





Key to walk symbols

1	Under 1 mile (10 – 30 minutes)	Steps	
2	1 – 2 miles (30 – 45 minutes)	Slope	
3	2 – 3 miles (45 – 90 minutes)	Café stop	
4	3 + miles (90 + minutes)	Toilets	

Buggy Friendly



Wheelchair accessible



Hints for walking

- ✓ Dress appropriately for the weather
- ✓ Wear suitable, supportive footwear
- ✓ Start each walk slowly, building up speed
- ✓ Walk to increase breathing but not to exhaust
- ✓ Drink plenty of water
- ✓ Do not walk if you feel unwell
- ✓ Remember to bring any necessary medication
e.g. inhaler

We welcome everyone!

If you have additional needs please contact

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CREATE Centre Strolls

Walking for Health Bristol

in Partnership with

Bristol Autism Spectrum Services

Every first Friday of the month at 1.30pm

**You are invited to join us for our
strolls around the area local to the
CREATE Centre**

Contacts:

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BASS: 01275 796200 Email: bass@awp.nhs.uk

Nic Ferris: 01173 521283 Email: Nicola.ferris@bristol.gov.uk



Winter & Spring Strolls 2014 - 2015

Meeting Point for all walks is at the CREATE Centre Café. Please arrive 15 minutes before start of walk. We aim to make as many walks as we can accessible to all. Please contact Pam for more information.

<p>Friday 05 Dec</p> <p>1.30pm to 2.45pm</p>	<p style="text-align: center;">Spike Island</p> <p>A short stroll from CREATE to Spike island and back with an opportunity to view the exhibition</p> <p style="text-align: center;">Laws of Attraction by Anna Franceschini</p> <p style="text-align: center;">and cake and drinks (last opportunity before xmas)</p>	<p style="text-align: center;">1</p>    		<p>Friday 06 Feb</p> <p>1.30pm to 3.15pm</p>  	<p style="text-align: center;">Millennium Square</p> <p>A gentle stroll to Millennium Square and back, exploring the background behind the development of this area.</p> <p>Refreshments in café in the Square.</p> <p>Alternate route available</p>	<p style="text-align: center;">2</p>    
<p>Friday 02 Jan</p> <p>1.30pm to 3.00pm</p>	<p style="text-align: center;">Avon River Stroll to Clifton Suspension Bridge</p> <p>A Stroll along the River Avon to the entry of Leigh Woods under the Suspension Bridge and back to CREATE Centre with short talks on the tides.</p> <p>Refreshments in Riverside Garden Centre afterwards.</p>	<p style="text-align: center;">2</p>    		<p>Friday 06 Mar</p> <p>1.30pm to 3.15pm</p> <p>TBC</p>	<p style="text-align: center;">Clifton Stroll</p> <p>This Stroll may include a bus trip to Park Street and a walk back to CREATE through Brandon Hill Park.</p> <p>Steep inclines on this walk</p> <p>Refreshments afterwards</p>	<p style="text-align: center;">2</p> 