



# Rainbow Women's 55+ FREE Walks Programme

August 2018 - January 2019



**1.5 - 2 miles - up to 60 minutes**

The walks are led by qualified volunteer walk leaders who have undergone the National Walking for Health training. The walks are aimed at lesbian and gay women .



Rainbow Women 55+ Level 2 Walks Groups winter programme in association with LGBT+ & Walking for Health Bristol Partnership. If you are looking to join a fun, friendly group of social walks, this group is for you.

All of our walks are:

- FREE to attend, unless stated otherwise.
- Set at a moderate pace and covers a distance of up to 2 miles
- Led by fully trained Walk Leaders



The walking group is aimed at Lesbian and Gay women aged 55+

The aim is to walk at a reasonable pace and cover up to 2 miles. The walks are varied with some local and further afield. The level and conditions of the walks are indicated via a key. We like to stop for refreshments at a café mostly after walks when possible. **Please bring money for refreshments and travel costs**

The walk leaders will try to set and maintain a pace which they feel is appropriate for the group and route. **IF YOU FIND IT IS TOO FAST** please **SLOW DOWN** to a pace that is comfortable for you.

As a rough guide you should be able to walk and talk, but feel a bit warm with slightly elevated breathing

## Hints for Walking



- ☛ Dress appropriately for the weather
- ☛ Wear suitable supportive footwear
- ☛ Start each walk slowly, building up speed
- ☛ Slow down towards the end of each walk
- ☛ Walk to increase breathing but not to exhaust
- ☛ Drink plenty of water - bring a bottle of water and any snacks you may need
- ☛ Do not walk if you feel unwell
- ☛ Remember any necessary medication e.g. inhaler



## Key



The following symbols are used as a guideline only. If you have specific needs please phone to find out more detailed information about a particular walk.

					
45–60 minutes 1.45 - 2 miles	Rural terrain	Toilets	Uneven ground	Steps	Moderate inclines
					
Wheelchair accessible	Scooter Accessible	Views	Rest opportunities	Guided walk (stop/start)	Train and walk
					
Bus and walk	Car share	Café stop	Lunch stop		

## Please note:



Double check the start time for the walk you want to attend as times may vary when special events are being held.

**New walkers please arrive 10 minutes before start time to complete the Walker registration form (with support if required).**



## Wed 29th Aug - Snuff Mills



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** By the refreshment hut in carpark (River View BS16 1DL)

**Transport:** 3, 5, 625, 48A



**Details:** Snuff Mills walk along a lovely deep wooded valley and beside the River Frome with its small narrow bridge & weirs; kingfishers and various bird species can be heard & seen.

## Wed 12th Sept - Arnos Vale Famous People Walk



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** Front entrance gates on Bath Road

**Transport:** Bus 178, 2, 349, 376, 51. (Car parking inside)



**Details:** Arnos Vale Cemetery was established in 1837 with amazing Victorian architecture and magnificent gravestones in the shape of angels, roses, crosses etc. It is 45 acres of beautiful green space. Followed by refreshments in cafe

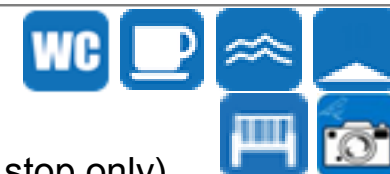
## Wed 26th Sept - Brandon Hill, Cabot Tower to Bristol Cathedral



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** Wetherspoon (The Berkeley) top of Park Street

**Transport:** City Centre - Collage Green No's 2, 1, 8, 9, (one stop only)



**Details:** A brief walk from Park Street to the tranquillity of Brandon Hill Park with great views across the city & beyond! If you're feeling energetic you can climb up the spiral stone stairs of Cabot Tower that will give 360 degree panoramic views.

## Wed 10th Oct - Oldbury Court



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** Car Park, off Oldbury Court Road (BS16 2JH)

**Transport:** Bus to Fishponds Rd, Cross Hands (Stop B). Walk Vassall Rd & Oldbury Court Drive.



**Details:** An early autumn walk around the beautiful and diverse estate, combining woodland and riverside paths followed by refreshments

## Wed 24th Oct - St George Park



**Starts at:** 10.30am (10.20 for new walkers)

**Venue:** Entrance Gate on Chalks Road (BS5 8EN)

**Bus:** Church Rd No's 35, 35a, 37, 42, 42A, 43, 44, 45.



**Details:** Autumn in St George's Park a large open Victorian park with a lake & Island which serves as the nesting place of swans, ducks and moorhens. The Park has many trees including an avenue of them and lawns and flower beds.

## Wed 7th Nov - Temple Meads - Castle Park



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** Left of Temple Meads Train Station Entrance

**Transport:** 8, 9, 50, 50, 70, 71, 72, 73, X73,



**Details:** A lovely walk to Temple Quay crossing over Valentines Bridge and following the river along to Castle Park noting pieces of artwork including creative seats and a unique water fountain. continuing on to St Peter's Church then refreshments.

## Wed 21st Nov - Victoria Park



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** Nutgrove Avenue/Hill Ave Park Entrance (roadside parking)

**Transport:** 90,91



**Details:** A lovely walk around a large 1880s Victorian park that's mostly open grass, trees, avenues of trees & a Water Maze modelled on the roof of the church of St Mary Redcliffe Church. Followed by refreshments at Mrs Browns café

## Wed 5th Dec - Eastville Park



**Starts at:** 10.30am (10.20 new walkers)

**Venue:** Frome Valley Walk Way (entrance (under motorway flyover))

**Buses:** 5, 626



**Details:** Another Victorian open large park with a small lake with many ducks, swans etc. There are many trees and birds. The Park is beside the river Frome where kingfishers are often seen and more recently otters!

## Wed 19th Dec - Clifton Suspension Bridge



**Starts at: 10.30am (10.20 new walkers)**

**Venue:** Visitor Centre (Ashton court side of the bridge)

**Transport:** No. 8 circular bus

**Details:** Walk over the Clifton Suspension Bridge with its stunning views of the Avon Gorge, its rare wildflowers and peregrine falcons. Then on towards the observatory and the Avon Gorge Hotel for refreshments. Return to the Visitors Centre.



## Wed 2nd Jan - Crox Bottom



**Starts at: 10.30am (10.20 new walkers)**

**Venue:** Outside Next (Hengrove Imperial Park) (BS13 7TJ)

**Transport:** 2, 5, 36, 48A, 51, 70, 90, UWE

**Details:** The pleasant tree lined circular walk around Crox Bottom takes in the stream, small lake that leads to a storm water drainage system. Crox Bottom wildlife includes small birds especially kingfishers



## Wed 16th Jan - Kings Weston House



**Starts at: 10.30am (10.20 new walkers)**



**Venue:** Car Park off Shirehampton Road (BS11 0UL)

**Transport:** 3, 4, 7, 11, 76, 77, 505 to Penpole Lane (Shirehampton Road)



**Details:** The house is surrounded by parkland and an area of woodland where we'll pass through to the Vanbrugh's Echo pavilion. Panoramic views can be seen over the River Severn & Wales outside the café where we'll stop for refreshments.

## Wed 30th Jan - Snuff Mills



**Starts at: 10.30am (10.20 new walkers)**



**Venue:** By the refreshment hut in carpark (River View BS16 1DL)

**Transport:** 3, 5, 625, 48A



**Details:** Snuff Mills winter walk along a lovely deep wooded valley and beside the River Frome with its small narrow bridge and weirs; kingfishers and various bird species can be heard & seen.

## Health Walk Leaders Required for this group



Volunteer as a Health Walk Leader to make new friends, give back to your community and help others get active and reap the health and wellbeing benefits' walking has to offer.

### What you'll be doing

- Leading walks between 10-90 minutes as frequently as you wish
- Making walkers feel welcome and safe
- Researching and planning routes, and being aware of possible alternative routes
- Ensuring the necessary simple paperwork is completed and kept up to date
- Turning up rain or shine when you have agreed to lead, or finding another leader to stand in if you are unable to attend
- There are also opportunities for Health Walk volunteers to support the scheme with administration, publicity and community engagement
- Enjoying the walks and encouraging the walkers to do the same

## About the project

Over 55? Want to be active, healthy and happy? Find out more about the Active Ageing Bristol project and how you can get involved at [www.activeageingbristol.co.uk](http://www.activeageingbristol.co.uk)



The city's hugely popular, annual walking festival – Bristol Walk Fest, a celebration of walking and walks throughout the city takes place throughout May. For more details: [visit www.bristolwalkfest.com](http://www.bristolwalkfest.com)

**For general information or to request a programme please contact :**

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