

Keynsham Thursday Walk Programme April - June 2019

4th April : Leigh Court and Pill. 3.5 miles. A slightly longer walk than some but not strenuous . The early part is along a tarmac drive, then along woodland paths descending into the Avon Valley and finally along the path of the former railway. **This is a walk through woods and stout footwear is essential. Walking poles are recommended.**

Getting there : Take bus 349 or 178 from opposite Keynsham Church at 9.20 to the Bus Station. Then catch bus X3/X4 to Sandy Lane Abbots Leigh. Return by Ferry or bus to the Centre then bus 178.

Refreshments and toilets : The Create Centre

18th April: 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 : By car. Meet at Tesco Car park at 09.45

Refreshments and toilets :Whitehall Garden Centre, Whitchurch.

2nd May : Marksbury to Newton St Loe. 3.5 miles.

It is a longer but easy walk along country lanes and through fields. It is mainly level with one short uphill slope. **This is a country walk through fields and stout footwear is essential. Walking poles are recommended.**

Getting there : Take bus 178 from Bath Hill at 9.35. to Marksbury. return on bus 19a or A4 from The Globe

Refreshments and toilets : At Newton St Loe farm shop

16th May : Saltford to Newbridge River Path Walk: 2.5 miles This is an easy walk

along the railway path from Saltford to Newbridge

Getting there : Bus A4 from Bath Hill at 10.03 to Saltford Shops. Walk to Bird in Hand to

join the railway path returning on the A4 or 19A from corner of Brassmill Lane

Refreshments and Toilets : The Boat House.

6th June: Bushy Norwood. 2 Miles

A shorter flat walk on hard pavements and field footpaths. One short stretch through woodland is uneven and care is needed. **Stout footwear essential and walking poles advisable.**

Bus Getting there : Bus A4 or 19A from Bath Hill at 9.26 to the Bath Bus Station. Then

bus U1 from Dorchester Street to Copsland returning on the same buses

Refreshments and toilets : At Manvers Street Baptist Church Cafe.

20th June : Stockwood Nature Reserve. 2.75 miles.

Mainly on hard paths with gentle to moderate slopes both up and down and a few steps.

Getting there : Bus A4 from opposite Keynsham Church at 10.03 to Brislington Park &

Ride. Return by the same route

Refreshments and toilets : At McDonalds

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 - 0117 9863530 or 07401669648 or email norm25j@gmail.com

Heather - 0117 9866316 or 07762906253 or email

heather.m.leverton@gmail.com

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