

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

Parks of Filton Loop



Distance: 1.7 miles / 2.7 km

This flat walk goes through two really nice parks of Filton and loops back to the Library. Enjoy the peacefulness of the parks and stop off to break up your walk. This walk is great for everyone and the parks give you a nice break from the noise of the city.



Starts and ends at:

Filton Library, Shield Retail Park, Link Road, Filton, BS34 7BR





Route instructions

- 1** Leave the library, turn left and walk towards the ring road (Station Road). At the edge of the shopping area cross the road at the traffic lights/ pedestrian crossing. Walk straight ahead to the path.
- 2** Take a right to stay on the paved path.
- 3** Take the first left onto the path to walk through the park.
- 4** Stay on the path and walk the full length of the park.
- 5** When you reach the end, continue straight, exiting the park and walking on Shields Ave.
- 6** Stay straight on this road (it then turns into Third Ave) and walk all the way to the end.
- 7** Take a right onto Northville Road.
- 8** Take a right on the path (first path you come to) which leads into the park.
- 9** Follow this path to the left and when it intersects with another path, take a right and then take the next left. You will be able to follow this path in a circle all the way around the park and back to the path which leads you to the road.
- 10** Take a left onto Northville Road and then the first left back onto Third Ave.
- 11** Follow the road all the way until it leads you to the path through the park.
- 12** At the end of the park take a right and then cross the road at the traffic lights to head back into the shopping area.

Notes

- This walk is NOT suitable for buggies and walking aids because the path in the second park is gravel. You could do the majority of the walk and stop for a rest in the other park before walking back, if interested.
- Places to get drinks after your walk in the shopping area.

Out and About

Streets of Filton



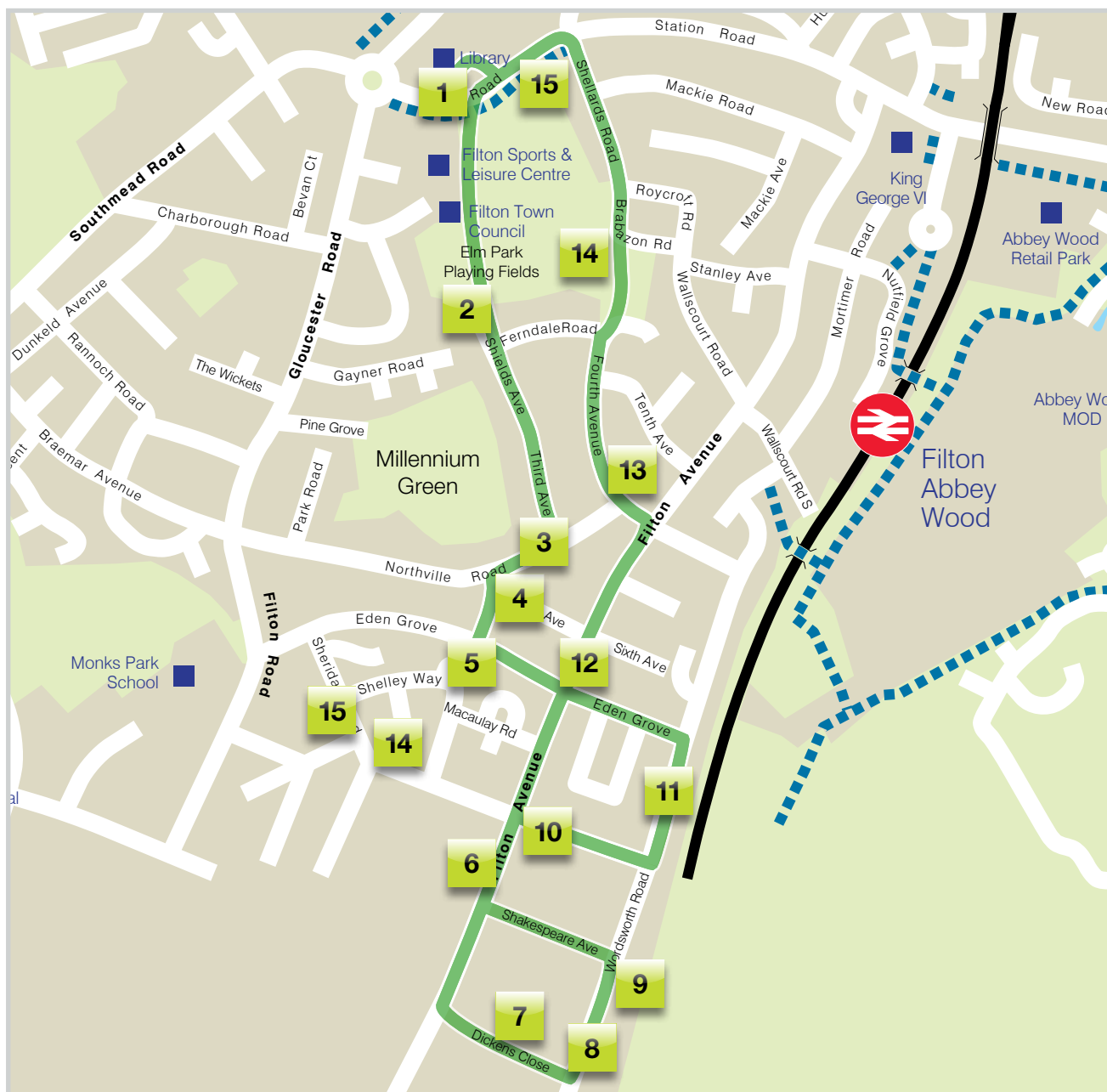
Distance: 2.65 miles / 4.26 km

This flat walk, is of moderate length and will take you through some different streets in Filton, weaving in and out of some nice neighbourhoods. This paved route is perfect for everyone and can be done at your own pace.



Starts and ends at:

Filton Library, Shield Retail Park, Link Road, Filton, BS34 7BR





Route instructions

- 1** Leave the library, turn left and walk towards the ring road (Station Road). At the pedestrian crossing straight ahead, cross over and take the path into Elm Park.
- 2** Walk the full length of the park and exit onto Shields Ave.
- 3** Continue down this road and at the end take a right onto Northville.
- 4** Take the first left onto Crophorne Road.
- 5** At the end of this road take a left onto Eden Grove.
- 6** Take a right onto Filton Ave and take the 4th left (paths and roads included) onto the path which leads into a neighbourhood. (If you pass the Tesco Express and Co-op then you have gone too far).
- 7** Walk down the path and follow it straight onto Dickens Close.
- 8** At the end of this take a left onto Wordsworth Road.
- 9** Take the second left onto Shakespeare Ave and follow this to the end when it meets up with Filton Ave.
- 10** Take a right onto Filton Ave and after passing Beatrix Place on your right, take the next path through the neighbourhood. Follow this path all the way along through the middle of the houses until reaching Wordsworth Road.
- 11** At this point take a left onto Wordsworth Road and then a left onto Eden Grove.
- 12** When you reach Filton Ave take a right and cross the road. Follow Filton Ave until you see Northville Road on the left. Take a left here and instead of curving to the left with Northville Road, veer right and head onto Fourth Ave.
- 13** Continue on Fourth Ave and at the end continue straight onto the path which leads into Elm Park.
- 14** At the end of the path head onto Shellard Road and continue straight on this road curving to the left when it reaches Station Road.
- 15** Walk along Station Road until you reach the lights / pedestrian crossing to head back into the Shield Retail Centre.

Notes

- This walk is suitable for buggies and walking aids.
- Lots of options for places to have a drink after your walk and make the most of the local shops.

Out and About

Filton Library to Filton Avenue and Elm Park Playing Fields



Distance: 2.5 miles / 3.9 km

This walk heads east from Filton towards Abbeywood. Turning up Filton Avenue before entering Elm Park Playing Fields. It passes the Leisure Centre before joining up with Gloucester Road and returning to the library.



Starts and ends at:

Filton Library, Shield Retail Park, Link Road, Filton, BS34 7BR

Points of interest

■ The Community Garden project

commenced in 2012 with a simple idea of creating a space and focal point for the community to come together to not only enjoy relaxing and playing in but also be part of its creation. The garden has become much loved part of the community and has won a number of awards from national bodies including the RHS who described it as the best garden of its type and a benchmark for others.

■ **Filton Leisure Centre** - Filton Leisure Centre is run by Filton Town Council. It has swimming pools, squash courts, snooker tables, hall for badminton, martial arts and functions. Outside facilities include floodlit hard courts, tennis, netball and basketball courts and cricket and football pitches. There is also a petanque/boule piste, changing rooms and pavilion.





Route instructions

- 1** Exit Filton Library and turn left. Cross over zebra crossing and head for main car park exit. Cross over Link Road at pedestrian lights. Turn left down the path. Continue downhill crossing over the end of Shellard Road. Continue down the hill which is separated from the main road by grass bank.
- 2** Just before local shops at bottom, follow Station Road round to the right and take lane immediately on right which runs between garages.

This lane is a bit rough and may not be suitable access for all. An alternative route could be taken by turning right after Shellard Road. You will rejoin the walk at point 3.
- 3** Turn left at the end of the lane and then left again onto Mackie Road. Pass end of Mackie Avenue. At the T junction turn right onto Filton Avenue. Walk on the right-hand side of Filton Avenue.
- 4** Turn right into Stanley Avenue. Continue to the end and turn right at T junction onto Wallscourt Road, follow the road around to the left (Brabazon Road). The park is straight ahead.
- 5** Where Brabazon Road meets Shellard Road, turn left, go through the barriers and into the park. Go straight through park on path.
- 6** Exit park into residential road, turn right immediately (Ferndale Road).
- 7** At end of Ferndale Road turn right at T junction (Shields Road) Go back into the park and head towards the Leisure Centre.
- 8** Turn left and walk through the car park between Filton Sports and Leisure Centre and Community Centre. (Take care of cars here as there is no defined pedestrian route.)
- 9** Turn left at end onto Elm Park. Follow Elm Park to end.
- 10** Turn right at T junction onto Gloucester Road. Head up Gloucester Road. At big roundabout cross over top of Link Road at pedestrian lights. Turn left by barriers and immediately right on footpath into Shield Centre. Follow footpath around edge of Shield Centre returning to library.

Notes

- This walk is suitable for buggies and walking aids although some may find shortcut at point 2 more suitable.
- There are places to eat and toilets at Shield Centre before and after the walk.

Out and About

Filton Library to Monks Park



Distance: 2.65 miles / 4.26 km

This flat walk wanders out of Filton and to the streets of Southmead. While walking through the amazing Monks Park, have a look around and take time to enjoy this spacious park.



Starts and ends at:

Filton Library, Shield Retail Park, Link Road, Filton, BS34 7BR





Route instructions

- 1** Leave the library, turn left and walk towards the ring road (Station Road). At the pedestrian crossing straight ahead, cross over and take the path into Elm Park.
- 2** Walk the full length of the park and exit onto Shields Ave.
- 3** Continue down this road and at the end take a right onto Northville.
- 4** Take the first left onto Cropthorne Road and at the mini roundabout take a right onto Eden Grove.
- 5** At the end of Eden Grove take a left onto Filton Road. Cross the road using a pedestrian crossing when you can. After passing the Orchard School Bristol, take a right onto Monks Park Ave.
- 6** Take the second right onto Latton Road and continue straight when the road turns into Lyddington Road. When the Road curves to the left, you will see the entrance to Monk's Park.
- 7** Walk into the park and follow the path straight ahead (and to the right) which will lead to the other end of the park. (Enjoy the park walking on other paths if you want to make the walk longer). You will see an exit which leads to Kenmore Crescent.
- 8** Take a right onto Kenmore Crescent and at the end of this road take a right onto Braemar Ave.
- 9** When it intersects with Filton Road / Gloucester Road North, take a left and follow this road for a while.
- 10** When you see the Saint Andrew's Methodist Church on the right side of the road, cross the road and take a right onto Elm Park, just before the Church.
- 11** Follow Elm Park Road until it leads you into Elm Park
- 12** Take a left onto the park path and follow it to the end of the park and back to the traffic lights which will lead you back into the Shield Retail Centre.

Notes

- This walk is suitable for buggies and individuals using walking aids.
- Lots of places to get a drink after your walk and explore local shops.

Out and About

Filton Library to Southmead Road Loop



Distance: 2.5 miles / 4 km

A walk through the Elm Park in Filton and then looping around quiet residential roads before reaching the busy Southmead Road which skirts the edge of the grounds of BAWA Health Care and Leisure. Then there is an incline before returning to the library.

Points of interest

- **BAWA** is a members' association that has been growing and developing since 1942. It is a 'not-for-profit' organisation offering healthcare and leisure services to members with the aim of promoting good health and wellbeing.
- **Filton Leisure Centre** is run by Filton Town Council. It has swimming pools, squash courts, snooker tables, hall for badminton, martial arts and functions. Outside facilities include floodlit hard courts, tennis, netball and basketball courts and cricket and football pitches. There is also a petanque/boule piste, changing rooms and pavilion.



Starts and ends at:

Filton Library, Shield Retail Park, Link Road, Filton, BS34 7BR





Route instructions

- 1** Exit Filton Library and turn left. Cross over zebra crossing and head for main car park exit. Cross over main road at pedestrian lights. Turn right after lights by metal railings and head briefly towards the Gloucester Road. Turn left on footpath into Elm Park Playing Fields.

You can detour into Filton Community Garden on your right. There is Elm Park Boule Piste where you can hire boules from reception at the Leisure Centre. The garden is a full of plants and a nice wildlife haven away from the roads.

- 2** Go back out into the park and continue on the main path, passing the Leisure Centre and Community Centre. At the far end of the park exit onto a residential road (Shields Avenue) and take the very first turning on the left (Ferndale Road). Pass Bluebells Pre-school on right.

- 3** At the end of Ferndale the road bends sharply to right and becomes Fourth Avenue. Follow this almost to the end.

- 4** Take the third right (before reaching The Bulldog Pub and main road). Stay on this road (Northville Road) until you reach roundabout at Gloucester Road)

NB: Opposite Crophorn Road which is on your left is an entrance into Millennium Green

Breathing Spaces, which is lovely to walk into but because of narrow gateways and gravel paths not accessible to all.

- 5** Come to mini-roundabout on Gloucester Road.

If you want a shorter walk this is a good place to turn right and walk straight up the Gloucester Road before returning to the Shield Centre and Library (see point [8])

To continue for longer walk, cross straight over roundabout and into Braemar Avenue.

- 6** Just before end of Braemar take last turning on left into Kenmore Crescent. Follow Kenmore Crescent around to the right and then turn left on Kenmore Grove. Turn right on Southmead Road and continue up hill. The grounds of the BAWA club are on your left. Stay on right hand side of road.

- 7** Turn right into Charborough Road. At the top, turn left onto Gloucester Road. Cross over at pedestrian crossing and continue walking towards the big roundabout.

- 8** At big roundabout cross over top of Link Road at pedestrian lights. Turn left by barriers and immediately right into Shield Centre Retail Park. Follow footpath around edge of Shield Centre returning to library.

Notes

- This walk is suitable for buggies and individuals using walking aids.
- Lots of places to get a drink after your walk and explore local shops.