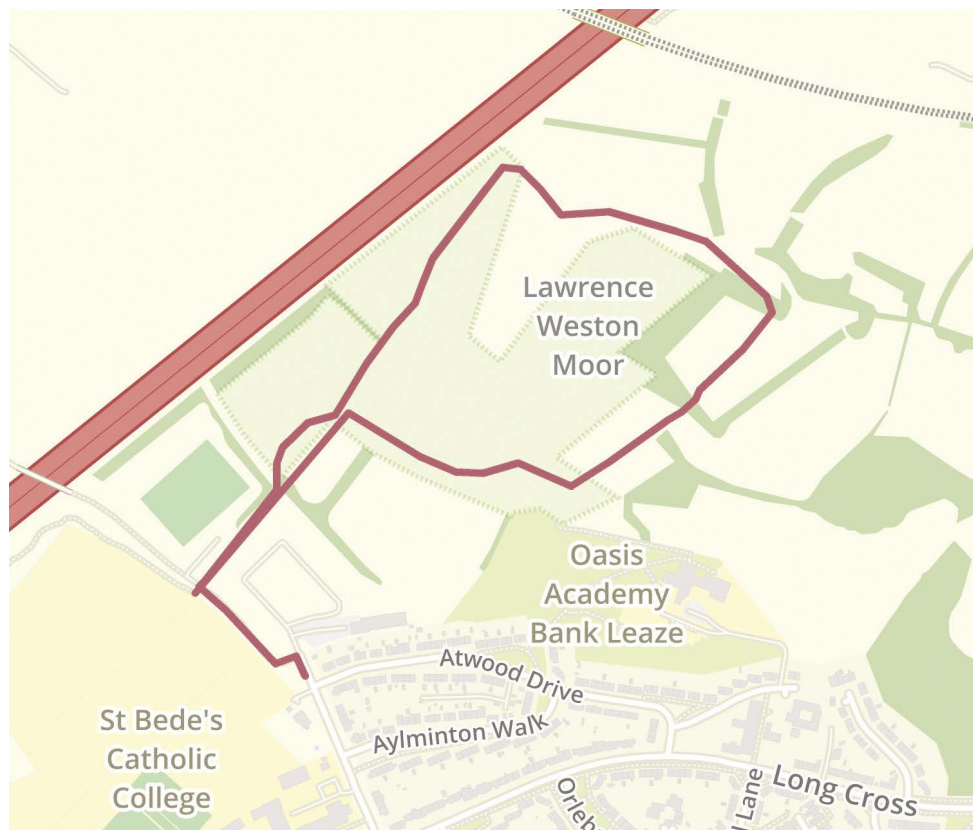
**THE LAMPLIGHTERS
WALK**

www.bristolwalkfest.com



LAWRENCE WESTON MOOR LOOP

Start the circular walk near the allotments on Lawrence Western Road. Wellies recommended! Take a left just before the allotments and follow the path. You'll be walking around the outside of the allotments. Look out for the kissing gate before the rugby ground. Go through the passage at the end that opens into a field. Keep the hedge on your left, loop around the outskirts of the moor in a circle, going over small bridges and through two more gates whilst staying on the path. Why not do some nature spotting whilst you walk around?



APPROX
35 mins



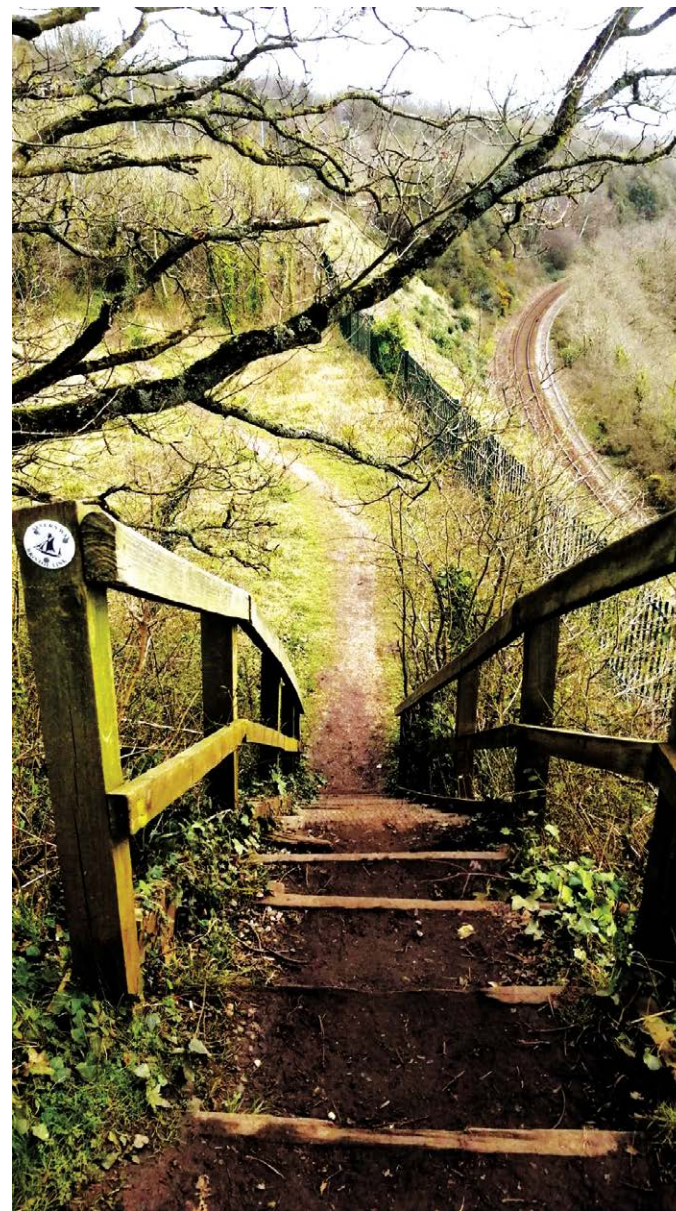
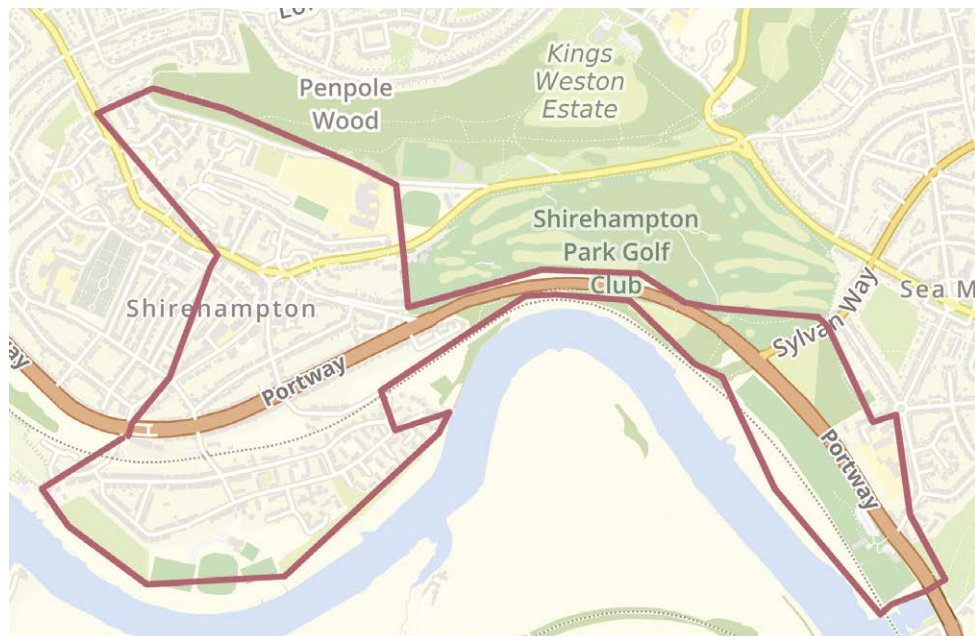
APPROX
1.8 km

**LAWRENCE WESTON
MOOR LOOP**
www.bristolwalkfest.com



SHIREHAMPTON TO SEA MILLS

Check high tide information before setting out. Start at Shirehampton station. Turn left and follow the road under the railway bridge. At the Lamplighters pub, go through the gate next to the playing field. Walk alongside the river Avon until Riverside Close then turn left. Make your way over the railway bridge to Woodwell Road to walk along Tynings Field, next to the allotments. This woodland path has wooden steps and kissing gates. Keep on walking alongside the river until Sea Mills railway bridge. Take a left and begin the loop back here past St Edyth's Church. Stay left on the Shirehampton golf course path until the kissing gate. Don't go through it, continue right past the boundary wall by the cricket club. Walk up Penpole Lane woodlands. Turn left at Lower High Street. Continue until St Mary's Church, walking down Bradley Court and then Station Road to complete the loop at the Lamplighters pub.



APPROX
2 hrs 15 mins



APPROX
8.4 km

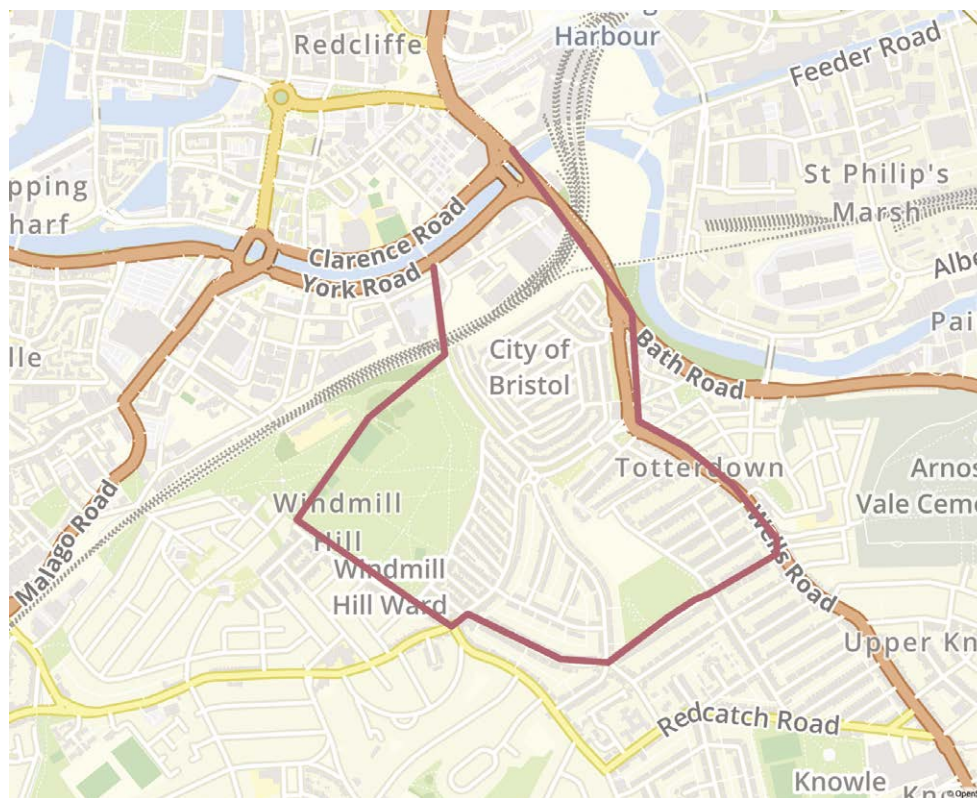
**SHIREHAMPTON
TO SEA MILLS**
www.bristolwalkfest.com





BRISTOL SOUTH SKYLINE

Enjoy stunning views on this short walk across some of south Bristol's parks. Start at the corner of Temple Gate and Cattle Market Road. Walk up the main road across the bridge onto Wells Road. Turn right at Crowndale Road and towards Perrett Park. Enjoy the sundial and view from the lookout. Continue walking down Sylvia Avenue. At the bottom, turn left at the crossing after the roundabout. Head down Park Avenue and enter Victoria Park. Turn right at the lodge where there's a cafe and toilets and then follow the path next to the tennis courts. Exit the park by the basketball arena and finish up at Banana bridge.



APPROX
1 hr 25 mins



APPROX
3.3 km



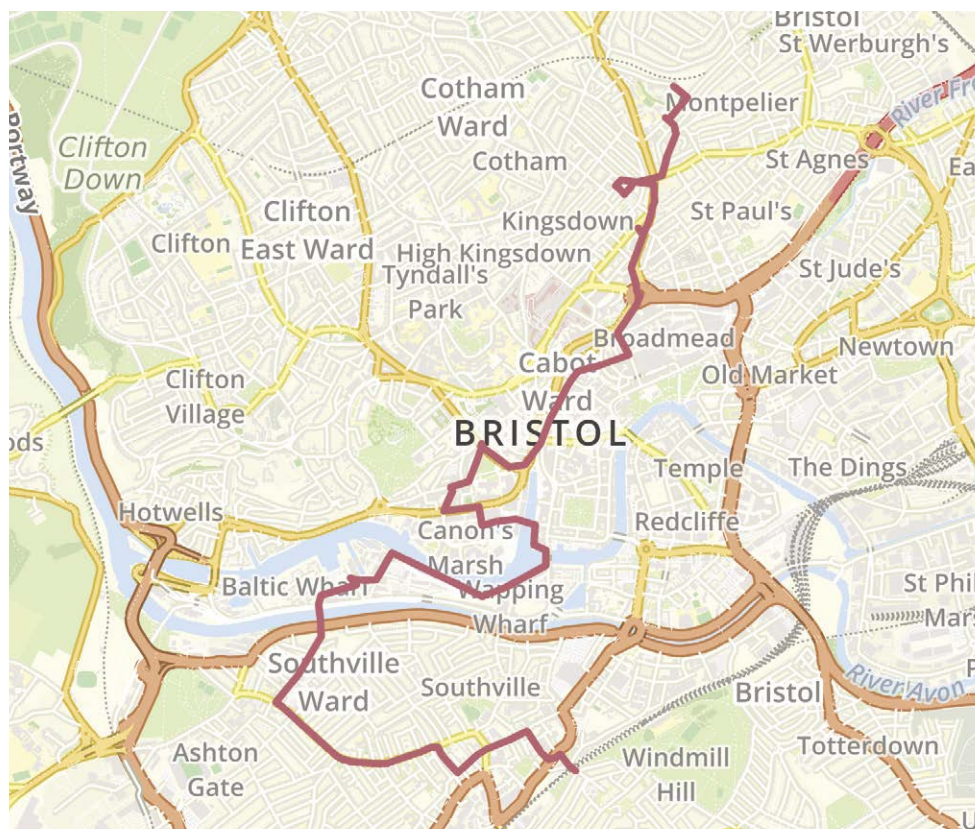
**BRISTOL SOUTH
SKYLINE**

www.bristolwalkfest.com



BRISTOL STREET ART TOUR

Explore some of the amazing colourful street art of Bristol. Start at Bedminster Station and cross the road towards Dalby Avenue. Continue up Little Paradise to see your first pieces of street art. Turn left onto East Street and keep your eyes peeled for more work by varying artists. Continue straight on British Road. Turn right onto Braunton Road and then turn left onto North Street where your eyes will be amazed by the artists work. Continue ahead until you reach Greenway Bush Lane. Cross over Vauxhall Bridge to Spike Island towards Sydney Road to see a hidden Banksy piece.



APPROX
1 hr 30 mins



APPROX
3.5 km

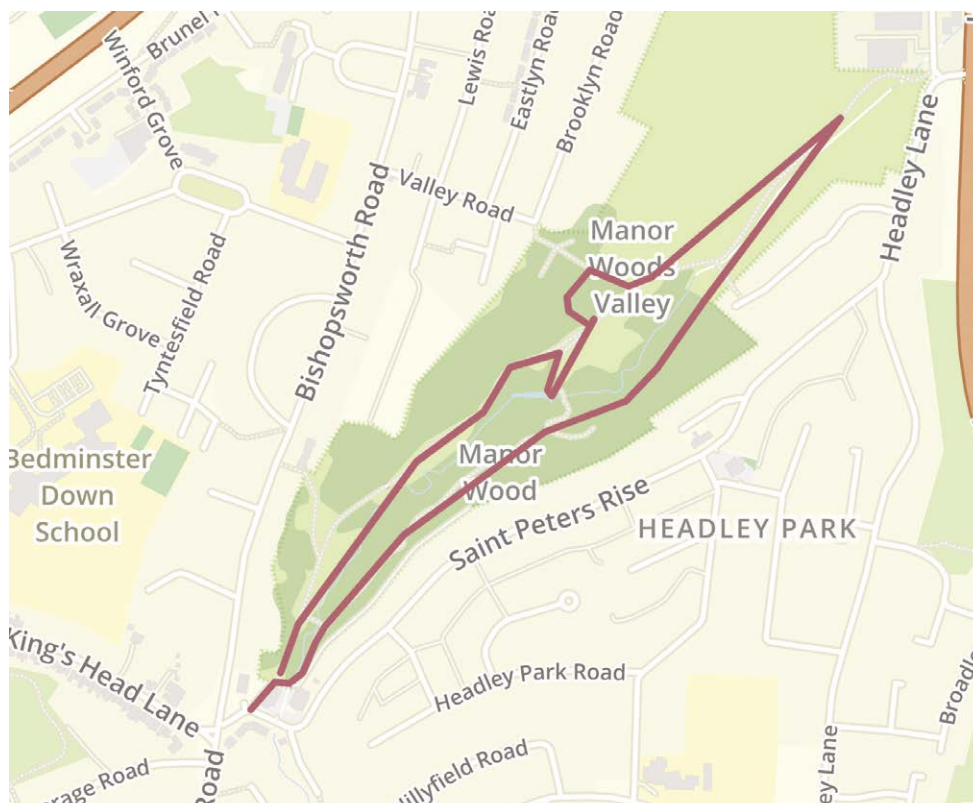
**BRISTOL STREET
ART TOUR**

www.bristolwalkfest.com



MANOR WOOD VALLEY WOODLAND

Start at the main entrance on St Peter's Rise behind the Bishopsworth Library. The walk is steep and can get muddy in wet weather. Follow the wall around to the right, before the entrance gate towards the bridge across the Malago. Head over the bridge and carry on along the lower path alongside the watercourse. Continue ahead along the main path and soak up the sights and sounds of nature. Keep going until you reach the woodland planting. At this point back-track along the main path towards the woodland on your right to head back to the start.



APPROX
45 mins



APPROX
2.2 km

**MANOR WOOD
VALLEY WOODLAND**
www.bristolwalkfest.com



OVER AND UNDER THE SUSPENSION BRIDGE

Begin the walk at the Clifton Suspension Bridge. Walk all the way along the bridge, taking time to admire the views. Burwalls House will soon appear on your left and the visitors centre will be on your right. Keep going and turn left into Burwalls Road. After a short downhill walk, you will reach Leigh Woods. Follow the path along the River Avon, you may even catch a glimpse of the Floating Harbour and the Clifton Rocks Railway station. Continue following the path under the bridge. Don't forget to look up! Head back into the woods for a short time then emerge on North Road, follow the road and you'll be back to where you began.



APPROX
1 hr



APPROX
3.8 km

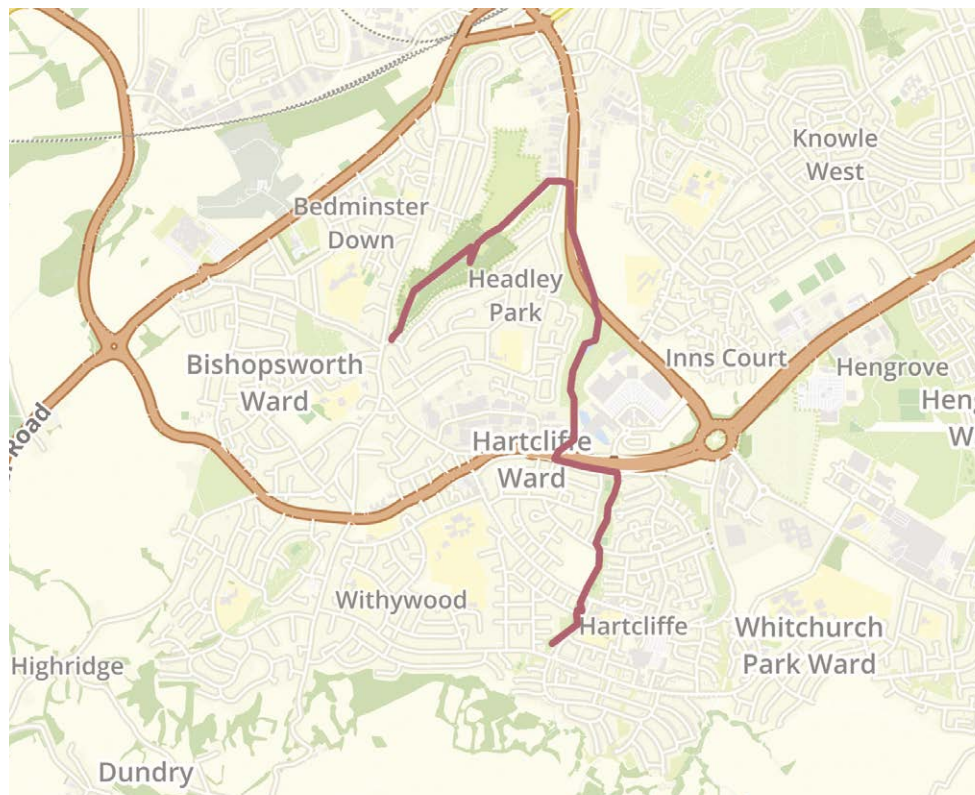
**OVER AND UNDER THE
SUSPENSION BRIDGE**
www.bristolwalkfest.com





THREE PARK TOUR OF HARTCLIFFE WAY

Take part in this three park challenge. Begin at the St Peter's Rise entrance to Manor Woods, the first of the parks. For an accessible route keep to the main path. For a steeper walk take the Woodland Path. Enjoy the park then exit onto Vale Lane. Continue onto Hartcliffe Way and you'll soon reach Crox Bottom. Enjoy blossom, willows and watery views. Follow the path through the park and exit onto Hengrove Way. Turn left where you'll reach the final park in this challenge, Willmott Park. Enjoy a picnic and follow the rock river. Explore all three sections of the park by following the path.



APPROX
1 hr 30 mins



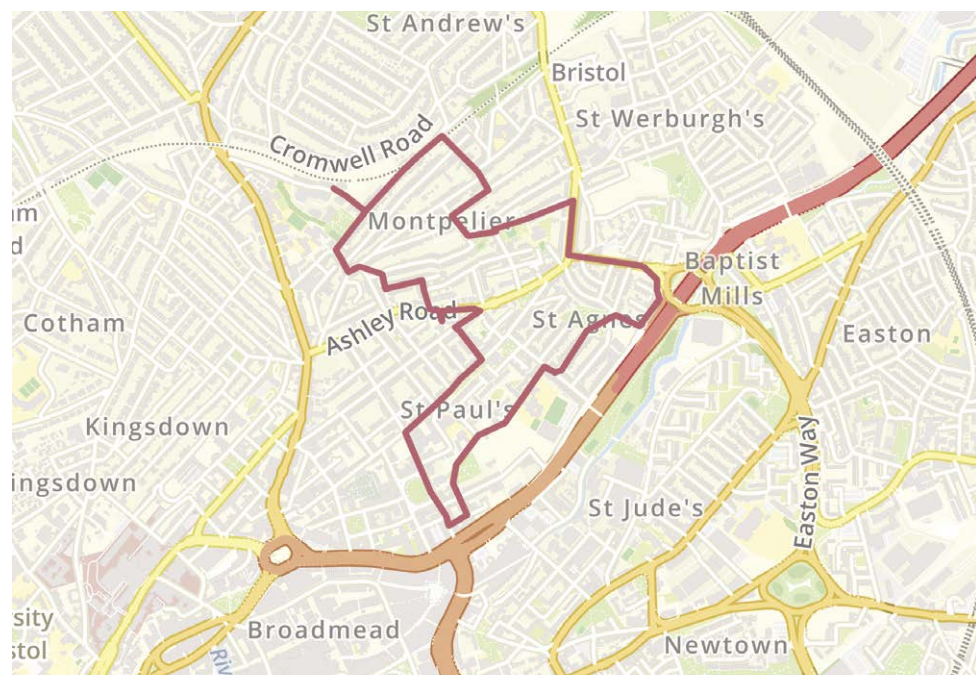
APPROX
4.2 km

**THREE PARK TOUR
OF HARTCLIFFE WAY**
www.bristolwalkfest.com



A BLACK HISTORY TOUR IN BRISTOL

Learn about local Black history in Bristol's Montpelier and St Paul's neighbourhoods. Begin at Montpelier Station. The first stop on the tour is The Star and Garter, one of the first pubs in the area to serve the African- Caribbean community and an inspiration for famous DJ's. Head away from the pub and onto Tudor Road. Around the corner is the first of the Seven Saints of St Paul's murals. This project celebrates iconic Black Britons who impacted the city of Bristol. Follow the trail to where The Bamboo Club once stood. Bob Marley was just one of the many performers here. On 27 Grosvenor Road stop to discover more about The Black and White Cafe and the St Paul's Uprising. Along Ashley Road will be the Malcolm X Community Centre. Continue to Norrisville Road for the final of the Seven Saints murals.



APPROX
2 hrs 5 mins



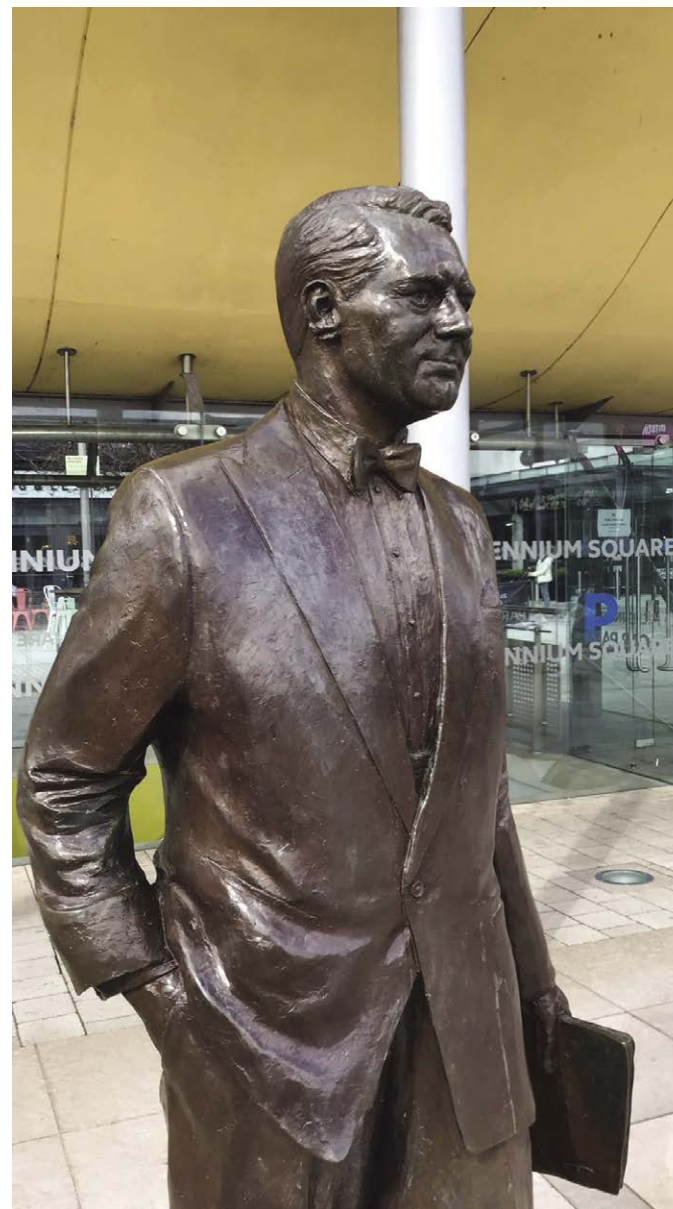
APPROX
3.9 km

**A BLACK HISTORY
TOUR IN BRISTOL**
www.bristolwalkfest.com



BRISTOL CITY SCULPTURE TRAIL

Begin this circular sculpture trail at the Arnolfini Arts Centre. Walk along Narrow Quay towards Pero's Bridge. Cross the bridge into Anchor Square. Cross this square diagonally into Millennium Square, where there are lots of sculptures for you to admire. Leave the square into Explore Lane and head right into Anchor Road. Head up Trinity Steps into College Green. Enjoy the artwork (and rest stop) here. Walk towards Bristol City Hall and then turn into College Street. Cross St George's Road, continue along Frog Lane and under the bridge. Stay on Frogmore Street and continue walking until you reach Christmas Steps. Head towards St. John's Arch, along Colston Avenue to the harbour. You'll arrive back to Narrow Quay where this walk started.



APPROX
1 hrs 35 mins



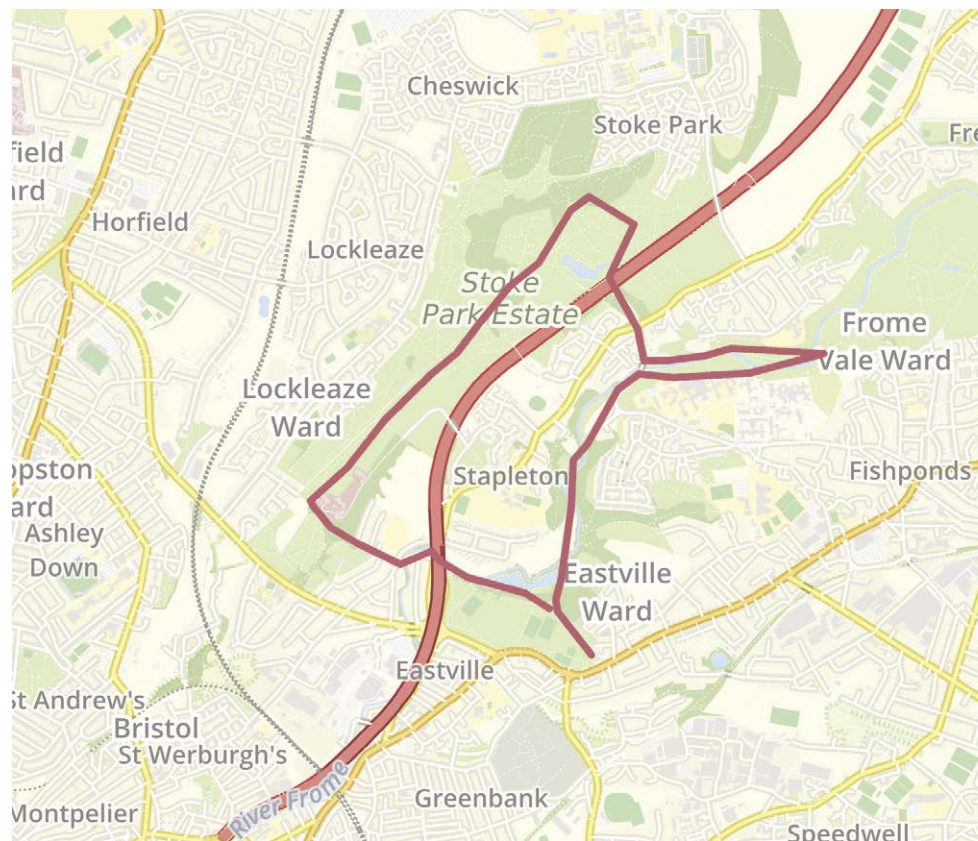
APPROX
2.9 km

**BRISTOL CITY
SCULPTURE TRAIL**
www.bristolwalkfest.com



EASTVILLE PARK AND PURDOWN LOOP

Begin this walk at Eastville Park and head towards the River Frome. Continue along the footpath following the river. Then enter the riverside woods off Broom Hill. Walk past Snuff Mills Weir and begin a steep incline. This route is steep in places and can get muddy in wet weather. Enjoy the views along the eastern sky line before head down to the river and crossing over the footbridge. Head up into Stoke Park, following the path towards Dower House then left into Barn Woods. Head south up onto Purdown, past the BT tower then back to the start at Eastville Park.



APPROX
1 hrs 30 mins



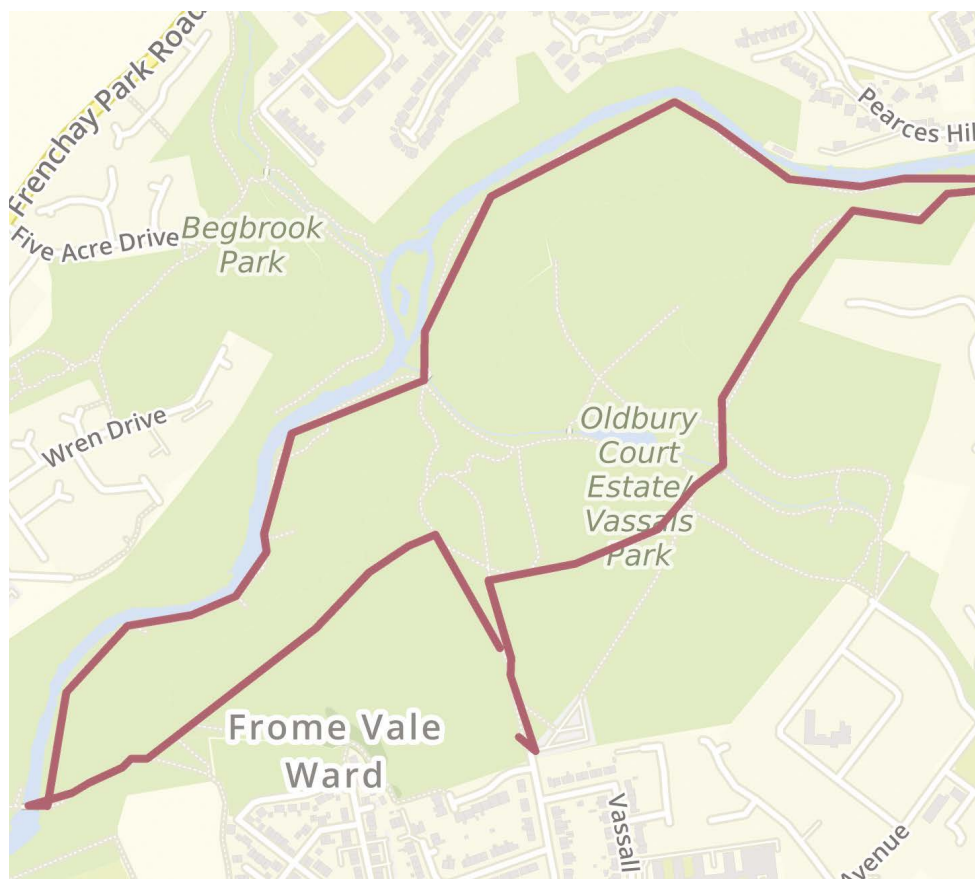
APPROX
7.2 km

**EASTVILLE PARK
AND PURDOWN LOOP**
www.bristolwalkfest.com



SIGHTS AND SOUNDS OF OLDBURY COURT

A family friendly walk around Oldbury Court Estate. Accessible and alternative routes are also available. From the car park head past the play area towards the river. Continue along the path, you may notice rock outcrops on your way. Before Frenchay Road take the path down the steps, bringing you out alongside the river. Admire the riverside as you spend some time walking along the water and by a waterfall. Continue following the woodland path and you'll return to the start of this walk.



APPROX
38 mins



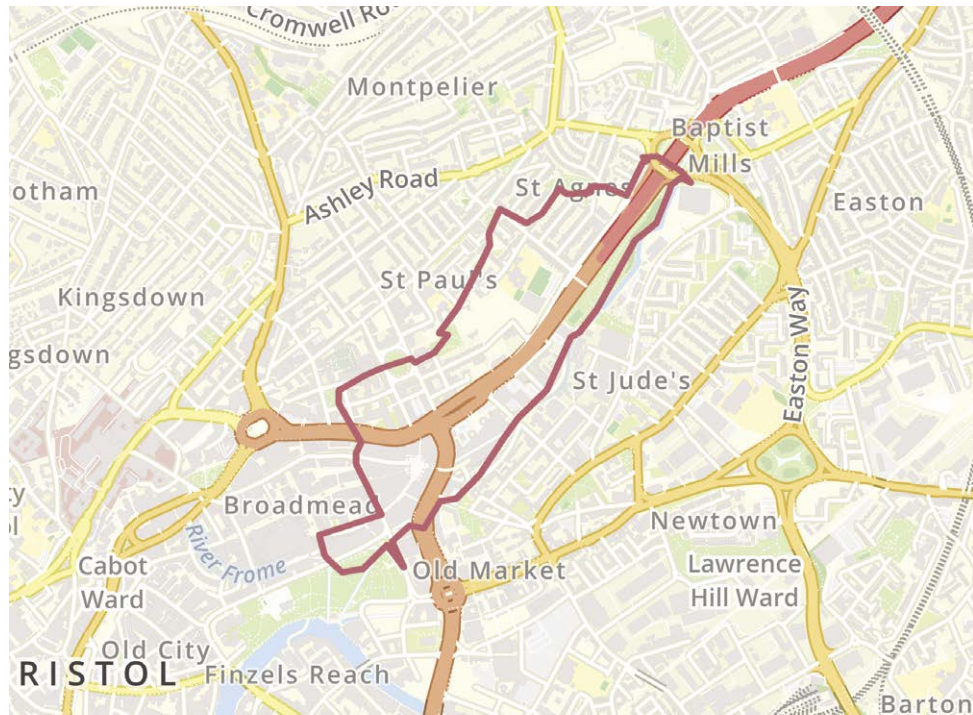
APPROX
3.1 km

**SIGHTS AND SOUNDS
OF OLDBURY COURT**
www.bristolwalkfest.com



ST PAUL'S AND FROME VALLEY GREEN LOOP

A circular stroll around St Paul's admiring the views and street art along the way. Begin at St Agnes Park and Lodge, but you can start this walk at any point along this route. Leave the park on Fern Street and past the Barbara Detering mural, towards the M32. Head into the underpass and then over the motorway. After another subway, follow the River Frome into town. Continue along River Street towards Castle Park, home to Bristol Castle. Head towards Merchant Street and Cabot Circus Balloons. Continue towards Brunswick Square and into Portland Square and then St Paul's Park. Cross Prince's Street, follow a footpath towards St Paul's Community Centre. You'll then need to walk back to the start point at St Agnes Park.



APPROX
50 mins



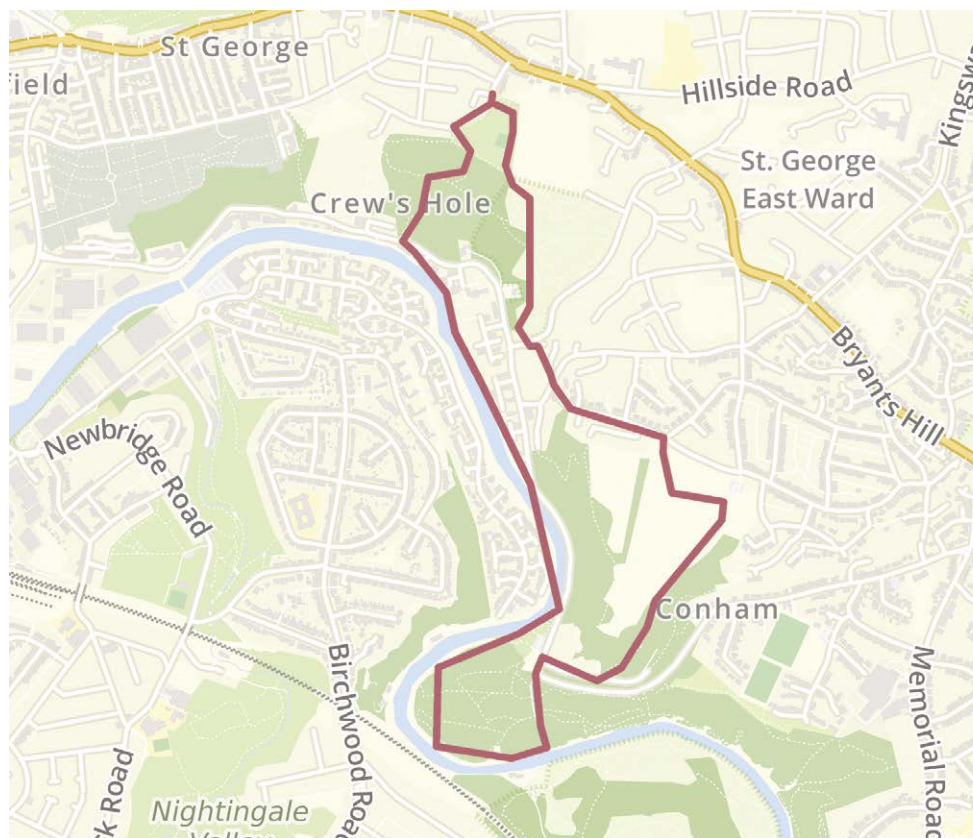
APPROX
3.7 km

**ST PAUL'S AND FROME
VALLEY GREEN LOOP**
www.bristolwalkfest.com



TROOPERS HILL AND CONHAM LOOP

Enjoy woodland, the River Avon and city views on this circular jaunt. Begin this walk at Troopers Hill Field. Follow the path anticlockwise around the field. Follow the signpost into Crew's Hole Woodland and towards the River Avon. Continue along the riverside path, passing the Ariel Rowing Club and a bat cave. Turn right into Conham Vale and then take the Deer Path towards Dundridge Park. Stop for refreshments at the Dundridge Farm cafe. Take the path to join Dundridge Lane, continue and then go down Corkers Hill, to the entrance of Troopers Hill Nature Reserve.



APPROX
1 hr



APPROX
4.4 km



**TROOPERS HILL
AND CONHAM LOOP**
www.bristolwalkfest.com



WALKING IN A GROUP IS A GREAT WAY TO START WALKING, MAKE NEW FRIENDS AND STAY MOTIVATED.

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ACTIVE AGEING BRISTOL AT AGE UK BRISTOL

0117 929 7537, karenlloyd@ageukbristol.org.uk
www.ageuk.org.uk/bristol/our-services/active-ageing-bristol
Facebook and Twitter @ageukbristol

BRISTOL RAMBLERS

Offering about 300 walks each year to suit all preferences.
www.bristolramblers.org.uk

LIVING STREETS

UK charity for everyday walking.
www.livingstreets.org.uk

VISIT BRISTOL

Features a walking blog for every season.
www.visitbristol.co.uk/things-to-do/sports-and-adventure/walking

WALKIT

An interactive walk planner to help you find the best walking route. Each suggested route includes your journey time, calorie burn, step count and carbon saving. www.walkit.com

WALKS WITH BUGGIES

For parents with buggies.
www.walkswithbuggies.com

WALKS WITH WHEELCHAIRS

For wheelchair users.
www.walkswithwheelchairs.com

WALK UNLIMITED

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If you would like this information in another language, Braille, audio tape, large print, easy English, BSL video or CD-ROM or plain text please contact: Age UK Bristol on 0117 929 7537.

Active Ageing Bristol is founded and funded by St Monica Trust and The Anchor Society, and hosted by Age UK Bristol with support from Bristol Public Health.

