

Walks with Bristol Rethink Carers

Summer - Autumn 2022

July: Georgian healthcare & Hotwells evening walk



Wednesday 13th July meeting at 5.30pm

We will meet at Broken Dock, Millenium Promenade BS1 5SY between 5.30—6pm.

6pm set off for walk

7pm Stop in Clifton for takeaway meal (Fish and Chips, Pitta & juice, or just a sandwich from the Co-op)

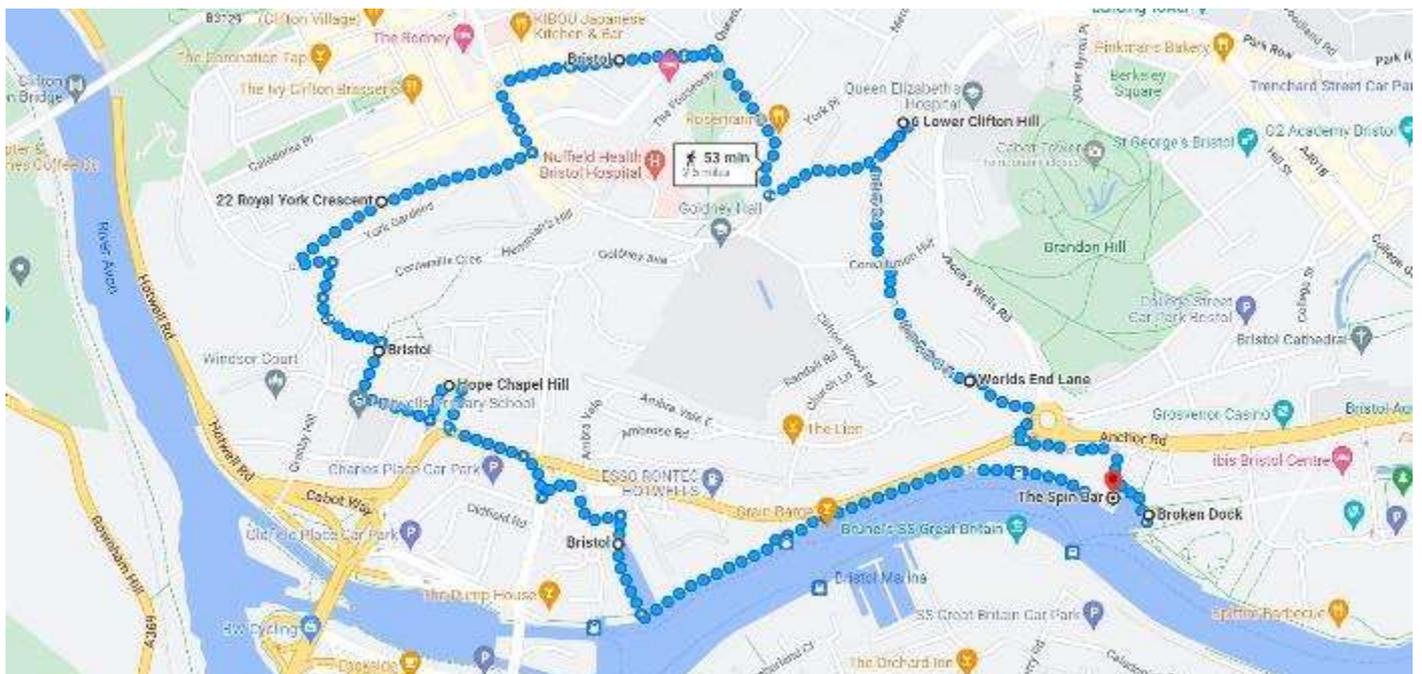
8.30pm Arrive back at Broken Dock

Distance: 2.5 miles

Book here: [July: Georgian healthcare & Hotwells evening walk Tickets, Wed 13 Jul 2022 at 17:30 | Eventbrite](#)

Buses: X4, X5, X6 or Shirehampton Park & Ride to Gasferry Rd, or number 8 to College Green
Parking: Millenium Square Car Park BS1 5LL

Did you know that frogs, cow's breath and even nitrous oxide were tried as cures for respiratory diseases in Georgian times? Discover the places Thomas Beddoes lived, worked and is buried and how this little known doctor tried to better the health of Bristolians, with mixed results. An evening walk with one steep flight of steps to ascend.



August: Nordic Walking in Oldbury Court



Tuesday 16th August meeting at
10.30am

We will meet at Eastville Car Park, Park
Ave BS5 6QL

10.30-11am Meet up

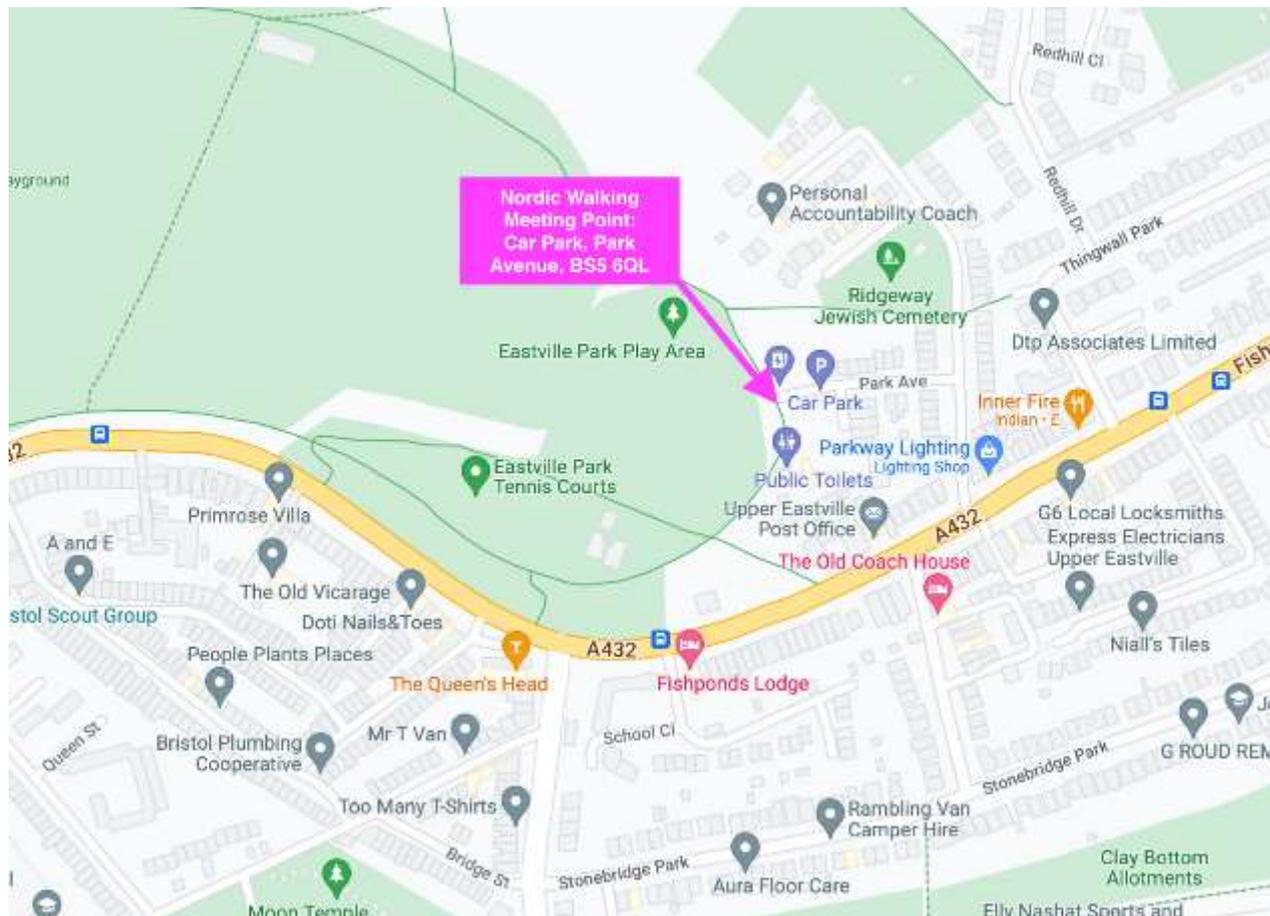
11am Nordic walking taster followed
by a social walk around Eastville Park,
or we may decide to find a cafe).

Buses: any that go up lower
Fishponds Rd

To Book: [August walk: Nordic taster and Eastville Park Tickets, Tue 16 Aug 2022 at 10:30 | Eventbrite](#)

We will meet at Eastville Car Park at 10.30 for a taster session of Nordic walking (poles supplied). This will last an hour, after which the group will decide whether to continue walking or go to a cafe for coffee.

[More info on Nordic walking groups in Bristol and Bath](#)



September: The Bridge to Nowhere and Arnos Vale



Tuesday 27th September

We will meet outside Temple Meads station (on the right hand side leaving front entrance, near the bus stop for 8 and 9 busses BS1 6QF between 10.30 and 11am

11am set off for walk to Arnos Vale (or you can meet us there) along the river Avon footpath

Walk around Arnos Vale cemetery

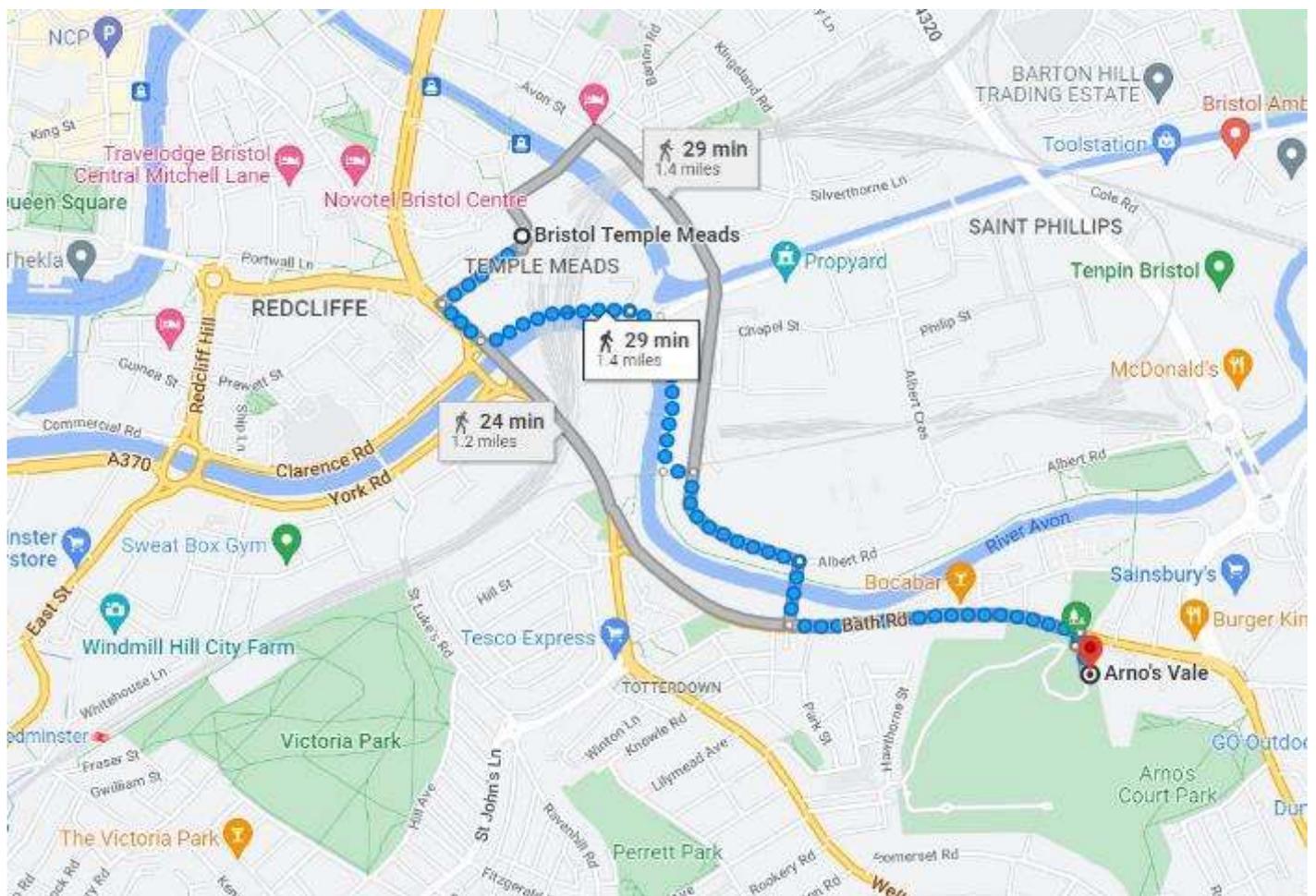
Book here: [September walk: The Bridge to Nowhere and Arnos Vale Tickets, Tue 27 Sep 2022 at 10:30 | Eventbrite](#)

Distance: 4 miles Buses: any to Temple Meads

Parking: Temple meads

A bridge to nowhere, foraging, a wild cemetery and lunch... what more could you ask for to distract you from your troubles?

Lunch at the Bocabar or nearby cafe, then return on foot to Temple Meads station via same route. There are wild fruit trees on this route, so bring a bag if you are a forager!



We are very sorry but we can't meet your travel expenses or the cost of refreshments.

We will limit each group to 20 people, walking in smaller groups, **booking essential**. For more information please contact Karen Bonney on 07918 162 523 or email bristolcarers@rethink.org

