

Walk Programme

Feb - April 2020

Feb 6: Weston Super Mare. We will catch to bus to Weston and take a walk along the promenade and then there will be free time to wander beside the sea or visit the shops. We will have lunch in Weston and return early afternoon. This will be an informal day to do what you want individually or in groups. If you plan to catch an earlier bus, please inform the walk leader.

Getting there : Bus 178 from opposite Keynsham Church at 9.32 to the Bus Station then bus X1 from stand 9 to Weston Super Mare bus every 20mins. Returning on the same bus leaving Marine Parade every 20 minutes to Bristol and then bus,178 or 349 from The Bus Station.

Feb 18: Newbridge to Bath. 2.5 miles. An easy walk along pavements to the river tow path and along this to the City Centre.

Getting there: Bus A4 from Bath Hill at 9.40 to Newbridge then walk to the City centre

Refreshments and toilets: At Manvers Street Baptist Church. Returning on A4 or 19A

March 3 : Bathampton to Bath. 2.5 miles.

An easy walk mainly along the tow path of the Kennet and Avon canal and across 2 fields. There is one very steep flight of steps to negotiate

Getting there : Bus A bus from Bath Hill at 9.10 to the Bath Bus Station. Then bus D1 from the Bus Station (stand 7) to St Georges Hill Bathampton. Returning on bus A4/19A from Bath Bus Station.

Refreshments and toilets : At Manvers street Baptist Church cafe.

March 17: Portishead Nature reserve . 2 miles approx.

A level walk along natural and gravel footpaths through the nature reserve and then along a tarmac path beside the Severn Estuary to Portishead Marina. This is mainly a country walk which could be wet and possibly muddy after rain so stout footwear is essential. There are 3 shallow steps in one place.

Getting There : Catch Bus 178 At 9.32 from opposite Keynsham Church to the Bus station. Then X3 Stand 12 at 10.05 to Sheepway. returning to Bristol on the same bus.

Refreshments : At Costa Coffee - Portishead Marina

April 7 : 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 178 from opposite Keynsham Church at 9.32 to he Bus Station and catch bus X3/X4 stand 12 every 15 mins to Sandy Lane Abbots Leigh. Return by Ferry or bus to the Centre then bus 349

Refreshments and toilets : The Create Centre

April 21 : Salford Walk. 2 miles.

A mainly level walk following pavements and field footpaths. There are 2 stiles to negotiate. Going is firm underfoot but long grass can be wet. Stout walking shoes essential. Poles advisable

Getting there : Bus 19A from Bath Hill at 10.10 to Norman Road Salford. Return on the A4 or 38 bus from the Crown, Salford

Refreshments and toilets: At The Bird in Hand. Lunch for those who wish to stay.

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

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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