



1 To Southmead Hospital from Nevil Road
 Distance: 3.1 km / 2 miles
 Allow: 40-55 minutes
 Suitability: All
 Pavements and surfaced paths, mainly avoiding main roads.
 From Nevil Road head to Gloucester Road and cross to Longmead Avenue. After a quarter mile, take a path on the right to Radnor Road; go uphill to Maple Road. Turn right; soon a short path on the left leads to Horfield Common. Turn half-right; keeping the tennis courts, the wild garden and Ardagh buildings on your right, head towards Kellaway Avenue. From here, see the choice of routes, right.

2 To Southmead Hospital from Gloucester Road Medical Centre
 Distance: 2.4 km / 1.5 miles
 Allow: 30-40 minutes
 Suitability: All
 Pavements and surfaced paths, mainly avoiding main roads.
 From Church Road head away from Gloucester Road; after the bend, turn left into Hughenden Road and go to the end into Rodbourne Road. Go via Bishopthorpe Road to Bishop Manor Road. Turn into Bell Close and follow the path to Tilling Road; turn left to reach Dorian Road and the hospital.

3 Around Horfield Common
 Total distance: 4.3 km / 2.75 miles
 Suitability: All on surfaced paths
 This is made up of three separate loops which link up to make a longer route: Horfield Common, Bishopston and Henleaze.

4 Bishopston loop
 Distance: 2 km / 1.2 miles
 From the SW corner of the Common, a short path to Maple Road, right to Longmead Avenue, left to Kings Drive, left down Bishop Road. Into Fenton Road, at the end, path on right to Monk Road; left then ahead, path in Kellaway Avenue (Bishopston loop), at Tesco/Costa (Henleaze loop) and (part-time) at the Ardagh Café (Horfield Common.)

5 Henleaze loop
 Distance: 1.3 km / 0.9 miles
 From Kellaway Avenue, along Lime Trees Road as far as The Furlong; right along the cycleway/path and

Facilities
 Cafés and benches: at Gloucester Road, Horfield Common (the Ardagh café part-time) and Tesco/Costa by Horfield Common.
Facilities
 Refreshments are available at the Gloucester Old Spot in Kellaway Avenue (Bishopston loop), at Tesco/Costa (Henleaze loop) and (part-time) at the Ardagh Café (Horfield Common.)
Additional routes
 6 7 8 9 10
 Around Southmead Hospital there are several walking routes taking in some of the green spaces on site. See the map overleaf for directions.

Access Fitness
 Total distance: 4.3 km / 2.75 miles
 Suitability: All on surfaced paths
 until the barrier for Kendon Drive. Continue Cross and turn into Gloucester Road. Continue to the zebra crossing.
 (b) Go to the traffic lights with Wellington Hill; cross ahead then left to go down the right-hand side of Wellington Hill West. Take a path over to cross Abbot's Way to a short path to Rodbourne Road. Go via Bishopthorpe Road to Bishop Manor Road. Turn into Bell Close and follow the path to Tilling Road; turn left to reach Dorian Road and the hospital.

Additional routes
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What are the routes?

LET'S WALK NORTH BRISTOL

Walk to Health

Walk to Health is a joint production between North Bristol NHS Trust and Walk Your Way To Health. The latter is a local group extending the Let's Walk Bishopston map, which encouraged local walking. The extension adds three useful easy-access routes around the area. It consists of two routes from GP surgeries to Southmead Hospital, together with an "Access Fitness" route made up of three linked loops, offering a choice of distances from half a mile to 2.75 miles. All routes are on surfaced paths or pavements, so are suitable for wheelchairs and buggies, whether people want to get fit (after surgery or ill-health) or to keep fit.

Hospital Walks

In addition there are three routes, centred on the Hospital, and created for staff and visitors by the Sustainable Development Unit at North Bristol NHS Trust. They are: Horfield Hike, Monks Park Meander and Walks to Wellbeing.

Download the map

Copies of this map can be freely downloaded from the BCR Community Partnership website: bcrcp.org.uk and other local websites.

Detailed versions of the Walk Your Way To Health routes (and other easy-access short walks) are available to everybody, free, on the Ramblers' website: ramblers.org.uk

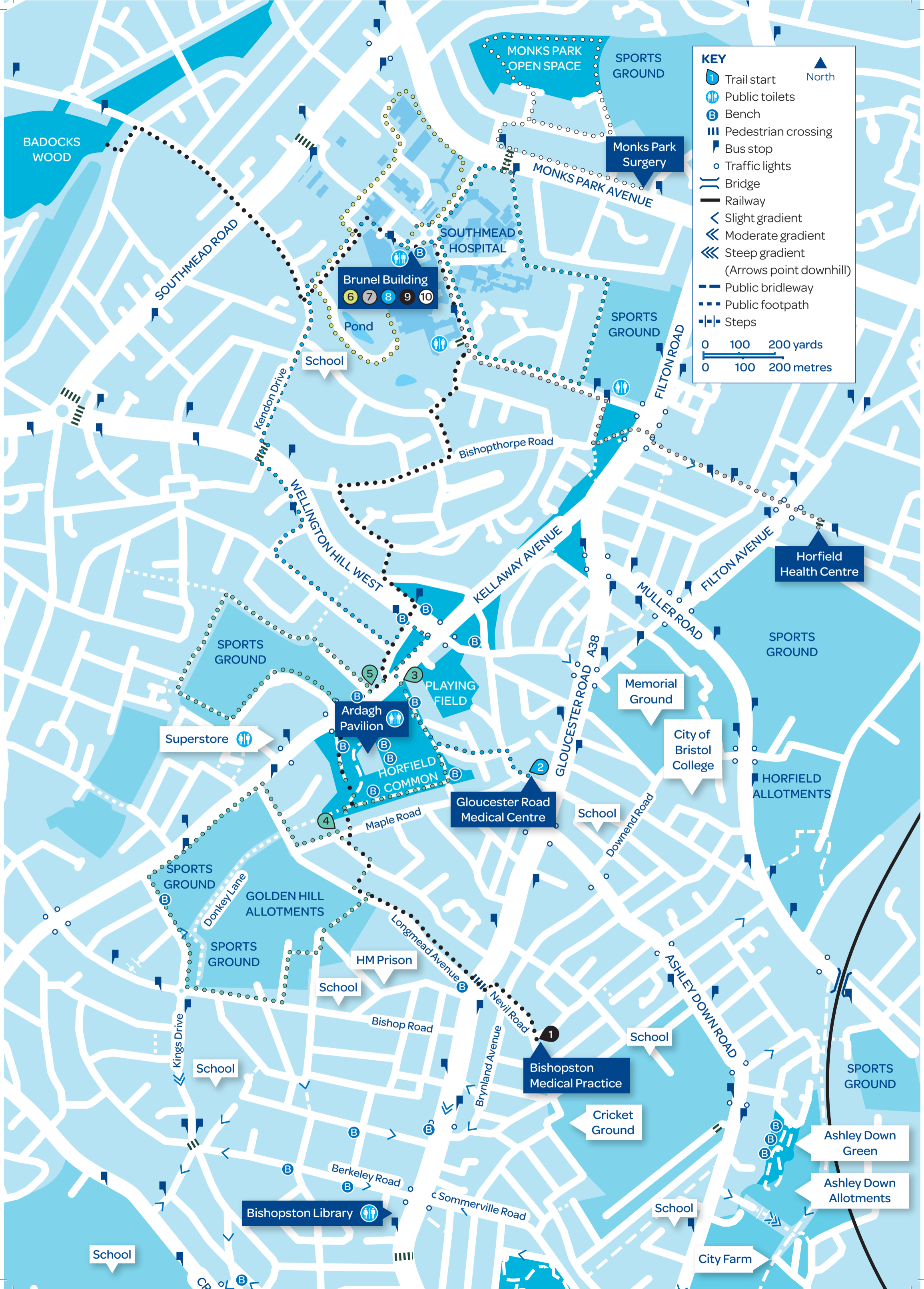
Contact us

If you need to contact someone about this walking guide, please email info@bcrcp.org.uk or SustainableDevelopment@nbt.nhs.uk

Acknowledgements

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KEY

- Trail start
- Public toilets
- Bench
- Pedestrian crossing
- Bus stop
- Traffic lights
- Bridge
- Railway
- Slight gradient
- Moderate gradient
- Steep gradient (Arrows point downhill)
- Public bridleway
- Public footpath
- Steps

0 100 200 yards
0 100 200 metres

Brunel Building
6 7 8 9 10

Horfield Health Centre

Gloucester Road Medical Centre

Bishopston Medical Practice

Bishopston Library

Ardagh Pavilion

Memorial Ground

City of Bristol College

Superstore

HM Prison

Ashley Down Green

Ashley Down Allotments

City Farm

School

School

Cricket Ground

School

School

School

SPORTS GROUND

HORFIELD ALLOTMENTS

GOLDEN HILL ALLOTMENTS

SPORTS GROUND

SPORTS GROUND

PLAYING FIELD

SPORTS GROUND

SPORTS GROUND

SOUTHMEAD HOSPITAL

Monks Park Surgery

SPORTS GROUND

MONKS PARK OPEN SPACE

BADOCKS WOOD

SOUTHMEAD ROAD

MONKS PARK AVENUE

FILTON ROAD

Bishopthorpe Road

KELLEYWAY AVENUE

MULLER ROAD

FILTON AVENUE

WELLINGTON HILL WEST

GLOUCESTER ROAD A38

Downend Road

Maple Road

Longmead Avenue

ASHLEY DOWN ROAD

Bishop Road

Brynland Avenue

Berkeley Road

Sommerville Road

Kings Drive

Donkey Lane

Kendon Drive