

Everyone can enjoy North Somerset

Walking is one of the best ways to improve your well-being – a free and easy way to increase both your mental and physical health.

But if walking isn't so easy for you, there is still a wide variety of ways to get out and enjoy all North Somerset has to offer.

Whether you are a wheelchair-user, a parent with a pushchair, or have mobility problems, *Life* takes a look at the options available...

Take the first step to a healthier life

Anyone who wants to become more active can take the first steps to a healthier lifestyle by putting their walking shoes on.

Health walks take place across North Somerset and are ideal for anyone who needs a little encouragement to move more.

They are led by trained volunteers and last between 30 and 90 minutes. The routes are purposeful and brisk but not too challenging for those who haven't exercised in a while.

The groups are open to anyone and some of the most successful are led by people with long term health conditions, both mental and physical.

North Somerset Strollers groups take place in Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe and Yatton.

For a programme of walks call 01275 882 730 or visit www.nsstrollers.co.uk www.go4life.org



Here is a selection of short, wheelchair-friendly walks previously featured in *Life*...

Leigh Woods, near Abbots Leigh, off the A369

(issue 43, May 2008)

A network of hard-surfaced paths suitable for wheelchairs and prams cross through the 440-acre woods.

Visit the nature reserve for wonderful views of the Avon Gorge, woodland sculptures, rare trees, and an Iron Age fort.





Weston Woods, Weston-super-Mare

(issue 49, Nov 2008)

A compact level access gravel path winds its way through Weston Woods for 1.5 miles, from Worlebury Hill Road towards the 2,000-year-old hill fort.

The path was built in 2008 so more people could enjoy the 130-hectare woodland which dominates Weston's northern skyline.



Strawberry Line, Yatton to Congresbury

(issue 51, Jan 2009) **and**

Winscombe to Sandford

(issue 64, Feb 2010)

The former Cheddar Valley Railway Line between Yatton and Cheddar now forms part of a nine-mile, almost traffic-free, walk and cycle path (Sustrans' National Cycle Network route 26).

You will see grassland, willow trees and mixed scrub along the route.



Portishead's sculptures, Portishead marina

(issue 59, Sept 2009)

More than 20 world class artists created 30 public artworks around Portishead's marina, responding to the town's rich history and heritage.

The sculptures have been integrated into the Port Marine landscape and visitors can meander through the site to find their favourite pieces.



Black Rock Path, along the Toll Road from Kewstoke to Weston

(issue 76, Feb 2011)

Black Rock Path opened last year alongside the Kewstoke toll road (starting near The New Castle coffee lounge). The undulating hard-wearing path has a limestone dust surface so blends in well with the wooded area. It is on the side of a steep hill so there are some small inclines along the route.



Grove Park, Weston-super-Mare

(issue 73, Nov 2010)

Discover the delights of this popular Weston park, which opened to the public in 1891. Enjoy Jill's Garden, in memory of Jill Dando, the bandstand, war memorials and rock garden.

Don't forget! PDF versions of all walks previously featured in *Life* can be downloaded from the council's website.

So if you can manage a longer route – why not try one of our previous walks in a different season?

Visit www.n-somerset.gov.uk/lifewalks

Suggest walks for *Life!*

Do you have a favourite place in North Somerset? Is there a hidden gem which would make an ideal route for people to explore?

If you would like to suggest a walk, of no more than five miles, email editor@n-somerset.gov.uk or call 01275 884 139