

## DIRECTIONS CONTINUED

Follow the trail along the escarpment and enter the Knowle West Health Park on the left at the opening. **13.** Walk this site in either direction. Maybe try the fitness equipment en route? Café and toilets on site.

Leave the Health Park at the same entrance **13.** taking the opportunity to take in the different viewpoint. Make your way onto the Novers steps.

*(Kingswear site alternative route – uphill on Glyn Vale, turn right into Clonmel Rd and enter the Health Park at the entrance directly in front of you. Explore and then walk towards **13.**)*

The bottom of these steps **14.** connects to the Malago Greenway. Follow the river through the two green areas and break out onto St John's Lane. From here you can follow the route into Victoria Park.

Retrace your steps to return. If you re-enter The Bommie at the signature entrance, **6.** keep right and take the uphill path running parallel with the stream. Cross the bridge and go on up the slope with the bomb crater to the right. Exit at the entrance where you began. **1.**

## CALORIE COUNT

It's not the speed that counts, but the distance you walk relative to your body weight on the gradients involved.

### Ramblers NSI walk      Approx calories burnt

2–2.5 miles	60kg	300 cal
1.5–2 hours	70kg	350 cal
	80kg	400 cal
Hilly	90kg	450 cal

## 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](http://www.theparkknowle.org.uk)  
Tel: 0117 903 9770

## BEFORE YOU GO

- ▶ Accessibility is limited due to poor quality paths, trails and tracks.
- ▶ Put on sturdy footwear and bring clothing and kit appropriate for the weather.
- ▶ Can be muddy/waterlogged in parts.
- ▶ Please note, the area is used for dog walking.
- ▶ Horses are tethered and corralled on Glyn Vale.

## CONTACTS

[www.northern-slopes-initiative.co.uk](http://www.northern-slopes-initiative.co.uk)  
[www.facebook.com/groups/177126825777076](https://www.facebook.com/groups/177126825777076)  
[www.linkagebristol.org.uk](http://www.linkagebristol.org.uk)  
[www.bristol.gov.uk/healthwalks](http://www.bristol.gov.uk/healthwalks)

Find three other walks leaflets on the NSI website.



# NORTHERN SLOPES CIRCULAR WALKS

## No. 3 Ramblers Walk

Northern Slopes to Malago Greenway

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:** hard – steep and challenging in parts
- ▶ **Time:** 1.5–2 hours
- ▶ **Distance approx:** 2–2.5 miles
- ▶ **Calorie count:** 300–450

# RAMBLERS WALK

## Northern Slopes to Malago Greenway

### Circular Walk Directions



From The Park, cross Daventry Rd to the green in front of St Barnabas Church and take the entrance to the Northern Slopes. **1.**

To the right is a small copse. Take the tarmacked path to the green mound and soak up the views. Walk downhill to the track at the bottom right-hand corner and cross the stream. **2.** The spring rises in the Springfield Allotments behind the fence to the right, being the start of the annual 'pipe walk'.

At the grass mound, turn to the right walking the natural boundary with Springfield Allotments to the right, round to the signature entrance. **3.**

(For the Well-head exit here and turn right to the Springfield Allotment gate on Andover Rd (off Stockwood Crescent) just shy of the junction. Return to this entrance.)

The top of the hill is another amazing viewpoint. **3.** Keeping to the boundary takes you to Bramble Farm.

**4.** Follow the line of the trees and shrubs down to the path on the right leading through the shady glade and up to the grassy bank.

Circle this end of the site and walk back up through the glade, bounding the allotments and up to the mound, keeping right.

Take the path at the point of two retaining steps, **5.** down to the signature gate **6.** noting the diverse flora in this area.

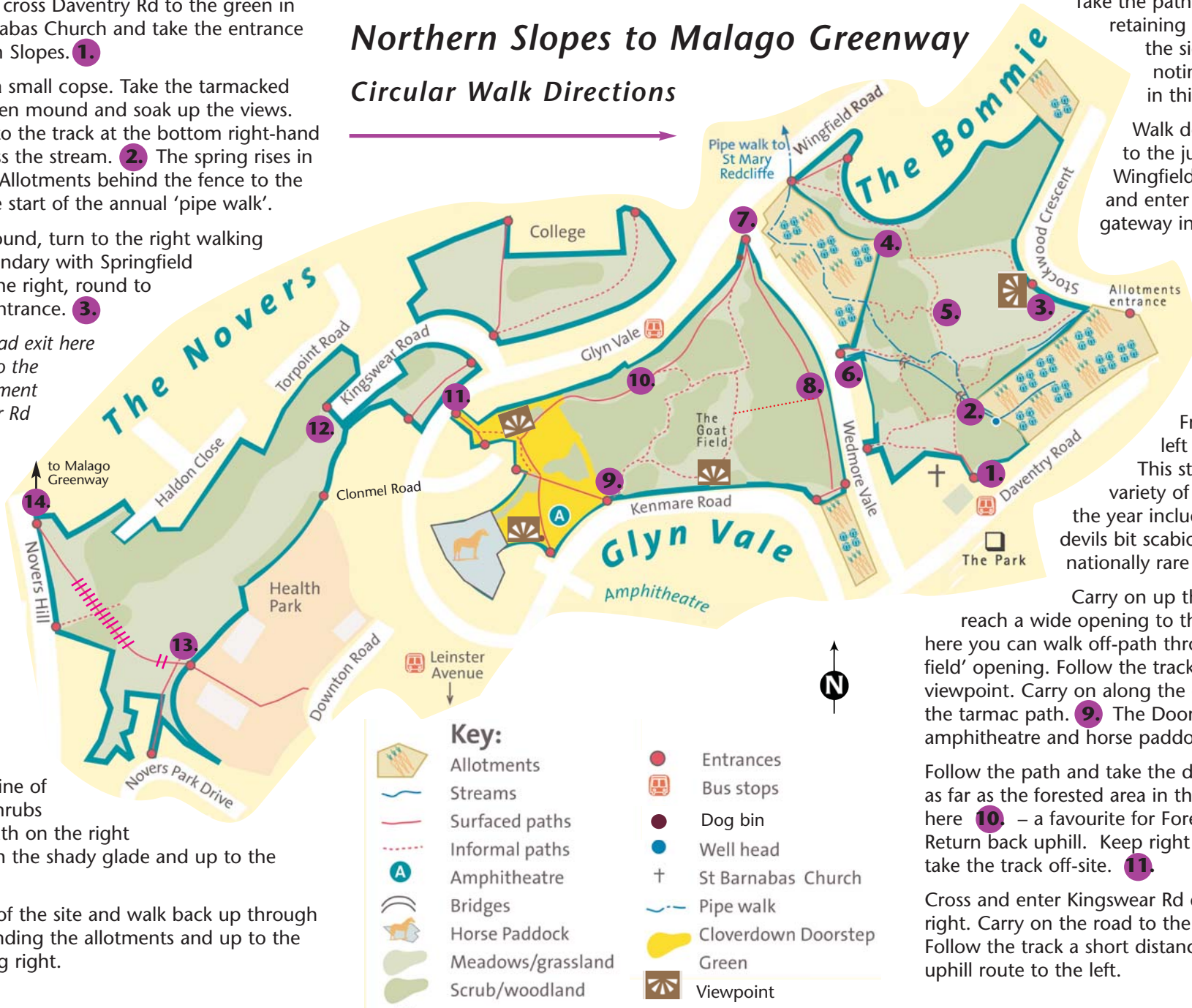
Walk down Wedmore Vale to the junction with Wingfield Rd. Cross the road and enter the Northern Slopes gateway into Glyn Vale opposite. **7.** Note the compass point inserted into the ground. You will also find several sculpted teasels on this site.

From here, take the left hand, upward slope. This stretch has a wide variety of flora throughout the year including cowslips and devils bit scabious and the nationally rare yellow vetchling.

Carry on up the path until you reach a wide opening to the right. **8.** From here you can walk off-path through to the 'goat field' opening. Follow the track uphill for another viewpoint. Carry on along the escarpment towards the tarmac path. **9.** The Doorstep Green amphitheatre and horse paddock are to the left.

Follow the path and take the downhill rustic path as far as the forested area in the dip. Amble around here **10.** – a favourite for Forest School activities. Return back uphill. Keep right at the hedge and take the track off-site. **11.**

Cross and enter Kingswear Rd diagonally on the right. Carry on the road to the green area. **12.** Follow the track a short distance then take the uphill route to the left.



### Key:

- |  |                   |  |                     |
|--|-------------------|--|---------------------|
|  | Allotments        |  | Entrances           |
|  | Streams           |  | Bus stops           |
|  | Surfaced paths    |  | Dog bin             |
|  | Informal paths    |  | Well head           |
|  | Amphitheatre      |  | St Barnabas Church  |
|  | Bridges           |  | Pipe walk           |
|  | Horse Paddock     |  | Cloverdown Doorstep |
|  | Meadows/grassland |  | Green               |
|  | Scrub/woodland    |  | Viewpoint           |