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Walks Programme

All the latest information about our walks programme is available on our website: <https://bristolramblers.org.uk>. Any additional walks are added as they are submitted. To see all the walks on specific days, or of specific lengths or difficulties, go to <https://bristolramblers.org.uk/display-programme>. From this page you can also download or print the list of walks, or add walks to your calendar.

Walking with other Ramblers groups

Remember that your Ramblers membership entitles you to join walks all over the country. Locally, <http://www.avon-ramblers.org.uk> lists forthcoming walks organised by the eight Ramblers groups in the Avon area. The website also has links to other groups' websites.

Some walks from the February programme

This is just a small taster selection of the walks that are available. Always check the website for the full, up-to-date programme:

<https://www.bristolramblers.org.uk/display-programme>

Sun 15th February – Nailsworth (A walk, 14 miles)

This surprisingly hilly walk starts as it means to go on by climbing out of the valley to reach Minchinhampton Common. A descent and another sharp climb brings us to Rodborough Common. Eventually we lose height to reach the valley before two further ascents lead us to Selsley Common. We then lose height again to reach South Woodchester before, you guessed it, several more climbs to reach high ground above Nailsworth. A wooded descent ensues before undulating paths lead eventually to Horsley. We return to Nailsworth via the attractive grounds of Ruskin Mill College.

Wed 25th February – Caldicot Castle and Black Rock (C walk, 5 miles)

A return to this short, scenic, interesting, circular walk full of history down the ages and spectacular views over the River Severn. We shall walk along the Welsh Coast Path close to the Prince Of Wales Bridge and look over towards Avonmouth and Bristol from the Gwent levels. And there's a new improved end to the walk! We shall return on a section of the new 'Dinham Railway' footpath/ cycleway.

The walk is almost flat throughout and is easy walking, although one section across fields is likely to be muddy. The walk passes a neolithic long barrow, an Iron Age and subsequently Roman fort, a Norman castle and Victorian and Twentieth Century engineering.

We start at the magnificent Caldicot Castle which is well worth time to explore before or after the walk. There's a small cafe for drinks, cakes and ice creams but it does not serve lunch. The Castle Inn is also nearby.

If coming by car, there's a free car park at Caldicot Castle and Country Park. It is also possible to get a train from Temple Meads to either Caldicot or Severn Tunnel Junction station, with a reasonable walk from there to the castle.

Supporting our walks programme

Have you enjoyed your walks with us? Could you support our programmes by leading an occasional walk? The walks programmes on all days would benefit from more leaders, but Wednesdays and Saturdays are particularly keen to see more people involved.

If you choose to try your hand at leading - you're not on your own. An existing leader can support you initially, easing you into the role. It's not onerous, but there are responsibilities. At some point, it will be necessary to do the Ramblers online training modules, but this doesn't have to be at the outset. The training is useful, friendly and accessible and will build your confidence in all aspects of leadership. Could you start by offering a walk familiar to you and taking the role forward from there?

Our programmes only continue through the efforts of our leaders. Talk to the leader on your next walk, or any other leader, to make a start.

News and Events

Avon Ramblers Area Social and AGM – Sat 28 Feb

The programme of events is now available for the 2026 Avon Area social and AGM, this year hosted by Kingswood Ramblers in Hanham, near Bristol.

The AGM itself starts at 1.30 pm, following an optional morning walk and buffet. No booking is required for any part of the event.

For full information, see: <https://avon-ramblers.org.uk/news/79-2026-avon-ramblers-social-and-agm.html>

Bristol WalkFest

The Bristol Walking Festival will return in 2026, with walks and other events throughout May. In addition to walks which are, well, just walks, previous festivals have included a wide range of themed walks. We will provide links to the programme when it is published.

In previous years, Bristol Ramblers has provided co-leaders for a handful of walks that have been organised by individuals or groups that don't have insurance cover. If you would consider providing this service, please contact:

carew.reynell@gmail.com

Gratitude will be unbounded!

Feature Articles

Editorial

A couple of years ago, at around this time of year, I went to see a physiotherapist about the stiffness and twingeing in my spine. He put me through a set of bends and twists that made me regret not doing enough yoga, then sent me on my way again with the cheerful message, "Congratulations on not having developed back pain until your late 40s!" Which was perhaps not quite the outcome I was looking for.

On the bright side, at least he didn't give me any more physio exercises.

It is a sad fact that almost half of us need physiotherapy at some point in our lives, and I've been doing regular physio exercises for a good six or seven years now. Well, more or less. If you've ever been given physio exercises to do at home and found your time better occupied by drinking coffee, doing the hoovering, or just staring at the wall waiting for a sign (or preferably a distraction), you are far from alone. It's thought that up to 75% of people skimp on their physio, and I am not in the righteous 25%. It's dull, it's painful, it's boring, it's a faff, it's tedious, it's hard work, and it's tiresome. It also doesn't seem to help. When I was first given physio to do, I was deeply skeptical of the idea that doing a bunch of hip bridges might help a nagging hamstringing problem, and indeed while I was mucking around with side leg lifts and other things the hamstring healed naturally of its own accord.

So I stopped doing the physio. And promptly pulled a hamstring.

This pattern has repeated often enough (I am nothing if not lazy) that I have become reluctantly convinced that in fact the physio does do something after all; which is why my New Year's Resolution this year has been to actually do it.

By the time you read this, it will be February. I have diligently done all my physio – both hip and ankle, at least 20 minutes of it all told – three times a week for the whole of January. Do I feel better for it? Absolutely not. But on the bright side, I haven't sprained an ankle.

So if you have physio exercises that you are meant to be doing but aren't, it's worth taking them up again. There really is a benefit to them – eventually. And if you hate them for every second that you're doing the dratted things, at least you know you're not alone.

(My back still hurts though.)

Ceiswyn

(pron. KICE-win)

Partners and Sponsors

For a full list of official Ramblers partners, see the website at:

<https://www.ramblers.org.uk/go-walking-hub/offers-and-promotions>

Ramble Worldwide



Ramble Worldwide (previously Ramblers Walking Holidays) is the Ramblers holiday walking partner. If you book a holiday with Ramble Worldwide and let them know that you are a Bristol Ramblers member, this Group will receive a contribution (£10 for UK holidays, £20 for short haul, £30 for long haul). See <https://www.rambleworldwide.co.uk/faqs#tab-the-walking-partnership>

Note that this has no impact on the price you pay for the holiday.

Outdoor Retailers

Many outdoor gear shops offer discounts to Ramblers members, including chains such as Millets.

Cotswold Outdoor



Cotswold Outdoor is the Ramblers national sponsor, and their discount is 15%.

Note that Snow+Rock and Runners Need are part of the Cotswold Outdoor group.

Taunton Leisure



Taunton Leisure sponsors this local Group, and also offers 15% discounts. There are stores available in Bristol, Taunton and Exeter.

Books and Maps

Ordnance Survey

The Ordnance Survey are working with the Ramblers to open the way for everyone to enjoy the outdoors in a more accessible, safe and sustainable way.

Ramblers members can enjoy 25% off a new subscription to OS Maps Premium, using code RAMOSM. Additionally, £5 will be donated to the Ramblers for each valid subscription.

Cicerone Press



Cicerone publishes guide books for walkers and cyclists. They offer a 20% discount to Ramblers members, with the code RAMBLERS20.

You are receiving this communication as a member of the Bristol group and you have previously asked to be kept informed of the Ramblers work by email. If you no longer wish to receive communications like this, please update your mailing preferences at www.ramblers.org.uk/my-account.
