

Potter around Portishead

Walk information:

Distance: about 1.75 miles.

Difficulty: easy – mainly flat with one steeper section. Not suitable for wheelchair users.

Duration: 30 minutes to 1 hour, depending on fitness.

Maps: OS Explorer 154.

Refreshments: Lake Grounds café and public toilets at start.

From Lake Grounds café, follow Esplanade Road towards Battery Point. At the end of the bay follow the steps up the hill, past the sign for the circular woodland walk.

At the top turn right and cross the grassy headland, with views out across the Severn Estuary and plenty of benches to sit and enjoy the peace.

Cross the field, walking towards the far right-hand corner. Here you will see a path leading into East Wood and a sign for East Wood and Battery Point nature reserve.

Take the path into the woods and follow the steps uphill. At the top take care when crossing the road before continuing up the steps on the opposite side of the road (although this may be too steep for people with mobility problems).

Follow the path until you reach a fork and take the right-hand route which veers back downhill. Alternatively you could follow the path until it reaches the Royal Hotel for a refreshing pit-stop.

The path downhill leads to Pier Road. There is no pavement here so be wary

This month *Life* joins a guided health walk around Portishead. These walks are organised by North Somerset Council and NHS North Somerset and take place across the district, led by trained voluntary leaders.



Did you know?

If you want details of a walk previously published in *Life* you can download past editions of the magazine in PDF format from the council's website.

Visit www.n-somerset.gov.uk/nslarchive which links to every edition of the magazine.

of traffic. Carry straight on, crossing Woodlands Road and Esplanade Road.

Shortly after The Coach House on Woodhill Road there is a right-hand path which leads down onto a public footpath which runs behind the properties. Here you will pass pretty cottages and catch glimpses of stunning views across Portishead.

Features to look out for:

- Lake Gardens
- Battery Point
- East Wood
- Views across the Severn Estuary



Follow this path to the end and you will reach Beach Road West. Turn right here and Lake Gardens will be on your right. You will pass a pleasant garden, with spring flowers shooting up. Follow the road back round to Lake Gardens and your starting point.

How to get there:

Car

A369 or B3124 to Portishead and follow signs to Lake Gardens. Free parking is available.

Bus

- Services First Bus **357, 358, 359** from Bristol
- First Bus **X25** and ACL **X26** from Clevedon and Weston-super-Mare
- Bakers **692** from Nailsea
- ACL **660** from Congresbury and Yatton

What are Health Walks?

Walks are aimed at encouraging people who need to move more. They are purposeful and brisk but not too challenging for those who have not exercised recently. Each is planned so it is easy, safe and enjoyable, with leaders at the front and back. Walks last no longer than an hour.

The group, known as North Somerset Strollers, has gone from strength to strength since it began two years ago.

Walks now take place fortnightly in Clevedon, Yatton and Portishead; three times a month in Winscombe; and weekly in Weston-super-Mare and Nailsea.

Plans for 2009 include running a volunteer leaders' day, operating more 30 minute walks for people who have been recommended to walk by their doctor, and regular meetings to support volunteer leaders.

For details of the current walk programme call 01275 810 995 or visit www.nsstrollers.co.uk.

To set up a group in your area call: 01275 812 043 or NHS North Somerset on 01275 546 746. 

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