

WHAT TO LOOK OUT FOR

Glyn Vale boasts a wealth of wildlife habitats. Unusual species are found here, including some that are nationally rare.



Sally Oldfield

▲ Locally, the yellow vetchling is only known to grow here and at Ashton Court.



Myrobing, Wikimedia Commons

▲ Look for the bullfinch at the woodland edge.

▶ The bee orchid's petals mimic their main pollinators - bees.



Ruth Coleman

CALORIE COUNT

It's not the speed that counts, but the distance you walk relative to your body weight on the gradients involved. (Ref: Ainsworth 2011)

Glyn Vale

Approx calories burnt

1-1.5 miles	60kg	150 cals
1-1.25 hours	70kg	175 cals
	80kg	200 cals
Hilly	90kg	225 cals

HOW TO GET THERE

Grid ref: 707593
Postcode: BS4 1DQ
Please consider local residents if parking nearby.

Bus No.90 to Melvin Square
Bus No.36 to St Barnabas



The Park Local Opportunities Centre

Open: weekends (toilets only) 9am-2pm
weekdays (inc. toilets and cafe) 7am-9pm
www.theparkknowle.org.uk
Tel: 0117 903 9770

BEFORE YOU GO

- ▶ Put on sturdy footwear and bring clothing and kit appropriate for the weather.
- ▶ Please note, the area is used for dog walking.
- ▶ Horses are tethered and corralled on site.

CONTACTS

www.northern-slopes-initiative.co.uk
www.facebook.com/groups/177126825777076
www.linkagebristol.org.uk
www.bristol.gov.uk/healthwalks

Find three other walks leaflets on the NSI website.



NORTHERN SLOPES CIRCULAR WALKS

No. 2 Glyn Vale

**Hilly with a mix of open space
and woodland, with panoramic views
of the city and beyond**



Written by Julia Tutton. Designed by Ruth Coleman

- ▶ **Route difficulty:** medium – fairly steep
- ▶ **Distance approx:** 1-1.5 miles
- ▶ **Time:** 1-1.25 hours
- ▶ **Calorie count:** 150-225

GLYN VALE

Circular Walk Directions

The walk is described in a clockwise direction.

Path is mostly suitable for prams.

Can be muddy/waterlogged in parts.

From The Park, turn left along Daventry Rd, past the mini roundabout to Melvin Square. Cross road at zebra crossing and pass along the front of the shops. Bearing right into Galway Rd/Carpenter's Place, continue to T-junction with Kenmare Rd. Take the lane (opposite right) next to house number 110. **1.**



cowslips KMMC

Entering the site opens up vast views of the city. Take the path beside the horse paddock. **2.**

To the right is Doorstep Green amphitheatre.

Note the large metal teasels throughout the site, the signature entrances and the sponsor slab. **3.** Keeping to the downward rustic path ahead, look for activity in the bird and bat boxes in the woodland alongside.



Gill Carady

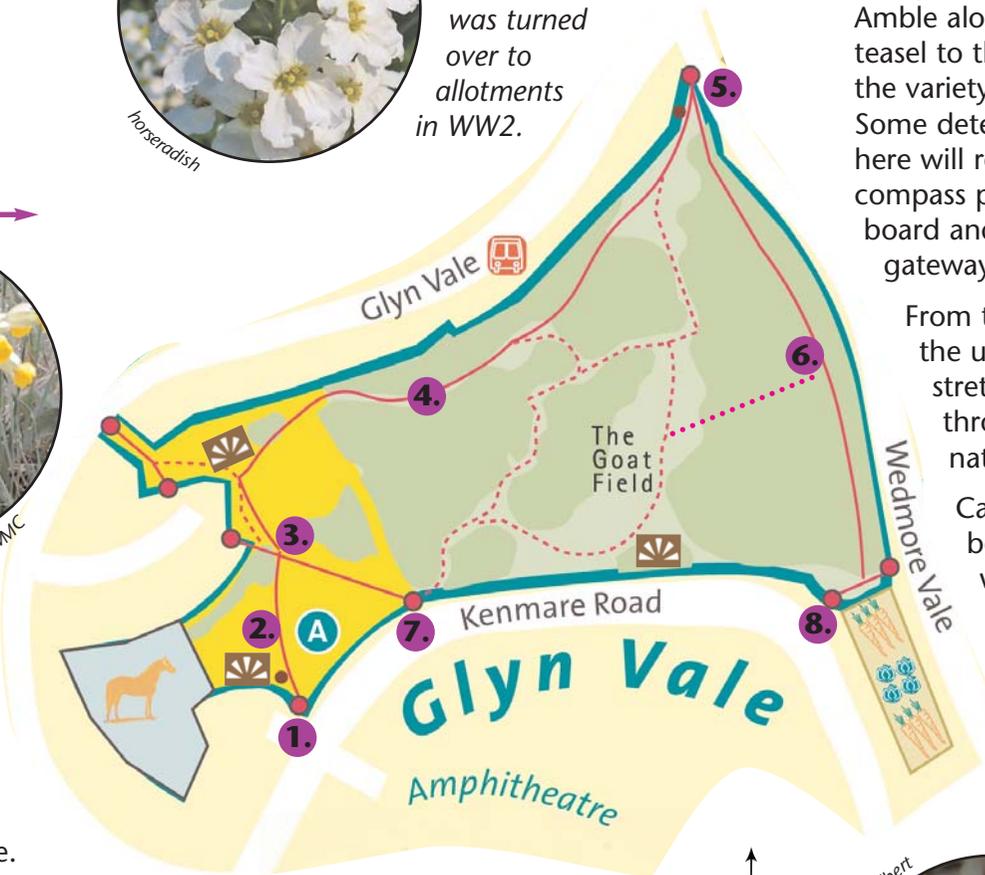
goldfinch on teasel



Wikimedia Commons

horseradish

Look for naturalised horseradish, strawberries and mint left over when the site was turned over to allotments in WW2.



Carry on down to the sometimes dry stream through the remnant ancient hedgerow **4.** and past the forested area used by schools and groups for forest school and bushcraft sessions. Amble along the path with a teasel to the right, noting the variety of trees. Some detective work here will reveal the compass point, identity board and signature gateway. **5.**



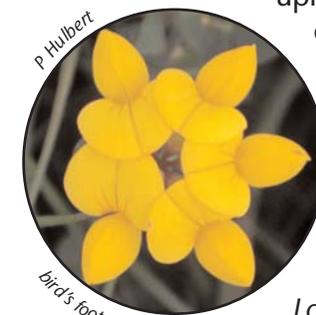
devil's bit scabious A Burgess

From this point take the upward slope. This stretch has a wide variety of flora throughout the year including the nationally rare yellow vetchling.

Carry on up the path. Where the path becomes more level, as you reach a wide opening to the right, **6.** you can walk off-path through to the 'goat field' opening.

Either follow the track along the escarpment to 92 Kenmare Rd **7.** and return to entry point. OR back track to the path **6.** and follow uphill to the kissing gate **1.** entrance and follow right hand along Kenmare Rd.

Alternative detour:
Leave the site at **8.** Turn left back on to Kenmare Rd and left again for Daventry Rd.



P Hulbert

bird's foot trefoil

Look out for trees including blackthorn, apple, oak, field maple, cherry, white poplar, whitebeam and crab apple.