

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

Yate Leisure Centre to Cambrian Green Loop



Distance: 2.35 miles / 3.8 km

This fairly flat walk is great if you are looking for peaceful paths around some nice areas of northern Yate. Explore what is on your doorstep while taking in the scenic parks and sections of the Frome Valley Walk way.



Starts and ends at: Yate Library, 44 West Walk, Yate, South Glos BS37 4AX



Route instructions

- 1** Exit Leave the library and, facing the car park, head left towards Station Road, walking past the Armadillo Café. Across from the café cross the road at the traffic lights and turn right onto Station Road.
- 2** Take the first left onto The Glen and follow along the road.
- 3** This road is a dead end and just before the last houses there is a right which leads to a path. Take this right and continue on the path.
- 4** When this path ends, take the left onto the other path which leads towards the River Frome.
- 5** Follow the path, then there will be an intersection of paths, continue straight over still heading to the river through a park.
- 6** Cross over the River Frome and continue along the Frome Valley path, veering to the left to walk parallel to the river.
- 7** As you walk along the path you will see Greenways Road on your right hand side (parallel to the path and river). Continue on the path, crossing over Templar Road, and continuing on.
- 8** You will then come to a crossing in the path. Take the right to lead you to the pedestrian crossing on the road. When you look straight ahead you should see another path.
- 9** Cross the road here and take the path straight ahead of you, leading through the neighbourhoods. (Here there will be a slight incline in the path).
- 10** Continue on the path, passing houses as you go, until you reach a crossing with another path. Here take a left and follow this path.



- 11** Shortly after, take the first path on the right and follow the path to the end.
- 12** Next take a right onto Halifax Road and follow this road until the end.
- 13** At the end of Halifax Road, take a right onto Wellington Road to start heading back.
- 14** (As you are heading down Wellington Road you can either continue straight to the end of the road or take a little detour to extend your walk by taking a left onto Lancaster Rd to add in that loop.)
- 15** At the end of Wellington Road take a left onto Greenways Road.
- 16** Following along this road, at the mini roundabout take a right onto Church Road. You will pass the school and church on your right hand side.
- 17** At the end of the road, take a right at the roundabout to go back onto Station Road and head back to the shopping centre. Remember to cross at the traffic lights by the Armadillo Centre to get back into the shopping area.

Notes

- Toilets located in Library and Leisure Centre for your use before and after walks.
- Cafes in Shopping Centre.
- There are no places to stop along the route for toilets.

Out and About

Yate Library to St Nicholas Centre

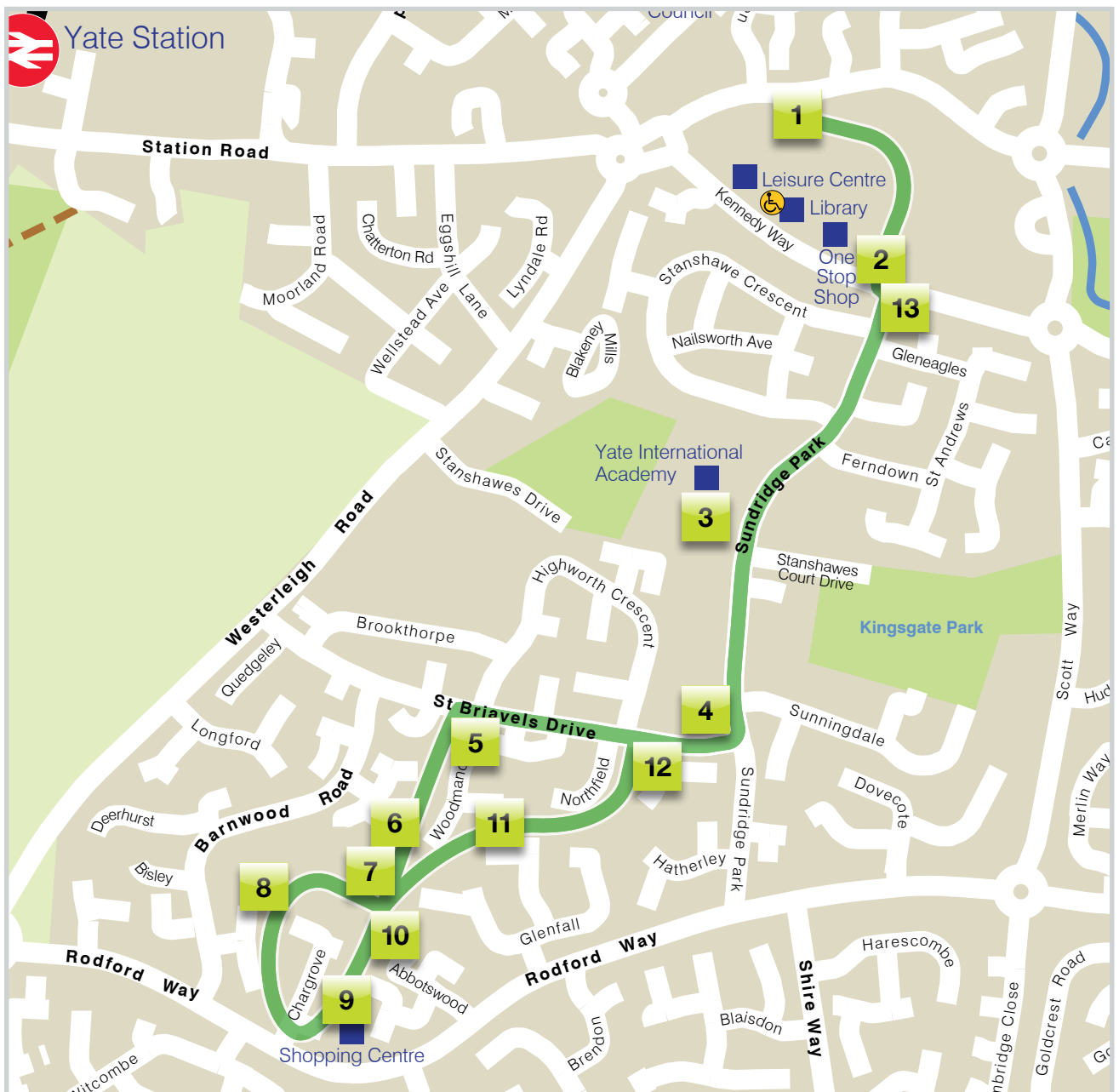


Distance: 2 miles / 3.2 km

Explore some of the quiet paths in Yate, passing the Yate International Academy and the St. Nicholas Family Centre. This walk will take you through the Abbotswood Shopping Centre which will be a nice place for a natural break as it is the half way point of the walk. Enjoy a coffee at a local Yate coffee shop if you wish. This walk is an nice flat route that you can walk at your own pace.



Starts and ends at: Yate Library, 44 West Walk, Yate, South Glos BS37 4AX



Route instructions

- 1** Leave the library and turn right (away from leisure centre) to walk through the shopping centre. At café in the centre take the right to head to Kennedy Way.
- 2** At Kennedy Way cross the road at the traffic lights and head straight across onto Sundridge Park Road.
- 3** Continue on this road, going straight through the roundabout and past Yate International Academy.
- 4** At the next mini roundabout take a right onto St Briavels Drive and continue straight.
- 5** Follow the road along, passing a few roads on both sides of you but keep an eye out for Woodmancote Road on the left. After passing this road take the next path on the left.
- 6** Continue straight ahead, then you will reach a point where several paths meet. Continue straight ahead.
- 7** Next you will take the first path on your right. (Sharp right)
- 8** Take the second left to head towards St Nicholas Family Centre and Rodford Way Road.
- 9** Continue on this path, following it as it curves around. At the end when you see the main road in front of you, take the left to continue on the path. You will cross over Chargrove Road and continue straight ahead on the path. You should then see the Abbotswood Shopping Centre. Take the left here on the path to head towards the centre. Continue walking straight, keeping the shops on your right. Stay on the path and walk under the building arch ahead of you.



- 10** Once under the arch there are two paths straight ahead. Take the one on the right to head away from the shopping area.
- 11** Keep walking straight ahead until you see the intersections, take the right here and quickly after you will get to another 'Y' in the paths. This time take a left and follow that path. After following this path straight for a little while, take the left turn onto the path that intersects.
- 12** The end of the path leads back to St Briavels Drive. Take a right here. Ahead is the mini roundabout. Take a left and head back up on Sundridge Park Road, following it until the end.
- 13** When you reach Kennedy Way cross at the lights and head back into the shopping centre, pass café and back to the leisure centre.

Notes

- This walk is suitable for buggies.
- Refreshments after your walk at any of the cafes in the shopping centre.
- Toilets available in library or leisure centre before your walk.

Out and About

Yate Library to Frome Valley Walkway



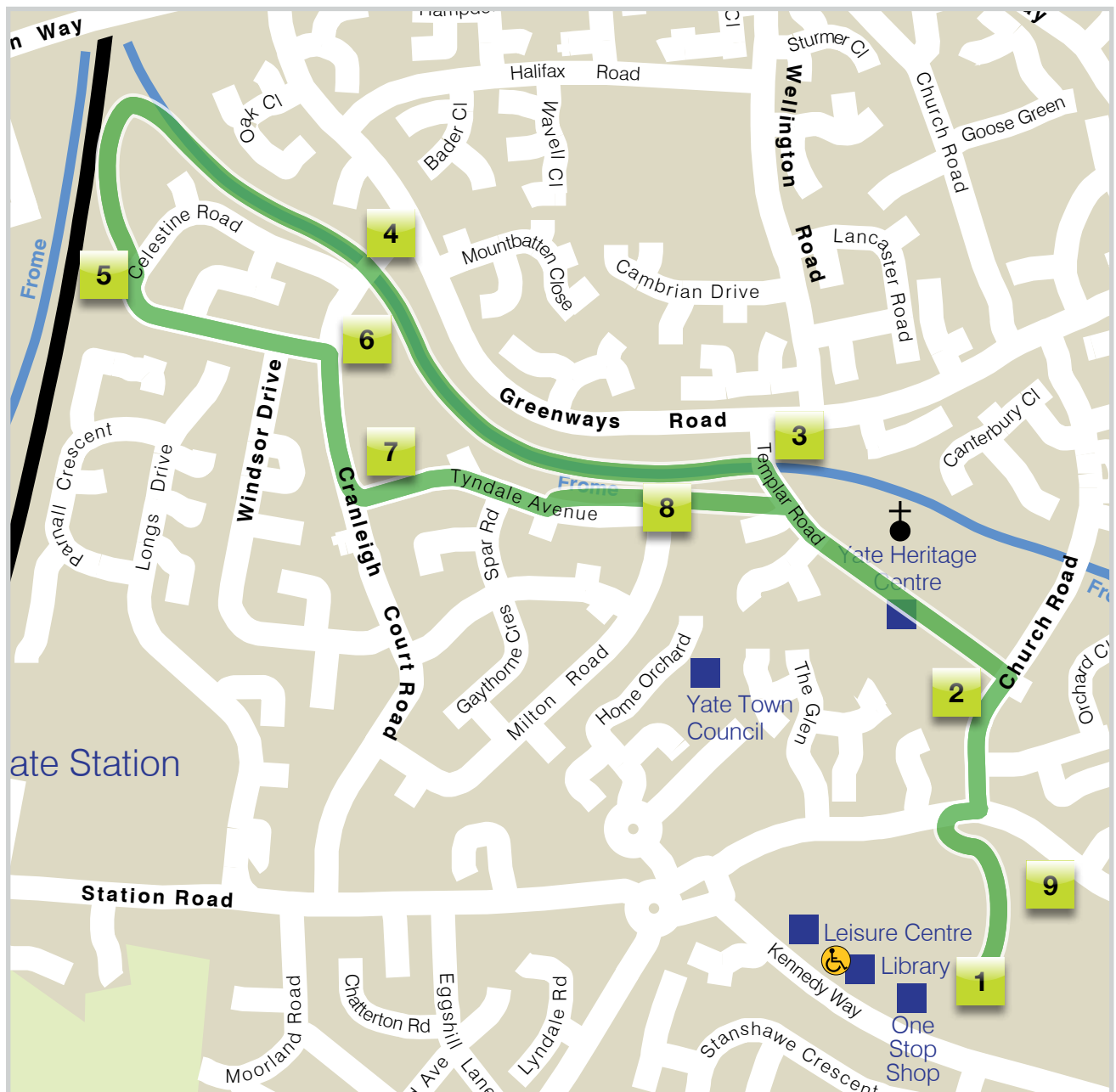
Distance: 24 miles / 3.9 km

A circular walk starting at Yate Library, going through St Mary's churchyard, passing a children's playground, walking along the Frome Valley Walkway, rich with wildlife, through a second park with playground before re-joining the path back through the churchyard and shopping centre.

The walk is on hard surface for the entire route which is suitable for most buggies. Some parts of the Frome Valley walkway might be too rough and narrow for some users. A detour can be taken along Cranleigh Court Road. There are public toilets at shopping centre.



Starts and ends at: Yate Library, 44 West Walk, Yate, South Glos BS37 4AX



Route instructions

- 1** Exit library (in West Walk) and turn right. Walk through shopping complex until reaching very centre. Turn left and walk to end of shops on North Walk. At end of shops go diagonally left on path towards pelican crossing opposite the White Lion Pub. Cross over road towards pub, turn right and then immediately left into Church Road (keeping pub on your left.) Pass Yate Heritage Centre.
- 2** Turn left off Church Road and follow path heading towards church and St Mary's Primary School. Go through the lynch gate of church and take right hand path through churchyard. Exit churchyard at gate by children's playground (St Mary's Play Area). Continue on footpath which goes along Templar Road.
- 3** Go over metal road bridge which crosses River Frome. Immediately after the bridge cross left over Templar Road and walk along footpath next to river (keeping river on your left).
- 4** Cross over end of Cranleigh Court Road, and turn left so that you walk back over metal river bridge. Turn immediately right after bridge onto footpath. The river is now on your right. Follow this footpath along riverside. The path bends and other paths lead from it.
- 4** Stay on main footpath with river on right and housing on left. Do not cross over metal footbridge signposted Avon Valley Walkway – continue on footpath.
- 5** When path and river veer away from each other, stay on path until you reach residential road. Turn right and follow residential road (Celestine Road). Walk on right hand side of road, passing ends of Blenheim Drive and Windsor Drive.
- 6** At T junction with Cranleigh Court Road turn right (Children's Centre and Tyndale Primary School are opposite). Cross over Cranleigh Court Road at little island with dropped kerbs and bollards.
- 7** Take next left into Tyndale Avenue (stay on left hand side of Tyndale Avenue). Immediately after school turn left into little cul-de-sac and turn right at end into Tyndale Avenue Park. Walk through park. Exit through metal gates at end, pass garages and into Milton Road.
- 8** On Milton Road turn left back towards footbridge and river. Turn right before footbridge and follow riverside footpath (river on your left)
- 9** Turn right at end of footpath and re-join outward route. Return through the churchyard, crossing at pelican crossing by White Lion pub back through shopping centre to Yate Library.

N.B. This next section of path maybe too narrow and rough for wheelchair users so an alternative route could be to continue along Cranleigh Court Road and re-join walk at point [6]

Points of interest

- **Yate Heritage Centre** is situated in the heart of the old village of Yate (Ye-gate to the ancient royal Kings Wood.) The Heritage Centre is open on Tuesday Wednesday, Thursday and Saturday from 10.30am to 4.30pm.
- The prominent tower of **St Mary's Church** which serves as a landmark throughout the walk, was mentioned in the Domesday book of 1086 and even as far back as the 8th Century.
- **The Frome Valley Walkway** is a 29km (18 mile), long path which follows the River Frome from the Cotswold Hills in South Gloucestershire to the River Avon in the centre of Bristol. The Frome Valley creates an important green corridor through the villages and farmland of South Gloucestershire and the dense housing of northeast Bristol. The parks, woodlands, meadows and waterways provide welcome recreational space for people and a valuable environment for wildlife.

Out and About

Yate Library to the Common



Distance: shorter route: 1.8 miles / 2.9 km • longer route: 2.3 miles / 3.6 km

A circular walk starting at Yate Library, walking along a road and onto cycle/footpaths before reaching football pitches and the Common. An additional 'there and back again' detour takes you onto the Common, a wildlife area, before returning through Sunnyside Park and residential streets, returning to the library.



Starts and ends at: Yate Library, 44 West Walk, Yate, South Glos BS37 4AX





Route instructions

- 1** Exit library and turn right into main shopping complex. On arriving at the centre, turn right and head down South Walk. At end of South Walk, exit the shopping centre and cross main road by pelican crossing. Turn left and then immediately right into Sundridge Park.
- 2** Stay on right hand side of road, crossing over end of Stanshawes Crescent. Pass Yate International Academy on right.
- 3** Take cycle/footpath immediately after academy. Walkers stay left. At end of cycle/footpath carry straight along residential road.
- 4** At end of Stanshawes Drive cross over main road (Westerleigh Road) at pelican crossing and go through green barriers into park. Keep to path on right of football pitches.
- 5** You can leave at entrance to Sunnyside Park on right, but for slightly longer walk which goes onto the Common, which is a lovely nature reserve, you can continue to gateway at end. (This is a 'there and back again' but worth the detour.)
- 6** Return to entrance of Sunnyside Playingfields car park. Take right exit out of car park. Follow road around to the left.
- 6** Take second right into Maybank Road (best to cross over just after turning by drop kerbs and double back into Maybank Road).
- 7** At crossroads turn left. Cross over towards Crantock Road but go left along Eggshill Lane towards flower beds and no-entry sign.
- 8** Take footpath through houses on right (next to traffic calming and bollards). Go right again by triangle of grass. Right again on footpath (park / playground of left behind wall and big drop).

The path bends to the right. Go through metal barriers (signposted Village Close) Head towards petrol station on Westerleigh Road.
- 9** Turn left on Westerleigh Road and cross over beyond petrol station. Before reaching big roundabout take footpath on right (between concrete bollards.)

The cul-de-sac bends left. Head towards Yate Leisure Centre. Go right at end onto Kennedy Way, passing Magistrates' Courts. Cross over at pelican crossing towards Kennedy Way Surgery.
- 10** Stay on path through car park, heading straight ahead towards West Walk Surgery. Walk between surgery and library. Arrive back at library on right.

Points of interest

- The Common is the largest piece of open land in Yate: 124 acres. It is ideal for walking, cycling, kite flying and observing wildlife. At one time, a Prisoner of War encampment was located there, giving rise to the local name, "**The German Fields.**"

Out and About

River Frome Walk

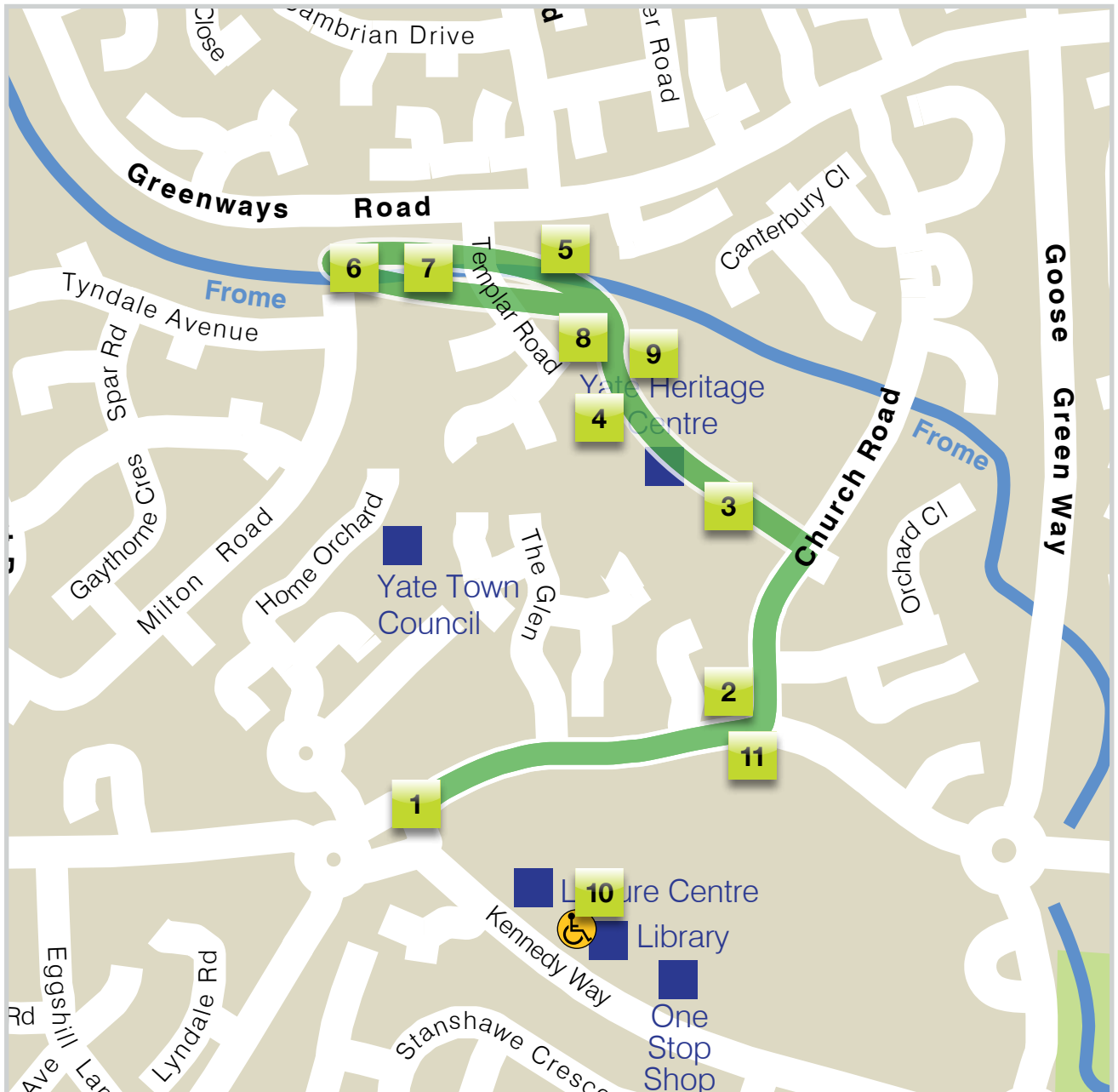


Distance: 1.4 miles / 2.25 km

This route is a nice flat walk suitable for everyone. You will take in the sights of St. Mary's Church, continuing on to the River Frome via a peaceful park with a children's play area. The walk is all on pavement making it suitable for buggies and walking aids (part on the River Frome path way). Enjoy the peaceful atmosphere of the River Frome.



Starts and ends at: Yate Library, 44 West Walk, Yate, South Glos BS37 4AX





Route instructions

- 1** Leave the library, head in the direction of the leisure centre and past it towards the Armadillo café. At the traffic lights cross the road and turn right onto Station Road. Continue following along on this road.
- 2** At the first roundabout by the White Lion pub, take the first exit (left) onto Church Road.
- 3** Take the next slight left to head into the church car park. When you walk through lynch gate veer to the right to take the path in between the church and the primary school. Keep the church on your left hand side.
- 4** Continue following the path until you have passed the children's play area on your right hand side. At the intersection with another path, take the right and walk through the park.
- 5** Cross over the river and veer to the left to continue walking along the path. This path runs parallel to the Frome River and Greenways Road.
- 6** Cross over Templar Road and continue walking along the path until you see the next road on the left (Milton Road). Here you will be essentially turning back around so take a left onto the other path (perpendicular to the one you are currently on) and another immediate left to head back from where you came from. Continue walking along this path and start the walk back.
- 7** When this path comes to a 'Y' take the left hand path.
- 8** After passing Templar Road walk through the park, following the path and take a right onto the main path to cut through the park.
- 9** At the intersection of paths take a left and continue heading back past the children's play area to the school and church, through the church car park to the road.
- 10** Here take a right onto Church Road and walk to the end of the road.
- 11** Take a right at the roundabout back onto Station Road and head back along the road to the crossing and back into the shopping centre.

Notes

- Suitable for buggies.
- Can access toilets in library or leisure centre before or after walk.
- Cafes in the shopping centre for refreshments after your walk.

Out and About

Yate Library to Kingsgate Park



Distance: shorter route: 1.9 miles / 3 km • longer route: 2.4 miles / 3.8 km

A circular walk starting at Yate Library in the local shopping centre, going through Kingsgate Park, a mature park with play areas and lakes. There is an alternative extension (0.5 miles) which reaches Lilliput Park before re-joining the shorter route, passing a nature reserve and then returning to the library. Suitable for buggies.



Starts and ends at: Yate Library, 44 West Walk, Yate, South Glos BS37 4AX



Route instructions

- 1** Exit library and turn right towards middle of shopping centre. On reaching centre turn right down South Walk and head for exit directly ahead.
- 2** Cross road at pelican crossing, turn left and then immediate right into Sundridge Park. Stay on right hand side of road.
- 3** After Yate International Academy, cross road at bollards by brown sign for Kingsgate Park. Walk into Elmwood and enter park through gates straight ahead. Stay on main path through park.
- 4** Take right fork in front of younger children's play area. At T junction in paths turn right towards metal gates. Exit park through metal gates. Turn left on footpath. Keep left at fork in paths
- 5** Cross road at zebra crossing with railings. Go straight ahead on footpath towards houses (away from main road). You immediately come to a crossroads in paths. Turn left.
- 6** **For shorter route** continue on path until you see signpost on right for Mallard Close. Take path on left by white post with blue circular cycling/walking sign.
Alternative longer route to Lilliput Park
At end of first set of houses turn right in front of grassy area. Path skirts Raysfield Primary school playing field on left. Keep on path following edge of school.
- 7** When you reach top end of school buildings, where path for Kestrel Close is on right and Finch Road is on left, turn right on path heading away from school.
- 8** Just before local shops and Tern Pub on right, take middle path and go under underpass. Keep walking straight, keeping on middle path.
- 9** Where several paths meet and there is a raised drain where stream goes under paths. Take path on left.
- 10** Cross over residential road and continue on footpath. When you reach brick wall of bridge (where stream comes back out) turn left. Skirt edge of Lilliput Park (on your right).
- 11** At end of park go left and under underpass. Go straight up hill. Pass signposts for Kingfisher Close, Mallard Close and Finch Road. After footpath bends slightly to the right, take left fork. At next triangle of grass take right fork. Pass sign saying Mallard Close. At next triangle, go straight on. Go straight down slope towards new housing. This joins back up with shorter route
- 12** Turn right on path at bottom.
- 13** On left hand bend is Sea Store Sidings. Continue round to left. Cross road. When road bends round to right, turn left between houses. (Mulberry Crescent)
- 14** Go left at fork. Walk through bollards. Walk down Shackleton Avenue towards main road.
- 15** Turn right on footpath and cross road at island. Go right on cycle/footpath towards shopping centre and roundabout.
- 16** Take left hand footpath over bridge. Stay on this path. Turn left after yellow metal barriers. Cross main road at pelican lights. Go left along pavement. Cross zebra crossing and continue into shopping centre.
- 17** Turn right towards centre. At centre turn left and return to library.

Notes

- Toilets /baby changing facilities at Yate Leisure Centre and library.
- There are cafes in Yate
- Shopping Centre and Leisure Centre.
- This walk is suitable for buggies.
- There are a number of crossings on busy roads, take care to cross safely.
- Need to also be aware of overhanging brambles on footpaths.