

Age UK Thursday Walking Group



Walk Programme July - Sept 2019

July 4th : to Bitton Station. 3 miles. A pleasant walk beside the River Avon and along the cycle track on the disused railway line to Bitton Station. Then along footpaths beside the river back to Keynsham. By bus or retracing steps. This is a mainly flat walk with steps up to the cycle track. Stout walking shoes essential. Poles advisable

Getting there : Walk from Keynsham Church. Meet at 9.45

Refreshments and toilets : At Bitton Station

July 18 : Pensford Wildlife Walk. 1.75 miles. This walk passes through attractive countryside, with river and woodland scenery with an abundance of wild flowers in season and the chance of seeing animal and bird life. It is mainly on field paths with one short downhill slope.

Getting there : Take bus 178 from opposite Keynsham Church at 9.20 to Temple Meads then Bus 376 to Pensford. Return by the same buses

Refreshments and toilets : At The George and Dragon.

Aug 1 : Willsbridge Hill to the Lock Keeper. 2.75 Miles

A longer walk than some with **one stile**. The walk is mostly on field foot paths with one small stretch on a narrow quiet country lane. It is mainly flat with downhill slopes. **Stout footwear essential and walking poles advisable.**

Getting there : Bus 17 from Ashton Way at 10.08 to the top of Willsbridge Hill.

Refreshments and toilets : At The Lock Keeper

Aug15 : Portishead : 2 Miles

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

Getting there : Bus 349 opposite Keynsham Church at 9.24 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.

Sept 5 : Eastville. 2.5 miles Following the river Frome through one of Bristol's gorges - mostly on hard paths but there are some grassy bits. A bit of a climb out of the gorge and some pavements to get to the bus.

Getting there : Bus 349 at 9.24 from opposite Keynsham Church to The Centre. Then bus 48/49 from Rupert Street to Muller Road. Return on the same buses.

Refreshments and toilets : Toilets at Snuff Mills. Cafe before leaving the park

Sept 19 : Bear Flat. 2 miles

This is a walk on pavements beside the river and using the Bath Linear Path. There is a gentle uphill slope

Getting there : Bus A4 from Bath Hill at 9.33 to Windsor Bridge and returning on the same bus from the bus station

Refreshments and toilets : At Manvers street Baptist church café

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

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

Bring bus pass and money for refreshments. Bus time given is 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. Walking poles are advisable on country walks