

Thursday Walk Programme

Jan - March 2019



Jan 10 :A City Trail. 2 miles.

An Interesting walk around the City centre From Temple Meads to Bristol Bridge. The walk is entirely on pavements with a few steps and slopes

Getting there : Bus 349 (A bus) from opposite Keynsham Church at 9.53 to Temple Meads. Returning on 178 or 349 from Bristol Bridge

Refreshments and toilets : At St Stephen's Church cafe

24 Jan : Kennet & Avon Canal. 2 Miles

This walk is along paths and pavements. There are a few gentle inclines, some steps and a busy main road

Getting there : Bus A4 from Bath Hill at 9.33 to bath bus station. Returning on the same bus

Refreshments and toilets : At Manvers street Baptist church café

7 Feb: Portishead : 2 Miles

This is a fairly easy walk along residential pavements, promenade pavements and a woodland path. There is a gentle sloop up and many steps down.

Getting there : Bus 178 opposite Keynsham Church at 9.20 to Bus station then X3 or X4 - stand 12- to Combe Road, Portishead and return on X3 bus from Portishead Marina.

Refreshments and toilets : At Costa Coffee Portishead Marina.

21 Feb: Golden Valley, Wick. 1.75 miles.

A short and easy walk along good hard footpaths through woodland and following the River Boyd. The walk is entirely level with the exception if one short uphill slope shortly before the end

Getting there : By car, meeting in Tesco car park at 9.45

Refreshments and toilets : House of Coffee conversation and cake.

7 March: The Downs. 2.25 miles. We might see peregrine falcons on this walk. We will see Avon Gorge, The suspension Bridge, The Observatory as well as plenty of open

space. Some walking on Grass but mostly on hard surfaced paths with one climb and some steps.

Getting there : Bus 349 at 9.20 from opposite Keynsham Church to Temple Meads. Then bus 8 from Temple Meades ramp to the top of Pembroke Road. Returning on Bus 1 or 54 to Temple Meads and then bus 38

Refreshments and toilets : Water Tower Cafe

21 March: Limpley Stoke to Bradford on Avon. 3 miles. An easy walk along the Kennet and Avon canal tow path. Once at Bradford on Avon, please feel free to make a day of it and enjoy the local shops, cafes and history.

Getting there : We will meet at Bath Hill bus stop at 9.03 and take the A4 whichever arrives first then bus D1 from the Bus Station stand 5 to Limpley Stoke returning on the same buses

Refreshments and toilets : At Bradford on Avon

This walking group is part of the "Active" service run by Age UK B&NES. Norman and Heather are volunteers working for Age UK B&NES to devise, risk assess and lead these walks. We are trained as walk leaders by Walking for Health.

For further information about these walks please contact walk leaders

Norman - 01179863530 or 07724122381 or email norm25j@gmail.com

Heather - 01179866316 or 07762906253 or email heather.m.leverton@gmail.com

For more information about all Age UK B&NES services please call Michelle on 01225 484510 or email active@ageukbanes.co.uk

Bring bus pass and money for refreshments.

Bus time given the time the bus is due to leave.

Please arrive five minutes early in case changes are necessary.

Please note : Stout walking shoes should be worn and clothing appropriate to the weather. Trousers protect your legs against nettles and ticks.