

Walking works...

Create a photocopy and bring it home with you today. Just pick up a route that has already been created for you, and get moving.

- **Great exercise – simple and effective**
- **Free – you don't need gym membership or specialist shoes to take part**
- **It's gentle, so you're unlikely to get injured**
- **A fun way to get together with friends or family**
- **A healthy way of getting where you need to be**
- **You can do it almost anywhere at any time**
- **You can start off slowly and build up gradually as you become more confident**

Walking regularly at any speed will

- Help you to manage your weight
- Reduce your risk of type 2 diabetes
- Reduce your risk of certain cancers (including colon, breast and lung cancer)
- Improve the flexibility and strength of your joints, muscles and bones and reduce the risk of osteoporosis
- Increase your good cholesterol
- Boost your immune system
- Improve your mood
- Reduce anxiety
- Aid sleep
- Improve your self image

Brisk walking

All walking is good for you, but brisk is best. Inactive and unfit people have double the risk of dying from heart disease. Brisk walking is the closest thing to perfect exercise.

- A regular brisk walk will improve the performance of your heart, lungs and circulation
- Lower your blood pressure
- Reduce your risk of heart disease and strokes

One of the best things about walking is that you can build it into your everyday life. Here are some Top Tips to take it further.

Make an easy start

- If you park on the far side of the car park or a few streets away, the walk to and from the car will do you good.
- Try getting off the bus a stop early.
- Carry your shopping home - carrying heavy bags is great for your arms.
- Can you swap the school run for a school walk or school cycle?
- If you're nipping out to the shop to get a pint of milk, walk or cycle instead of driving.

Step it up

- Try walking or cycling to work if you live close enough. It could be cheaper in the long run.
- If you travel by train, standing rather than sitting means that your body is working harder.
- Choosing the stairs means that you're getting your heart pumping.

Kingsmeadow Community Flats to Soundwell Playing Fields



Distance: 1.93 miles / 3.1 km

A walk starting in a residential area of Kingswood, South Gloucestershire, going through streets, past Kingswood Leisure Centre and onto a busy high street before returning past playing fields and a park.



Starts and ends at:

Kingsmeadow Community Flats, Barrington Close, Bristol BS15 4QD

0117 904 8425





Route instructions

- 1** Exit Kingsmeadow Community Flats and turn right. Turn right on diagonal path signposted 'Barrington Close', opposite young children's playground. Go up concrete wheelchair ramp to side of steps.
- 2** Cross straight over Barrington Close and head towards lane with concrete bollard, signposted 'Fairford Close'.
- 3** Follow lane to end. Turn left into Highview Road.
- 4** At end of Highview turn right into Lees Hill. Go up hill.
- 5** At end turn left into Pound Road.
- 6** At crossroads with Sweets Road and Chiphouse Road, cross straight over towards local shops and into Pool Road.
- 7** Continue on Pool Road which becomes Church Road. (pass St Stephens Church and Kingswood Leisure Centre).
- 8** At the end of Church Road, turn right into Soundwell Road, a busy high street with local shops.
- 9** Turn right into Gladstone Street. Pass Soundwell Playing fields on right.
- 10** At end of Gladstone Street go straight over into Pool Road and follow original route, crossing over crossroads at Chiphouse Road and Sweets Road, into Pound Road, right into Lees Hill. Pass green gates into Lees Hill Park on right.
- 11** Ignore turning to Highview Road and continue down Lees Hill.
- 12** Turn left into Tyndale Road, which becomes Barrington Close.
- 13** Take footpath on right towards play park. Go down concrete wheelchair ramp next to steps.
- 14** Follow footpath around to the left. Kingsmeadow Community flats on left hand side.

Notes

- There are toilets/baby changing facilities at Kingswood Leisure Centre
- There are cafes in Soundwell Road
- This walk is suitable for buggies.

Kingsmeadow Community Flats to Siston Common



Distance: 2.3 miles / 3.7 km

A circular walk starting in a residential area of Kingswood, South Gloucestershire, going onto common land and cycle paths. Route includes derelict Mangotsfield Railway Station, sculpture trail on cycle path and wildlife on path and commons. Return route includes long uphill road.



Starts and ends at:

Kingsmeadow Community Flats Barrington Close, Bristol BS15 4QD

☎ 0117 904 8425



Route instructions

- 1** With Kingsmeadow flats behind you, turn left and walk along footpath.
- 2** Go through metal barriers at end of park area. Take diagonal footpath on right in front of houses numbered 28-32. Join end of Gilpin Close.
- 3** Walk down Gilpin Close. At end turn right onto Pound Road. Go to bottom of hill.
- 4** At bottom of hill turn left into New Cheltenham Road. Head towards 'Anchor Made Forever' pub on the roundabout.
- 5** Pass pub. Cross over Anchor Road and walk straight over into Fisher Road.
- 6** At the end of Fisher Road walk onto Siston Common. Keep going straight. Go through silver barriers crossing road/cycle track and through black bollards crossing the Dramway.
- 7** At top of path on right is Turners Farm Shop and Cafe. Can stop here for refreshments and groceries. Turn left on path in front of farm shop and continue on Railway Path. At next junction take left fork - signposted Bristol 7. (Don't go over bridge over main road on right.) Cross over cattle grid, (small pedestrian gate on right.) Look out for sculptures.
- 8** Cross bridge which goes over main roads. Stay on railway path which veers to right.
- 9** Go under road bridge with blue painted railings.
- 10** Just before derelict Mangotsfield Station, take path on left (Ring Road Path). Warmley Brook on left. Stay on Ring Road Path which leads to another section of Siston Common. Stay on path which skirts left hand edge of common.



- 11** Turn right into residential road Siston Park (beware Siston Park is also on left of path!) Signpost says 'Siston Common 42 - 56 even nos' - Follow road round to railings.
- 12** Go through gap in railings and cross zebra crossing over Station Road. Go left, and follow path which skirts roundabout and Anchor Road. Warmley Brook will be on your right.
- 13** Take first right into Champion Road. Cross over stream. Walk to top of hill.
- 14** At top of Champion Road, cross over Pound Road, towards bus shelter. Go right, a short distance up Pound Road.
- 15** Take first left into Sherbourne Close.
- 16** Take footpath on left (next to signpost 50 -32) Can bump buggies down three little steps, or detour by garages. Head for railings leading into play ground. Basketball court ahead.
- 17** Keep going straight. Walk ends at start point - Kingsmeadow Community flats on right.

Notes

- This walk is suitable for buggies
- There is a café and toilets at Turners Farm shop
- Champion Road steep uphill climb at end. It is possible to avoid by continuing on Anchor Road, and returning on same route as outward journey (right into New Cheltenham Road, right into Pound Road, left into Gilpin Close).

Kingsmeadow Community Flats *to* Warmley Station



Distance: 2.8 miles / 4.45 km

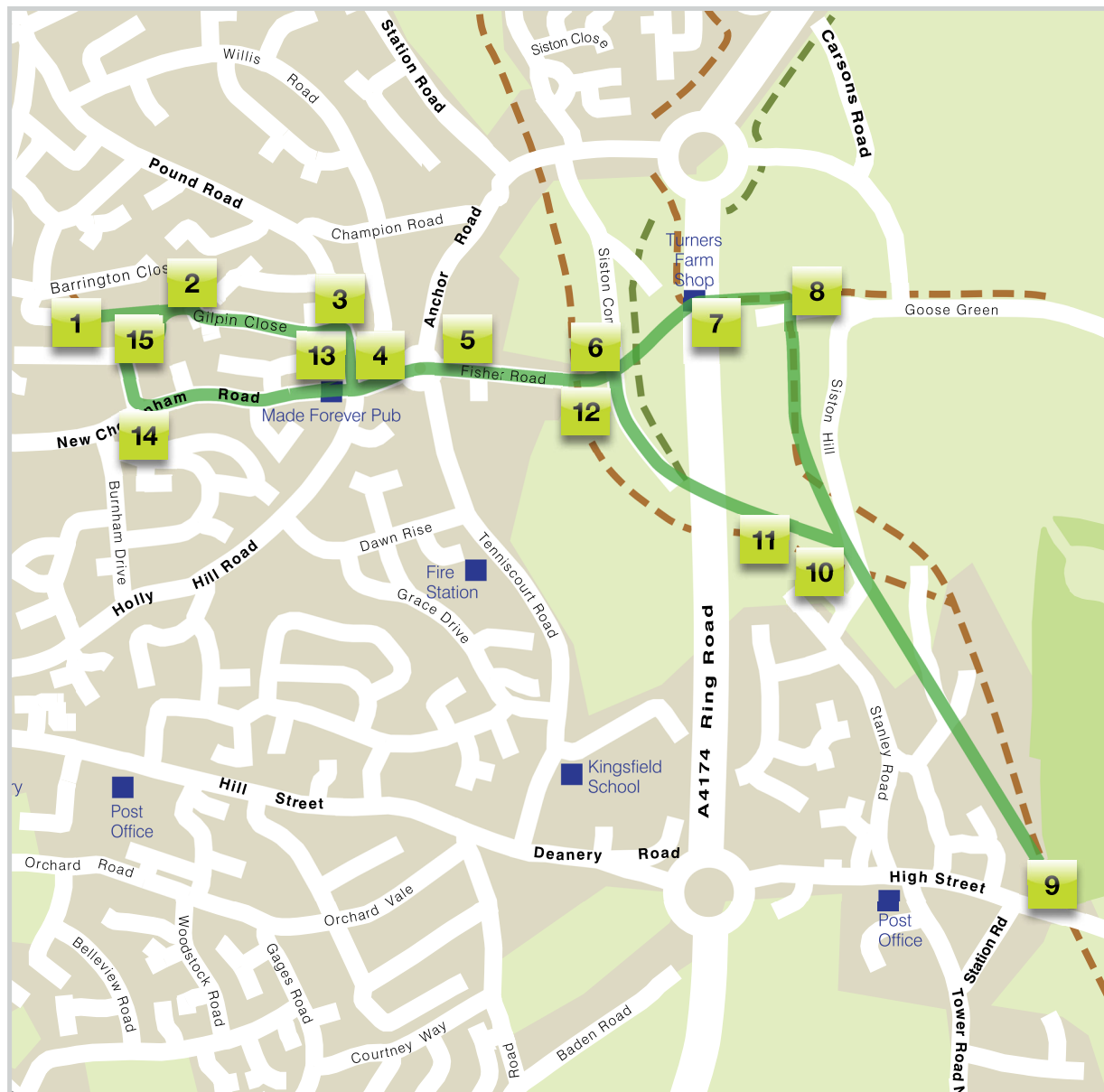
A walk starting in a residential area which joins Bristol-Bath Railway Path, finishing at Warmley Station where there are toilets, café and children's play area.



Starts and ends at:

Kingsmeadow Community Flats Barrington Close, Bristol BS15 4QD

☎ 0117 904 8425





Route instructions

- 1** With Kingsmeadow flats behind you, turn left and walk along footpath.
- 2** Go through metal barriers at end of park area. Take diagonal footpath on right in front of houses numbered 28-32. Join end of Gilpin Close.
- 3** Walk down Gilpin Close. At end turn right into Pound Road. Go to bottom of hill.
- 4** At bottom of hill turn left into New Cheltenham Road. Head towards 'Anchor Made Forever' pub on the roundabout.
- 5** Pass pub. Cross over Anchor Road and walk straight over into Fisher Road.
- 6** At the end of Fisher Road walk onto Siston Common. Keep going straight. Go through silver barriers crossing road/cycle track and through black bollards crossing the Dramway.
- 7** At top of path on right is Turners Farm Shop and Cafe. Can stop here for refreshments and farm produce. Turn left on path and continue on Railway Path. At next junction turn right and over footbridge over A417
- 8** After bridge turn right heading towards Bath on railway track.
- 9** Continue on this path (Dramway and Railway path) all the way to Warmley Station on left. (Café, toilets, childrens playing area)
- 10** Return along same route. After the cattle grid take path on left.
- 11** At junction of footpaths, go right and under road bridge.
- 12** At end of footpath turn left into Fisher Road
- 13** Retrace steps along Fisher Road to roundabout but don't turn right into Pound Road, continue along New Cheltenham Road.
- 14** Turn right into Witcombe Close, Right again and cut through houses towards grass area in front of Kingsmeadow flats.
- 15** Skirt path along right hand edge of grassy area until you reach flats.

Notes

- This is a buggy friendly walk.
- There are toilets and cafe at Warmley Station.

Out and About

Kingswood Park *to* Southey Road Park *and* back



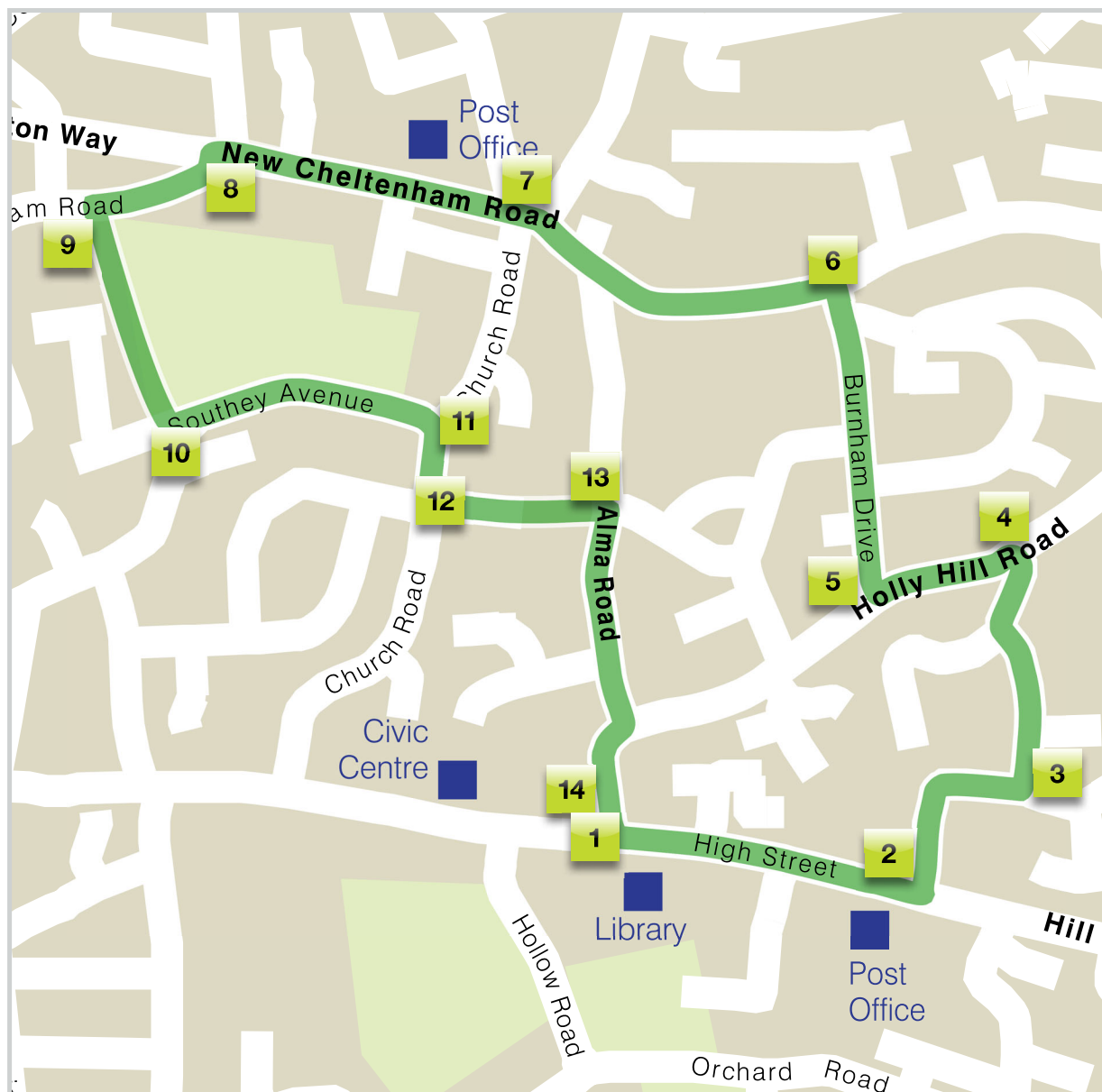
Distance: 1.74 miles / 2.8 km

A moderate circular walk through residential area of Kingswood. The walk includes a few minutes on busier roads but also along some quieter roads to the edge of a large park. There are views to open countryside.



Starts and ends at:

Kingswood Park, High Street, BS15 4AD





Route instructions

- 1** Leave Kingswood Park and turn right on High Street (heading east away from shopping area). Pass local Sainsbury's and car sales yard. Careful crossing end of Poplar Terrace.
- 2** Old Flowerpot Inn on opposite side of road. Cross over road at pelican crossing just beyond Off Licence and double back towards pub. Turn right into Honey Hill.
- 3** Stay on Honey Hill Road (road curves to right and then take first left to stay on Honey Hill Road) Follow until end.
- 4** At T junction at very end turn left into Holly Hill Road. (local shops opposite/ bench on right) Walk uphill here.
- 5** Take first right onto Burnham Drive. Walk to end.
- 6** Turn left at T junction onto New Cheltenham Rd.
- 7** Pass the double roundabout and continue on New Cheltenham Rd.
- 8** Just after New Cheltenham Community Centre, road veers to left to follow edge of park with skateboard ramps, playing fields and toilets. Stay on New Cheltenham Road.
- 9** At end of park turn left into narrow lane, Quarter Mile Alley, which skirts edge of park.
- 10** At the end of lane turn left onto Southey Ave.
- 11** At T junction at end of road, turn right onto Church Road.
- 12** Take first left onto Collingwood Ave. At very top of Avenue take lane between the houses.
- 13** At end of lane, right onto Alma Road and continue on this road until you come to the end. Walk uphill for a short while, passing Kingswood Health Centre and hub.
- 14** At very top turn left onto the High Street and return to library on your right.

Notes

- This is a buggy friendly walk.
- There are toilets and cafes along the high street for the beginning and end of your walk.



Kingswood Park, High Street, BS15 4AD





Route instructions

- 1** Leave the park and facing out to the road, turn right to head away from the Holy Trinity Church and Regent Street shops.
- 2** Take first right onto Hollow Road.
- 3** At end of Hollow Road, right onto Orchard Rd.
- 4** Continue on this road which turns into Woodland Terrace.
- 5** Pass Lady of Lourdes School. At T junction at end turn left into Hanham Road,
- 6** First left onto Court Road.
- 7** Pass pre-school on left, take first left into Courtney Road.
- 8** Go past end of Russell Avenue on right. Take next right into Courtney place - Cul de sac. Where the footpaths cross over Courtney Place, turn left. And walk down narrow lane.
- 9** At concrete bollards, turn left and walk downhill towards residents' car parking. Turn right on footpath and walk towards play park.
- 10** Keep on main path on left hand side of park. Go through two sets of metal railings. Woodstock play area, children's playground is on right.
- 11** Continue to end of footpath where it meets Wedmore Close. (You will see Brake Close slightly right and opposite) Turn left into Wedmore Close
- 12** Turn left at T junction into Courtney Road.
- 13** Pass Courtney Road Primary school and New Horizons on right hand side. Turn right into Gages Road.
- 14** Turn left onto Bellevue Road. The road will look like it ends and come to a T junction but take a right and it will still be Bellevue Road.
- 15** At T junction at end of Bellevue turn left onto Orchard Road.
- 16** First right turn into Hollow Road.
- 17** At the top of the road, turn right into High Street and back to library on right.

Notes

- This is a buggy friendly walk.
- There are toilets and cafes along the high street for the beginning and end of your walk.
- This route passes through a nice park with children's play area so stop for a little play, or just to have a rest'.

Kingswood Park to Lees Hill Park



Distance: 1.7 miles / 2.7 km

This walk is one of the tougher routes with steep hills in a few places. This walk is not buggy friendly as the park has kissing gates and steps to enter. The park is a nice place to have a rest and has a play area for children.



Starts and ends at:

Kingswood Park, High Street, BS15 4AD





Route instructions

- 1** Start at Kingswood Park and take a left onto the High Street (West).
- 2** Take the first right onto Church Road. You will remain on this road for awhile, going up and back down the hill until you reach the double mini roundabout at the intersection with Syston Way and New Cheltenham Road.
- 3** At the double miniround about use designated crossing areas and cross straight over the roundabout to take Spring Hill Road.
- 4** Follow Spring Hill Road all the way up the hill until you are almost near the top and the road levels out.
- 5** When you see Nympsfield Road on the left, if you look right and cross the road there will be a path that takes you into Lees Hill Park. You may stop at the park and have a little play or rest on one of the nice benches. You can also adapt the walk as you like and either take the path all the way around or cut through the middle.
- 6** After you have exited the park at the kissing gate and followed the path/small road to the end, you will be on Lees Hill Road. Take a right to head all the way back down the hill to the double round about.
- 7** Take a right on Lees Hill and continue all the way down to the double round about.
- 8** At the roundabout stay on the left hand side of the road and take a left at the first roundabout. Then cross the road to head towards the main road (Alma Road)
- 9** Turn onto Alma Road.
- 10** Then continue on Alma Road, up the hill and then back down the hill to head back down to the High Street.

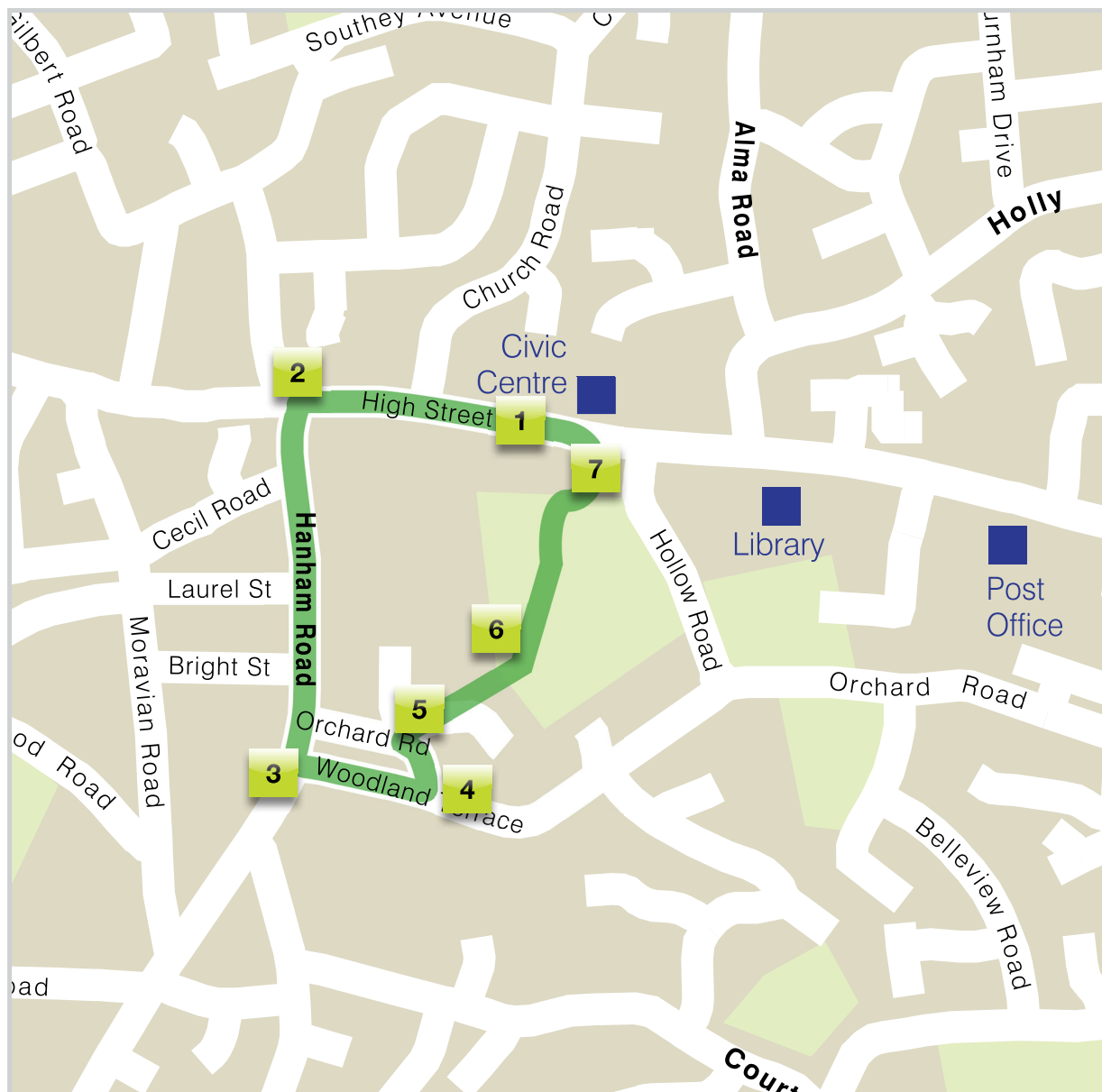
Notes

- Due to the kissing gates into Lees Hill park, this walk is not completely buggy friendly.
- There are toilets and cafes along the High Street for the beginning and end of your walk.



Starts and ends at:

Kingswood Park, High Street, BS15 4AD





Route instructions

- 1** Leave the park and facing the road, turn left to head west on the High Street towards Holy Trinity Church.
- 2** Follow road along and after passing church (on your left) take your immediate left onto Hanham Road.
- 3** Continue down Hanham Road until you see Our Lady of Lourdes RC Primary School ahead of you. Just before the school take a left onto Woodland Terrace.
- 4** Then take your first left onto Orchard Road.
- 5** Continue onto Edward Road and then take the path into the park.
- 6** Continue walking through the park, following the path straight until it turns right and curves up to the High Street.
- 7** Take a left onto High Street to walk back to the Park.

Notes

- This walk is suitable for buggies and walking aids.
- There are toilets and cafes along the high street for the beginning and end of your walk.

Kingswood Park to New Cheltenham Road Park



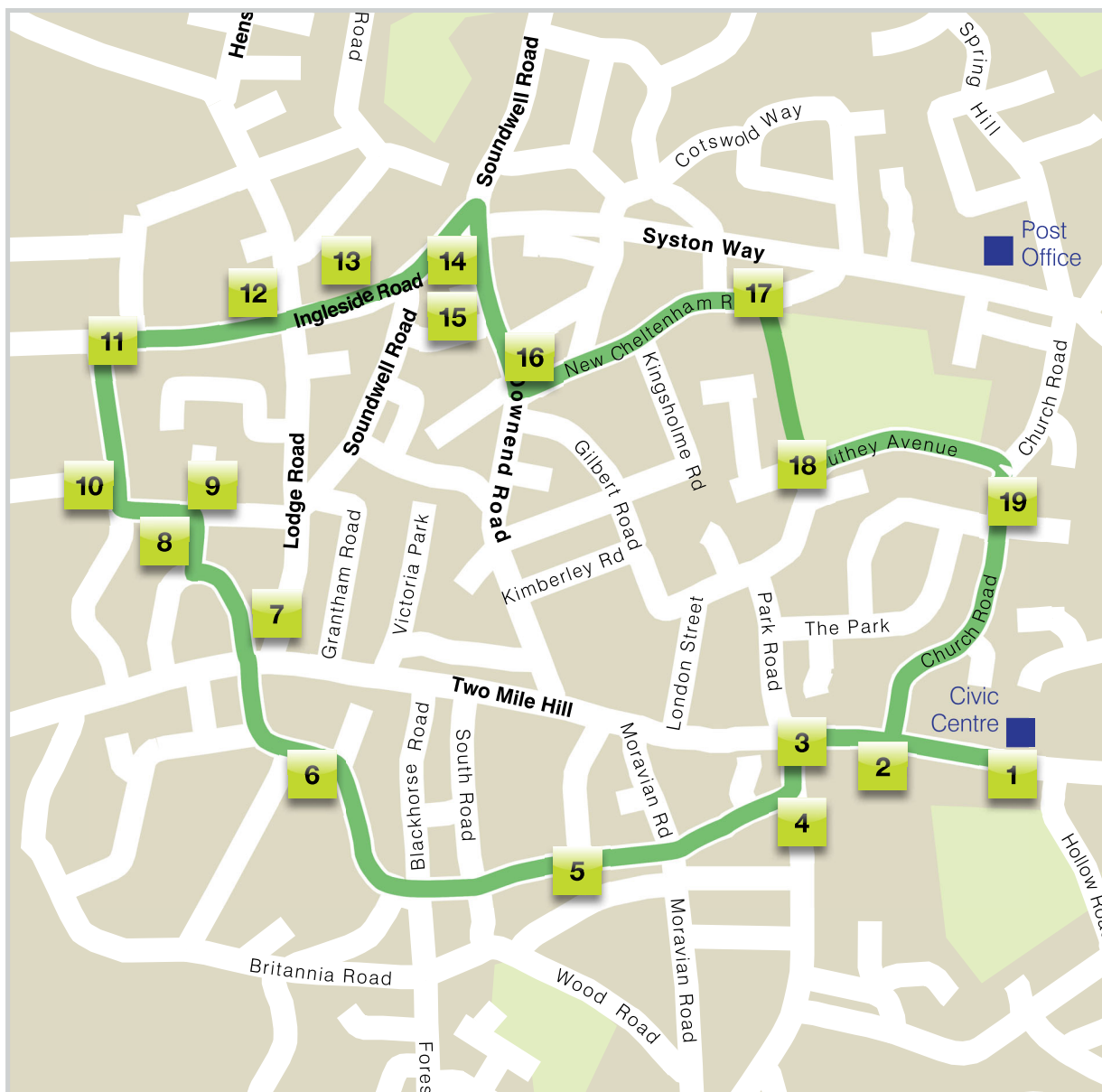
Distance: 2.19 miles / 3.5 km

This longer route winds you through many different streets of Kingswood and circles back to the High Street. Make sure to be prepared for a longer walk with no natural stopping point in the middle. This route does pass through a park nearer to the end which is perfect for a break.



Starts and ends at:

Kingswood Park, High Street, BS15 4AD





Route instructions

- 1** Starting the walk from the Kingswood Park on High Street.
- 2** Head West, towards the Holy Trinity Church.
- 3** When you pass the church take the road on the left (Hanham Road).
- 4** When you reach the first round about take the second exit (to the right).
- 5** Walk down Cecil Road until it comes to the end, straight ahead of you should be a path which takes you to Waters Road.
- 6** Waters Road curves along, continue following it and then you should come out at Two Mile Hill Road.
- 7** Cross over Two Mile Hill Road and continue onto Broadfield Road, which is the road straight ahead of you when crossing the street.
- 8** This road curves around and you need to take the first right onto Field Road.
- 9** Shortly after, take the first left onto Broad Road.
- 10** At the end of this road, take a right onto Holdenhurst Road and continue straight until you get to the end of this road.
- 11** At the T junction take a right onto Ingleside Road.
- 12** Follow this road until you get to the main intersection with Lodge Road.
- 13** Cross the road and continue onto Soundwell Road which should be straight ahead of you.
- 14** Walk along passing the first junction with the main Soundwell Road, cross the road, take the next right onto Syston Way.
- 15** Take your immediate sharp right onto Downend Road.
- 16** Pass the Action Club Services building and take a left onto New Cheltenham Road.
- 17** Continue walking down this road and take the right onto the path on the edge of the park.
- 18** At the end of the park take the left onto Southey Ave and follow this to the end.
- 19** At the T junction take a right onto Church Road and continue down this road until the end and you are back at the High Street and Kingswood Park.

Notes

- This walk is suitable for buggies and walking aids.
- There are toilets and cafes along the high street for the beginning and end of your walk.