

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.

Out and About

Cadbury Heath Library to Towers Road

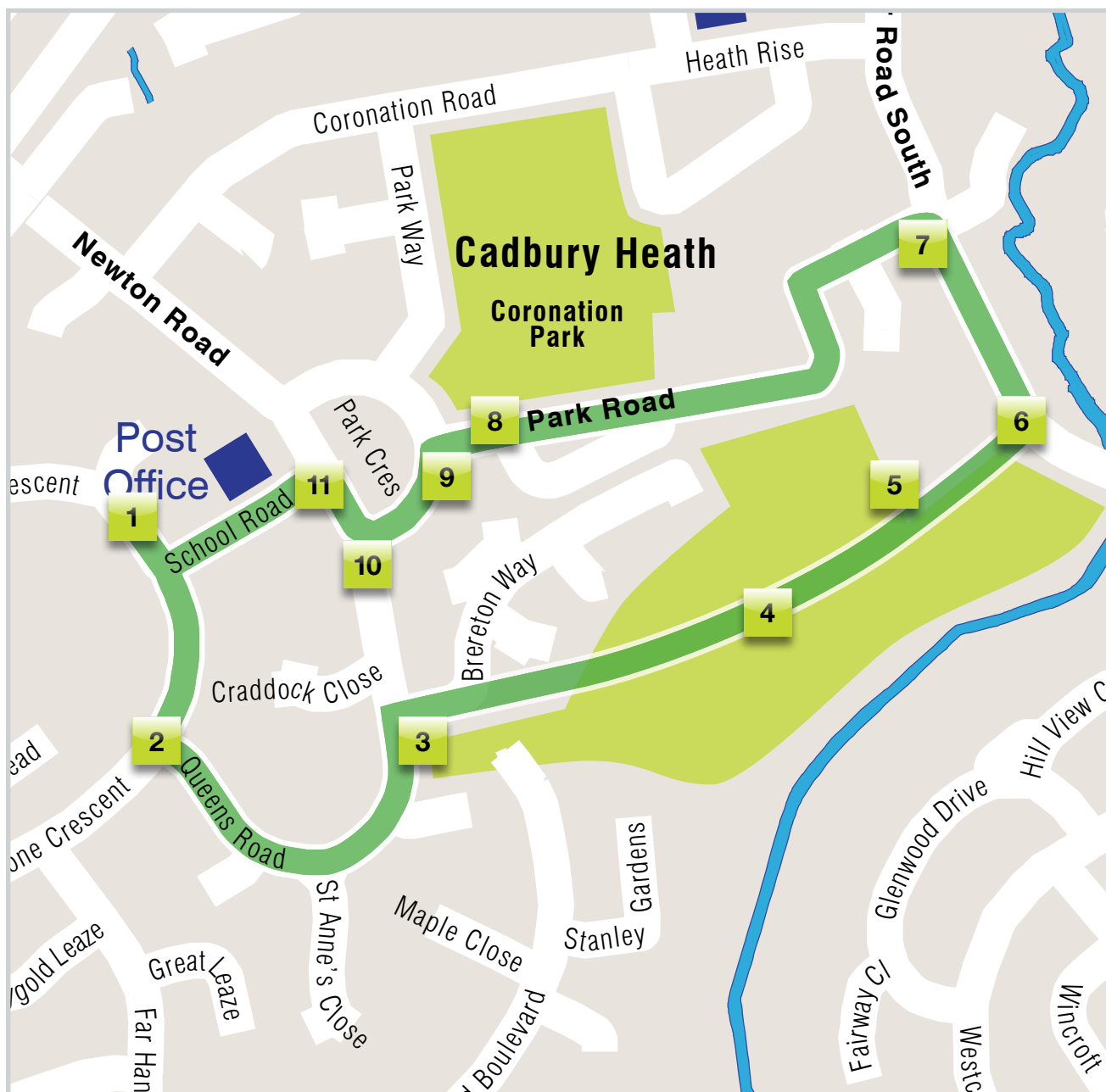


Distance: 1.15 miles / 1.85 km

A tranquil walk which takes in the old golf course, and goes through the heart of Cadbury Heath. This route is a flat walk with no real challenges. Be careful of uneven pavement at points.



Starts and ends at: Cadbury Heath Library, School Road, Cadbury Heath, South Gloucestershire, BS30 8EN





Route instructions

- 1** Leave library and facing away from the building head left walking along Earlstone Crescent.
- 2** Take a left onto Queens Road and curve around with the road.
- 3** When you reach the park take a right at Brereton Way and when the road starts to curve to the left take the path in front of you to walk straight through the park.
- 4** Walk across full length of park. The path leads towards a little house with a car park behind it.
- 5** Pass the car park and keep going straight to the end of the road.
- 6** Then take a left onto Towers Road. Slight incline on this road.
- 7** Take first left onto Park Road and pass the youth centre on the right. Curve with road to the left.
- 8** Follow Park Road until you reach Park Crescent
- 9** Take a left onto Park Crescent and follow it until the end.
- 10** At the end of the road take a right onto Newton Road.
- 11** Then take an immediate left onto School Road.



Notes

- Suitable for buggies and walkers with walking aids.
- Toilets in the Library or the Batch café for use before or after walk.
- Lots of cafes nearby for a drink after your walk.

Out and About

Cadbury Heath Library to Coronation Park

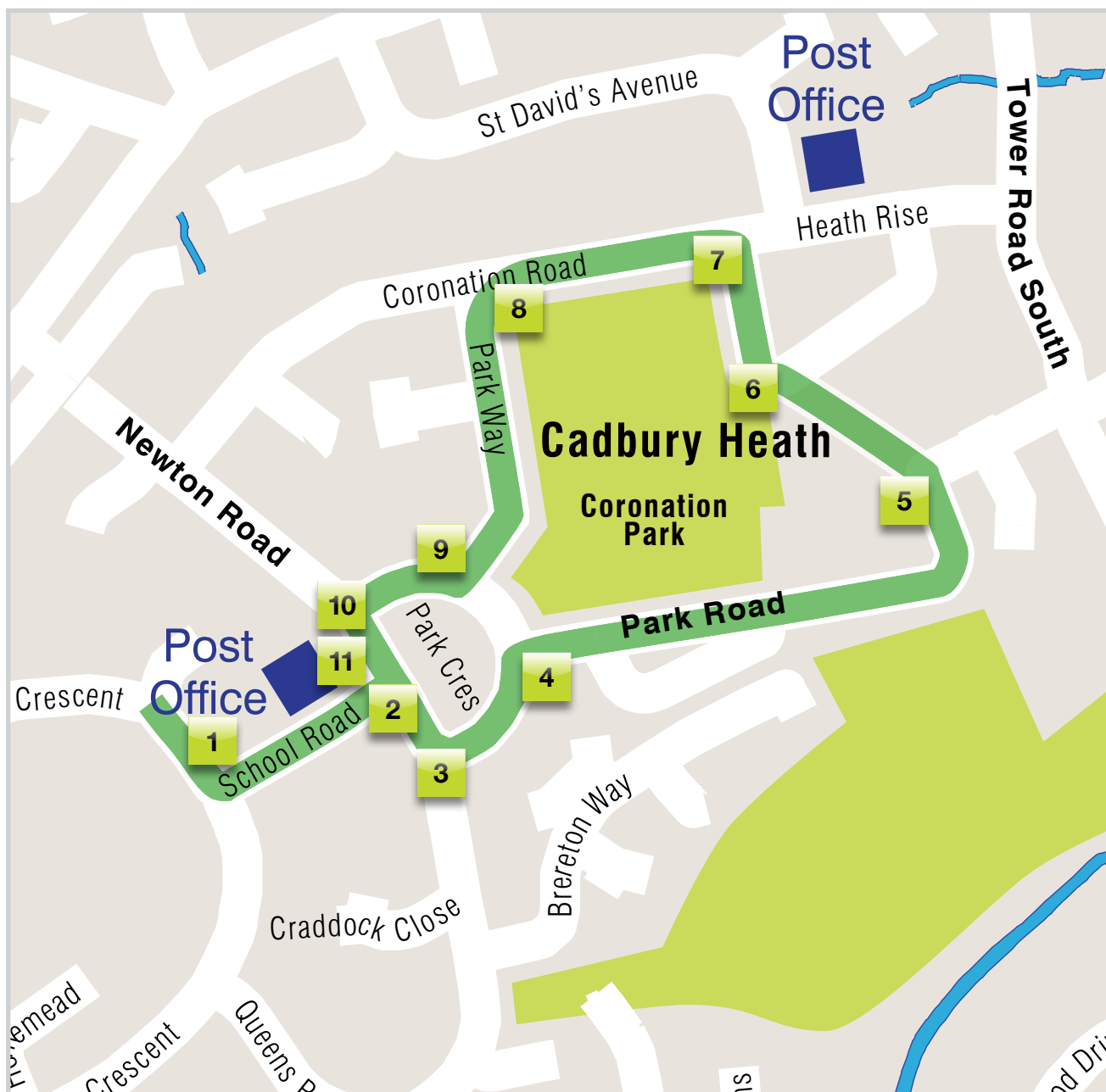


Distance: 1 mile / 1.6 km

This is a gentle walk on the outskirts of Coronation Park. If you prefer you can walk the perimeter of the park and exit the park at any point back onto the road. This option might not be suitable for buggies.



Starts and ends at: Cadbury Heath Library, School Road, Cadbury Heath, South Gloucestershire, BS30 8EN





Route instructions

- 1** Leave library and head left onto School Road.
- 2** At end of School Road take a right onto Newton Road.
- 3** Take first left onto Park Crescent
- 4** Next take first right onto Park Road and follow this along.
- 5** After a curve in the road you will see The Batch Community Centre. After a few feet you will see a path on your left, take this and follow it to the end.
- 6** At the end of the path you will follow it onto Heath Rise (straight ahead of you). You will see the park on your left.
- 7** When the road ends turn left to follow Heath Rise, which then turns to Coronation Road.
- 8** At the end of the park take a left onto Park Way and follow this all the way to the end.
- 9** Turn right onto Park Crescent.
- 10** Turn left onto Newton Road
- 11** Then take the first right to School Road and back to the Library.



Notes

- Suitable for buggies and walkers with walking aids.
- Toilets in Library or the café on Park Road for use before or after the walk.
- Cafes nearby for a tea/coffee after your walk.

Out and About

Barr Court Walk

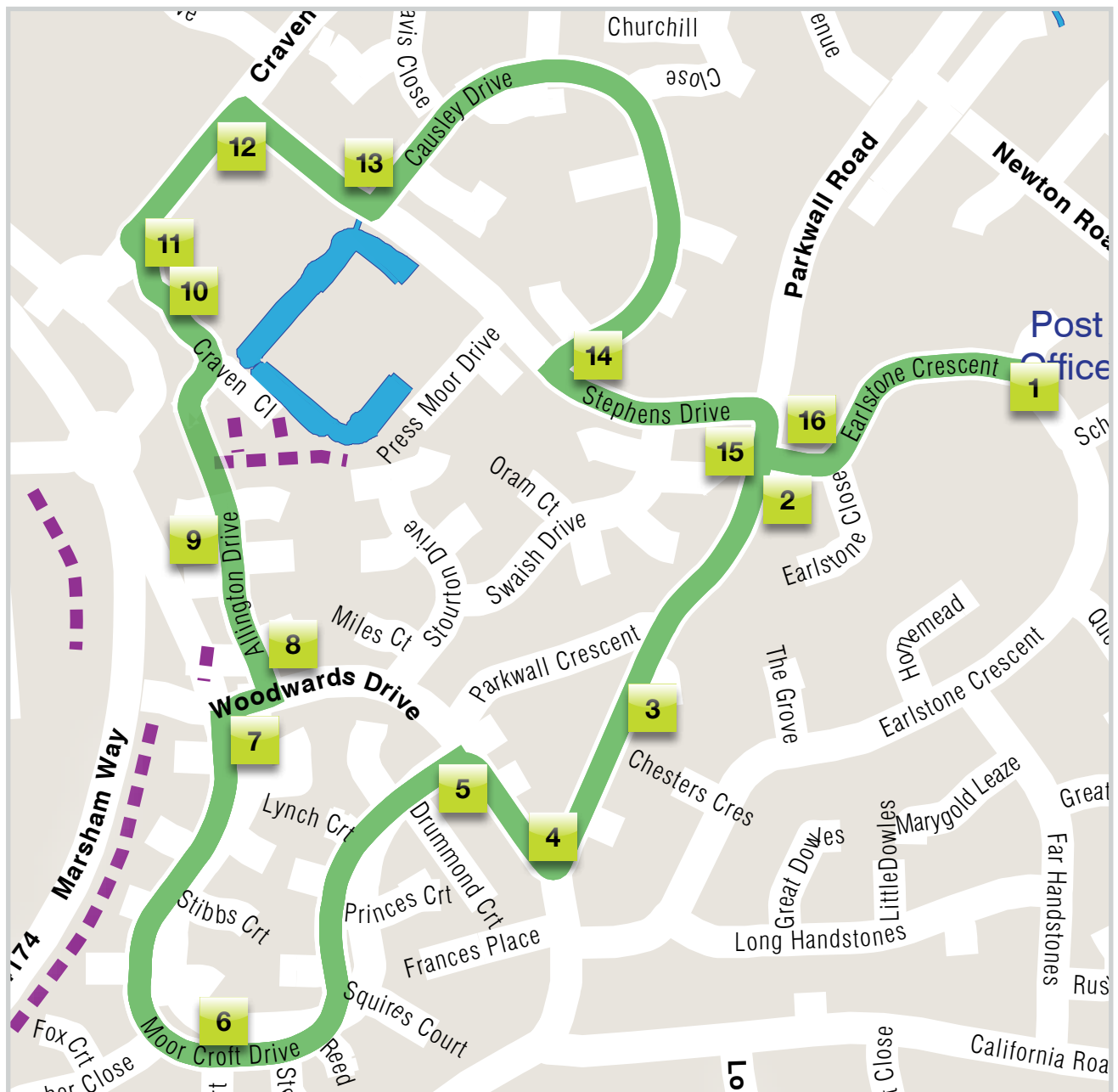


Distance: 2 miles / 3.2 km

It's nice to have a wander on these winding roads that lead you on roads you may not have known were there. This is a flat walk.



Starts and ends at: Cadbury Heath Library, School Road, Cadbury Heath, South Gloucestershire, BS30 8EN





Route instructions

- 1** Leave the library and turn right out the door onto Earlstone Crescent.
- 2** At the end of the road take a left onto Parkwall Road.
- 3** Walk along the road down to the main roundabout.
- 4** Take a sharp right which takes you onto Woodward Drive.
- 5** Take the second left onto Moor Croft Drive.
- 6** Moor Croft Drive is a long loop road, so follow this around until you reach a T junction with Woodward Drive.
- 7** Take a right onto Woodward Drive and cross the road. Take your immediate next left onto Allington Drive.
- 8** When you reach the end at a T junction this will still be Allington Drive. Take a left, cross the road, and head to the path straight ahead.
- 9** Follow the path until it leads to Craven Close Road and head left, road curves this way.
- 10** Follow this road until you reach the end (Barrs Court Primary School will be on your right hand side).
- 11** Turn right keeping the school on your right.
- 12** Then take your next right onto Stephens Drive. (Barrs Court Moat is on this road, just after the primary school. Have a look around before continuing on the route).
- 13** Take your first left onto Causley Drive and follow this road around as it curves back to Stephens Drive.
- 14** Take a left on Stephens Drive and follow this to the end when it will reach Parkwall Road.
- 15** Take a right onto Parkwall Road.
- 16** Then take your immediate left onto Earlstone Crescent which loops back to the school and Cadbury Heath Library.

Points of interest

- **Barrs Court Moat** is located on Stephens Drive just after Causley Drive on the right. Stop off and take a look around this scenic area of Cadbury Heath before continuing on your walk.

Notes

- Suitable for buggies and walkers with walking aids.
- Toilets in the library and the café on Park Road for use before or after the walk.
- Cafes nearby the library are a great place for a drink after your walk.

Cadbury Heath Library to Siston Brook Walk

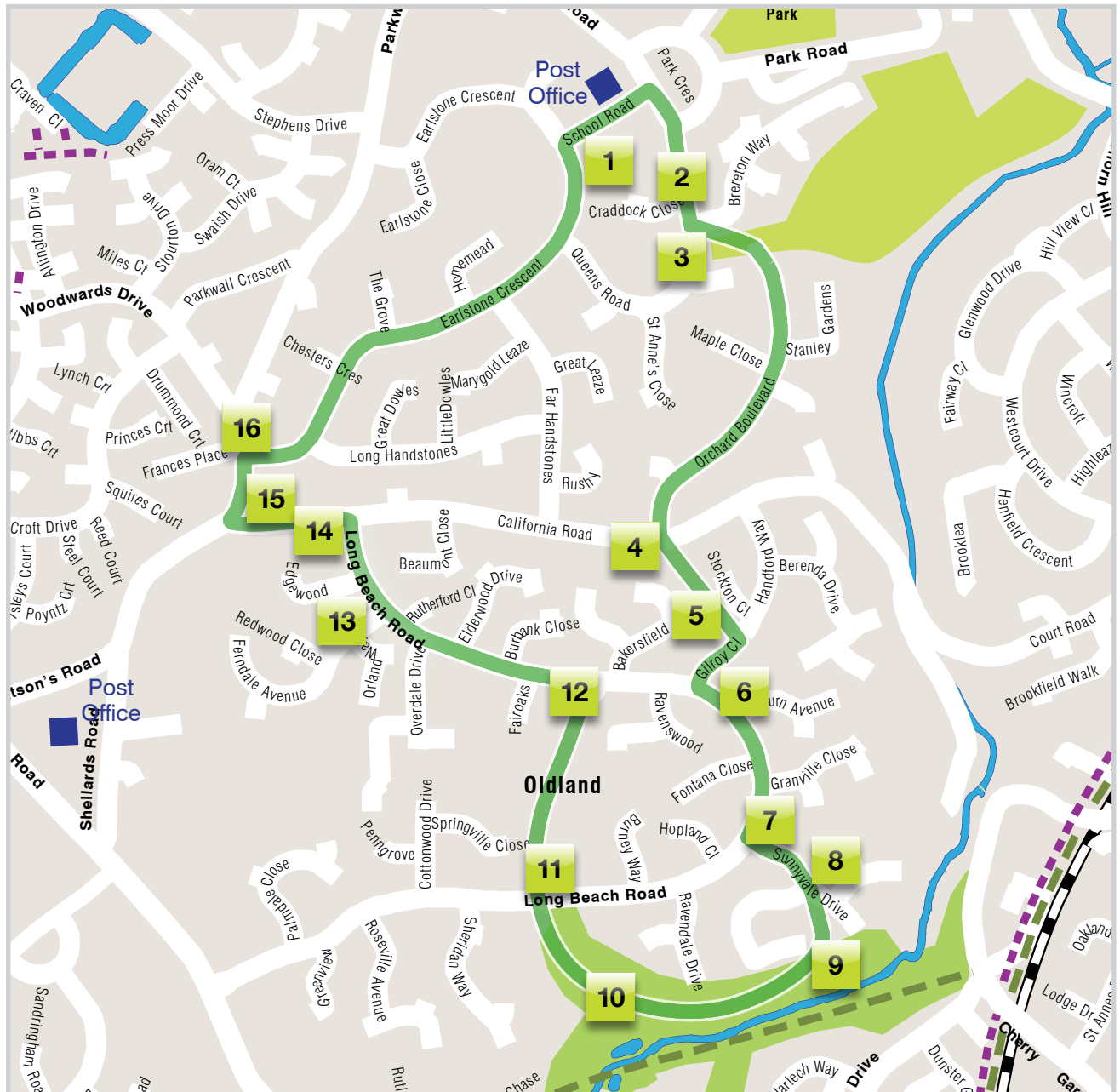


Distance: 2.08 miles / 3.3 km

A longer route around Cadbury Heath and surrounding areas. This walk heads to the Siston Brook path and on the way back to the library the route takes you through a peaceful park as well as some quiet roads in the area.



Starts and ends at: Cadbury Heath Library, School Road, Cadbury Heath, South Gloucestershire, BS30 8EN





Route instructions

- 1** Leave library take a left onto School Road and walk to end of the road.
- 2** Take a right onto Newton Road and continue walking straight. After passing Craddock Close on the right, cross the road. Straight ahead will be some green space. Pass Brereton Way on your left and follow the diagonal path through the green space until you come out the other side onto a road.
- 3** This will be Orchard Boulevard. Follow this road along until the end.
- 4** Cross California Road safely and take the first right onto Handford Way.
- 5** Keep going straight and then this road ends but straight ahead is Gilroy Close, continue onto this road until the end.
- 6** At the end take a left onto Long Beach Road.
- 7** Follow this road around and take the 4th left onto Sunnyvale Drive.
- 8** Next take the first right which is also Sunnyvale Drive, immediately after, take a left onto a path and continue straight.
- 9** At the point where two paths intersect, take a right and walk along this path which runs parallel to Siston Brook. (don't cross over the Brook).
- 10** Take a right at the first path you come across and follow it up a hill. At the end of the path walk over Long Beach Road and continue walking along a path.
- 11** Walk along this path which leads you straight through a park.
- 12** At the end of the path, head left on the mini cul-de-sac and left again to stay on Long Beach Road
- 13** Follow Long Beach Road until the end when it intersects with California Road
- 14** Take a left onto California Road and follow it to the end.
- 15** Next, take a right onto Parkway Road.
- 16** Take your first right onto Earlstone Crescent and follow this road all the way along until you are back at the library.

Notes

- Path by the River is NOT suitable for buggies and walkers using walking aids. To make this walk suitable continue on Long Beach road and turn right on the path into the park. Skipping the uneven path down to the river.
- Toilets in Library.
- Cafes nearby for a coffee/tea after the walk.

Out and About

Cadbury Heath Library to Willsbridge Mill



Distance: 2.89 miles / 4.7 km

This lovely walk covers a large area of Cadbury Heath while exploring the Siston Brook path. At the half way point of the walk is the Willsbridge Mill which is a great area to stop and have a rest while having a wander around the Mill site.

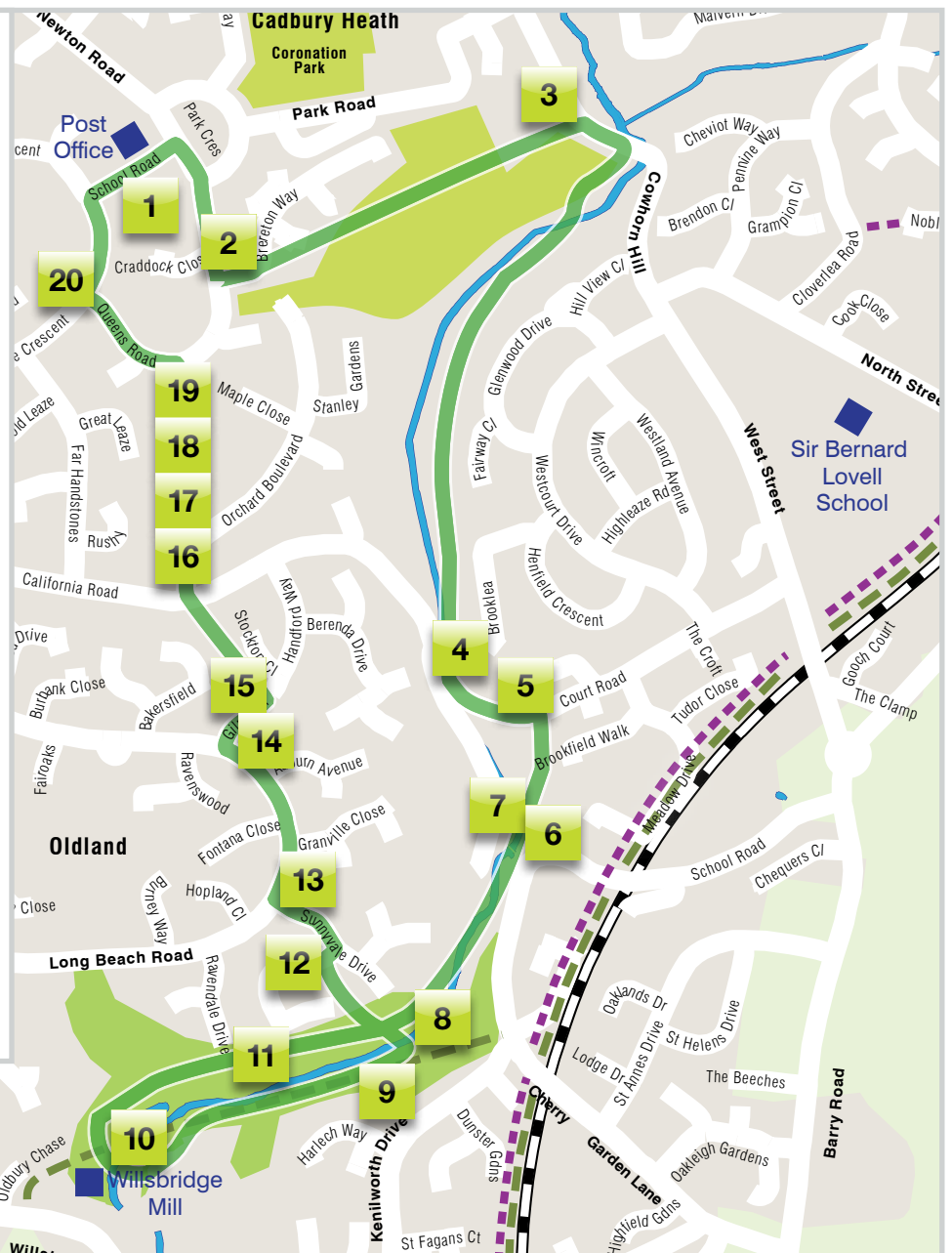


Starts and ends at: Cadbury Heath Library, School Road, Cadbury Heath, South Gloucestershire, BS30 8EN



Points of interest

- **Willsbridge Mill** is just off the Siston Brook path and is a peaceful area to have a look around and take in some local sights.
- **Cadbury Heath nature trail, Art competition** – marked by small horse statues throughout Cadbury Heath and along the Siston Brook path.
- **The Bat Trail** at Willsbridge is another fascinating experience for everyone. Pick up your Trail pack including audio cd and bat detector from the Cadbury Heath library.



Route instructions

- 1** Leave the library and head left on School Road. At the end of the road turn right onto Newton Road.
- 2** Take the left onto Brereton Way and when the road veers to the left, take the path straight ahead and into the old golf course. Follow the path the full length of the park.
- 3** Just before reaching Tower Road South, take a right onto the Siston Brook path.
- 4** Follow the path along for a while until it ends and it meets up with Chapel Lane. Here take a left onto Chapel Lane .
- 5** Curve along with the road, up the hill and take the second path on the right (marked by a little sign). This path immediately diverges into two separate paths, take the path leading off to the right (down the hill).
- 6** At the end of this path make a sharp right and head over the bridge.
- 7** Immediately after crossing over the Siston Brook, take the next path on the left (sign to Willsbridge Mill). Here you need to open the gate or walk over the stone stile.
- 8** Follow this path along until the path intersects with another. At this point take a left onto the bridge / zig zag path, which crosses the brook.
- 9** At the bottom, take a right onto the Dramway. Follow the Dramway until it leads to the Willsbridge Mill and takes you into the small parking area in front of the Mill. Here have a look around the wildlife garden on your left.
- 10** When ready to leave the mill, head away from the path you arrived on and walk up the hill towards the exit. Instead of following the road up to the left and out onto the main road, take the path on the right.
- 11** Follow this path around by the Siston Brook. After passing a path on the left, carry on until you reach an intersection with another path. Here take a left and head up the slight incline, following the path.
- 12** When the path ends, take a right onto Sunnyvale Drive, cross the road, and immediately take your first left to stay on Sunnyvale Drive.
- 13** At the end of this road, take a right onto Long Beach Road.
- 14** Take the fourth right onto Gilroy Close.
- 15** When the road ends, take a left onto the path and follow this to the end where it meets up with California Road.
- 16** Cross the road safely and take the road straight ahead which is Orchard Boulevard.
- 17** Take the first left onto Fair Lawn Road and immediately after take the first right onto a path.
- 18** When the path ends carry on straight as it turns into St Anne's Close.
- 19** When this road ends turn left and head left onto Queens Road. Follow this road to the end.
- 20** Next, take a right onto Earlstone Crescent and follow this road around back to the Cadbury Heath Library.

Notes

- This walk is NOT suitable for buggies, wheelchairs or individuals with walking aids as a portion of the walk is along the Siston Brook path which is not paved.
- Cafes nearby are great for a drink after your walk.
- Path may be muddy after it has rained, so take care when walking.

Out and About

The Batch Community Centre to Grimsbury Farm



Distance: 2.7 miles / 4.3 km

A circular walk starting at the Batch Community Centre, walking along residential roads, joining a cycle/walking path and onto Grimsbury Farm. Return through Kingswood Remembrance Park and back to the Community Centre. This walk has some inclines and is suitable for buggies.



Starts and ends at: The Batch Community Centre, Park Road, BS30 8EB

Points of interest

- **The Batch Community and Youth Centre** is in the heart of Cadbury Heath. There is a café, bar, function rooms, meeting rooms and sports facilities. Various groups and clubs also run from the centre.
- **Grimsbury Farm** is situated in Kingswood. The farm has a variety of animals, a playground, a picnic area and a café; perfect for a day out or just an hour if you're passing. The farm is open every day from dawn 'til dusk throughout the year and is enjoyed by families and couples, old and young alike. Admission and parking is free on site.
- **Kingswood Remembrance Park** is located next to Grimsbury Farm. The cemetery opened in 2010. It has beautiful and inspiring views over South Gloucestershire.



The Grange School

Kingswood Heritage Museum

Post Office

Heath Rise

Cadbury Heath Road

St David's Avenue

Coronation Road

Cadbury Heath

Coronation Park

Park Road

Newton Road

Park Way

Park Cres

Post Office

Post Office

Post Office

Post Office

Post Office

Post Office

Cock Road

Wrexall Road

Wrexall Road

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Route instructions

- 1** Exit the Community Centre and turn right on footpath which runs along the front of the building. Go through barriers and turn right on Park Road. Head towards Banjo Island.

Cross straight over Banjo Island (traffic roundabout) on the path which cuts through the middle. Cross over Newton Road towards the Lamb pub. Turn right along Newton Road (keeping the pub on your left). Continue straight along Newton Road to end.

- 2** Turn right at T-junction onto Parkwall Road. Cross over Parkwall Road at a safe place and continue to traffic lights at Wraxall Road.

- 3** At traffic lights, turn left on to Wraxall Road.

- 4** At the end of Wraxall Road cross over Craven Way at dropped kerb on left. Head straight over and onto shared footpath/cycle path. (Sign posted Ring Road Path and Farm) Continue on path, through underpass. Re-join Wraxall Road.

- 5** Walk up the hill to the mini roundabout. Cross at the crossing just before the roundabout and bear right down Grimsbury Road.

- 6** Walk along Grimsbury Road to the farm entrance on the right hand side. Walk through the farm passing the café and play area. Just after Hop, Skip and Jump take the path through the Meadow Gate on right.

- 7** Loop around the Remembrance Garden leaving through the main gate back on to Grimsbury Road.

- 8** Turn left on Grimsbury Road and retrace route back to the mini roundabout, crossing over into Wraxall Road, walking down hill and joining the footpath to walk through the underpass.



At Craven Way cross the road and join Wraxall Road. Walk along Wraxall Road to lights at Parkwall Road. Turn right on to Parkwall Road and cross at a safe place.

- 9** Just before the junction for Newton Road you will reach a bus stop and post box. Take the foot path on the left between houses. Join back onto Newton Drive and turn right.

- 10** At the end of Newton Drive turn left on to Newton Road.

- 11** At the end of Newton Road walk left around Banjo Island. Turn left into Park Way. Follow Park Way to meet Coronation Road. Bear Right onto Coronation Road and then take the first right onto Heath Rise.

- 12** At the triangle of grass, where Heath Rise sharply turns to the left, take the footpath on right. Walk along the footpath back to the Batch Community Centre.

Notes

- Meadow Walk has a gate which is not suitable for some double pushchairs. If necessary go back via main farm gate.
- There are cafes, toilets and baby changing facilities at The Batch Community Centre and Grimsbury Farm.

The Batch Community Centre to Oldland Station



Distance: 2.5 miles / 4 km

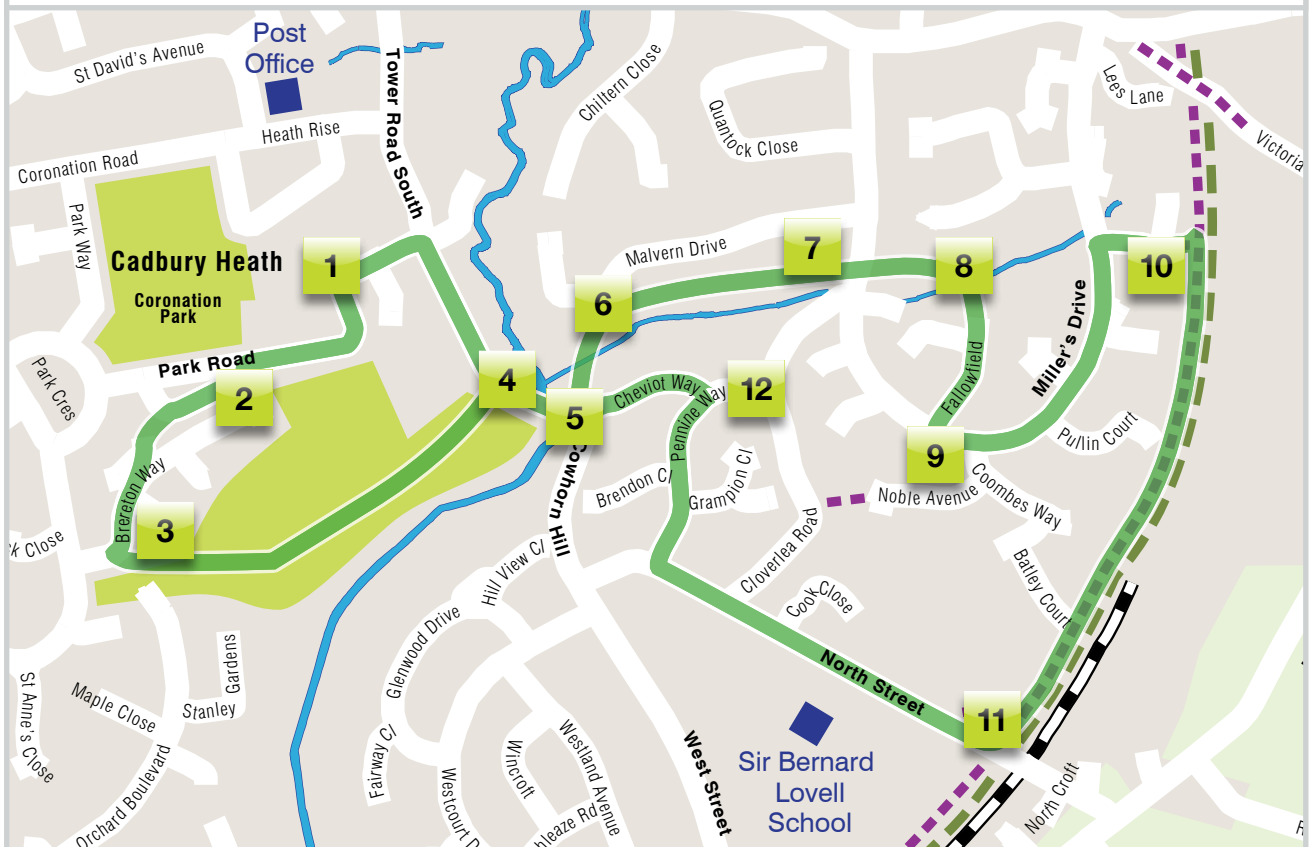
A walk which takes you across Warmley Pitch and Putt along footpaths beside Siston Brook, through residential streets, joining up with the Bristol and Bath Railway Path before returning to the Batch.



Starts and ends at: The Batch Community Centre, Park Road, BS30 8EB

Points of interest

- **Warmley Pitch and Putt** - Within the historic 'pleasure grounds' in Warmley there is a small pitch and putt course available for recreational use all year round. Open for use at any time during daylight hours. It is unmanned and free to use, just turn up with your own clubs. There are no other facilities on site.
- **Siston Brook** is approximately 6 miles (9.7 km) long and is a tributary of the River Avon. The brook was used to power watermills for grinding corn and, as the Industrial Revolution developed, to supply power for many mining related industries
- **Bristol Bath Railway Path** - a 13 mile off road route between Bristol and Bath. The path is open to walkers and cyclists and access is provided for disabled users. The Path is a commuting route, an attractive leisure path and an important wildlife corridor.
- **Oldland Common Station** is part of the Avon Valley Railway, a three-mile-long heritage railway based at Bitton station.





Route instructions

- 1** Exit The Batch Community Centre, turn right and follow path along the front of the building. Exit through the barriers and join Park Road. Cross over diagonally right. Head right towards grassy island. (Not as far as Banjo Island – still in Park Road) Fork left on road at island.
- 2** Take footpath on left as the loop bends back to the right. Turn right at end of the footpath and continue along Brereton Way.
- 3** Before reaching the end of Brereton Way take a footpath on the left (by brown sign) Follow the path over Warmley Pitch and Putt. Pass skate park and allotments.
- 4** Join Tower Road South, turn right. Cross road at safe place
- 5** Immediately after the bridge take footpath on left. Go down zig-zag ramp. Stay on footpath, cross over Siston Brook.
- 6** Take first footpath on right keeping the brook on your right. At the end of the path turn left and climb large sloping steps. (It is possible to go up these with buggies.) At the top of steps turn right and follow path, keeping brook on the right.
- 7** As you reach Cloverlea Road, take right fork in paths at grass triangle, head towards barriers. Cross road and head straight ahead on footpath, following the brook.
- 8** Where the footpath starts going uphill and bends to the left, turn right towards footbridge across the brook. After footbridge go left on Fallowfield and follow uphill to the top of the road.
- 9** At T junction, turn left onto Millers Drive. Walk along Millers Drive and take fourth right into Nicholettes.
- 10** When you reach the T in the cul-de-sac, go very slightly to the left and then straight ahead on footpath down to the Bristol Bath Railway Path. Turn right on path.

Follow path to Oldland Common Station. Just before the second bridge, at far end of old platform, go up the ramp on the right.
- 11** At the top of the ramp turn right on North Street. Pass Sir Bernard Lovell School. Take right into Pennine Way (before The Crown and Horseshoe Pub).
- 12** Take second left into Cheviot Way. At bottom of Cheviot Way join back up with Tower Road South. Cross over road and turn right. Walk back over bridge and uphill passing entrance into Warmley Pitch and Putt.

Take second left into Park Road and return to The Batch on the right.

Notes

- there are toilets and café at The Batch.