

## DIRECTIONS CONTINUED

Cross the road diagonally to explore either side of Kingswear Rd. Discover **silver birches and a remnant hazel hedgerow** to the right.

Return to site **9.** walking uphill towards horse paddock past the thicket on the right. Follow the boundary back to the tarmacked path. **10.** In the dense area is a large **oak**.

Follow the track behind the houses **11.** and look for the rare **false acacia, cherry plum, whitebeam, oak, crab apple and Norway maple** en-route to the goat field. Use the downhill trail which will bring you onto a wide track. Turn right **12.** breaking out onto the rustic path, then downhill to the entrance. **7.** Retrace your steps uphill to The Bommie at the entrance you left earlier. **6.**

The right hand path follows the stream with an 80 year old **sallow/goat willow and three large Italian alder**. Cross the bridge over the stream **13.** and carry on up the slope. On the right hand side look for the bomb crater. Behind this is part of a coppiced **hazel stack**. Pass the 'photogenic' **ash tree** on up the track. Explore the mound, exiting at the entrance adjacent to St Barnabus Church, where you started. **1.**

## CALORIE COUNT

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

### Tree Trail

### Approx calories burnt

1.5-2 miles	60kg	210 cals
1.5-2 hours	70kg	245 cals
Hilly	80kg	280 cals
	90kg	315 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](http://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 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)

*Thanks to Jim Smith and Richard Bland.*

*Find three other walks leaflets on the NSI website.*



# NORTHERN SLOPES CIRCULAR WALKS

## No. 4 Tree Trail

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

Written by Julia Tutton. Designed by Ruth Coleman



- ▶ **Route difficulty:** hard – fairly steep
- ▶ **Distance approx:** 1.5-2 miles
- ▶ **Time:** 1.5-2 hours
- ▶ **Calorie count:** 210-315

# TREE TRAIL

## Circular Walk Directions

The walk is described in an anti-clockwise direction.

Accessibility is limited due to poor quality paths, trails and tracks.

Can be muddy/waterlogged in parts.

**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

Circle the site and come back to the dipped path. **4.** Follow the boundary of the mound keeping right. Note the variety of trees and the wildlife they support. Take to the narrow track at the point of two retaining steps, **5.** down through the wooded area, past the two **field maples** where children play.

Carry on down the steep stepped path to the signature entrance noting **native privet and large lilac.** **6.**

Leave site and cross the road going down to the Northern Slopes entrance shy of the junction and enter the site noting the compass point in the ground and the teasel sculptures. **7.**

Take the right hand fork, noting **yew** and leading past **field maple** of various ages, **white poplar, willow and common alder to a clearing left, with oak, cherry, ash and sycamore.** The path cuts through the line of **hazel stacks**, the mounds being indicative of ancient hedgerow.

Pass buddleia and go on up to the crest of the path **8.** with **goat willow** on the right and on the left discover **ash, apple, field maple and a middle-aged oak** at the centre. The noticeable

**large apple and rowan** offer sustenance to wildlife helped by the bird and bat boxes mounted in this area. The track goes to Glyn Vale. **9.**



Directions continued overleaf



Oak



Field maple



Elm



Ash



Yew



Hazel



Spindle



Alder



Elder