eBoot – November 2026

Facebook: www.facebook.com/groups/bristolramblersgroup/
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Walks Programme

All the latest information about our walks programme is available on our website: **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 **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, **avon-ramblers.org.uk** lists forthcoming walks organised by the eight Ramblers groups in the Avon area.

During the summer, there are also Wessex Wanderer Railway Walks that start at various railway stations along the Bristol to Weymouth route: **www.wessexrailwaywalks.org.uk/**

A/B walk trip to Pembrokeshire, September 2027

Keith and Carew will be leading a week of walks in Pembrokeshire, 4th-11th September 2027. People would of course be welcome to come for just part of the week.

The walks will generally be of A/B grade. There will be routes on the Coast Path and inland. Possible walks include:

- St David's Head;
- Strumble Head;
- Pentre Ifan/Carningli (work in progress - a labour of love);
- Marloes sands/St Bride's;
- Stackpole/St Govan's Head;
- the Preseli hills from Rosebush;
- Llawhaden and the Eastern Cleddau;
- Traffgarn gorge and Maiden Castle.

Walkers would need to arrange their own accommodation. Accommodation in the Haverfordwest area would mean that most of the county is within reach.

If you are interested, please contact Carew at: **secretary@bristolramblers.org.uk**

Some walks from the November 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:

www.bristolramblers.org.uk/display-programme

Sun 8th November – Bristol's Community Forest Path Part 1 of 3 (A walk, 15 miles)

There is a walking ring route, just over 40 miles long, that surrounds Bristol called the Community Forest Path. It was created in the late 20th century to highlight the

green belt that surrounds the city, and to tempt people out into the nearby countryside to sample Bristol's woodland areas.

We will be walking the path in 3 separate sections during the shorter days this winter. Each section will be approached as a linear walk, using public transport to get to/from the start and end points.

This first section will take us from the Clifton suspension bridge, up across Dundry Hill to the south, then down into the lower Chew valley and into Keynsham where we end near the train station and various bus stops (for services 42, 43, 522, X39 to Bristol).

Wed 18th November – Cotswold Hills from Hillesley (B walk, 7 miles)

This is a circular walk in the Cotswold Hills, starting at Hillesley, and passing through Alderley and Wortley. If the weather is fine, there are views across to the Welsh hills.

There is a pub at the end of the walk, if desired: The Fleece in Hillesley. Walkers intending to patronise the pub can park in its car park.

News and Events

Bristol Ramblers AGM – 21st October

As the good walking weather disappears and the dark and rain draw in, the thoughts of all Ramblers turn to the AGM. Once again this was attended by 25-30 stalwarts, who attacked the bread and Stilton with good will.

The usual business included:

- Presentation of the Annual Report and Treasurers report
- Election of Committee Members

All candidates who stood were duly elected, although unfortunately our Projects Officer, Graham S, has had to step back from his role and did not seek re-election; and our Wednesday Walks Coordinator, Margaret R, will be stepping down at the end of the year.

After the main business, Alan M and Susan C, representing the Bristol Walking Alliance (BWA), gave a talk about the BWA's work and how it overlaps with the Ramblers' objectives. Those present learned not only what the BWA does, but about some of its current concerns, from the insufficiency of green spaces in future planning to the erection of advertising units on streets, which sparked some interesting questions and discussions; many thanks to both for a well-thought-out presentation.

New Wednesday Walks Coordinator needed

If you would like to see Wednesday walks continue, please consider stepping up as coordinator! No walk leadership experience is required, though some acquaintance with the current regular walkers and leaders is essential. Please contact Margaret and/or Ceiswyn B if you are interested, or if you would just like to know more about the role.

Alternatively, the committee recognises that the walks programme has been in its current form for some time now, and may no longer suit the needs or preferences of its members. If you think there might be demand for walks on a different day, and would like to experiment with setting up a new programme, please contact Ceiswyn B at **bristoleboot@gmail.com** - or any committee member.

Bristol Walking Festival 2027

We have been advised that, after a successful Festival in 2026, the City Council has agreed core funding for the next two years. So we can be pretty confident that there will be a WalkFest in May 2027. Bristol Ramblers provide a high proportion of the general (i.e. without specific themes) walks in the Festival programme - 28 walks this year.

If you are a walk leader, please consider leading a walk in or around Bristol, to add to our usual Wednesday/Saturday/Sunday programmes. Morning/afternoon/evening walks have all proved successful and appreciated.

We anticipate that details will be required by late January, if walks are to be included in the printed programme. If you would like more information, please contact Carew at: **secretary@bristolramblers.org.uk**

Feature Articles

First aid for walkers

The things you plan for, never actually happen. I have manifested day-long sunshine in a forecast of storms by packing all of my rain gear; and conversely, accidentally caused hail by going out in a light dress with plenty of sunscreen.

Incidents are rare on Ramblers walks, and leaders are not required either to be first aid trained or to carry first aid supplies (although many are, and do). So in order to keep accidents at bay, we recommend bringing along a first aid kit of your own.

The latest Walk Magazine (Autumn 2026, available online if the physical version has already gone for pet bedding or recycling) gives some advice about what to do in an emergency, and what to include in a first aid kit.

From my own experience, I would add that while a cohesive bandage can be used to wrap a sprain, an elastic/ACE bandage is better; and that unexpected allergies to pollen or insect bites can surface when least expected, so a fast-acting antihistamine such as Benadryl may be worth packing.

And even though incidents are rare, it is worth toting around a weight of bandages for years unnecessarily, for that one moment where you can heroically draw from your pack the exact thing that's needed.

Becoming a leader

Have you ever considered leading a walk, but weren't sure what you have to do to become registered as a leader? Here's a simple guide to leading with the Bristol Ramblers!

Firstly, you need to let us know you're interested. Any Walks Coordinator or member of the committee can pass your details on and get you started; you can find all the contact details you need here: **https://bristolramblers.org.uk/group-committee/contact-committee-members.html**

That done, we can register you as a leader and give you access to the official Ramblers online training. This is a set of semi-interactive videos and soundbites, including stories from real walk leaders at various grades, that you can complete at your own pace. (If you already have a Walk Leader qualification through the Mountain Training Association, you do not need to complete the Ramblers training in addition)

And then you're ready to get on with leading your first walk! Once you have a plan and a date when you want to lead, you simply add the details via the simple Walks Manager online form; if you feel any trepidation about the technology, you will find your Walks Coordinator more than happy to help. If you'd rather not dive into planning, reconnoitring and leading by yourself all at once, just ask around; it's not at all uncommon to lead your first walk or two alongside an experienced leader, who can offer advice, backup in case of the unexpected, or just a second pair of eyes on the map.

Then it's just a case of basking in the thanks and praise of the group, and cleaning the mud off your boots. And you'd have to do that part anyway 😉

Editorial

It's OK to be a fair-weather walker.

I am aware that that is rank heresy, and that having said it I may suffer a mysterious disappearance in a boggy wilderness one Sunday. But it's true.

Oh, there are lots of benefits to walking in rain and wind, as discussed in previous newsletters; from the simple physical benefits of continuing to get exercise even in inclement weather (which in some years is all of it) to the psychological benefit of feeling yourself to be a tough and rugged individual. And with modern rainproof gear and a decent umbrella, the reality is often much less bad than the anticipation.

But walking is not about moral virtue. There are lots of reasons why people go walking, from the views to the fresh air to the companionship. But there aren't many views when the cloud is at ground-level; winds that buffet you sideways off the trail may be too much fresh air for many, and it can be hard to hear your companions' voices over the sound of raindrops on waterproof polyester. And I've never met anyone who went rambling for the joy of cleaning mud off their boots afterwards.



Mynydd Llangatawg is behind there somewhere I promise you

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And when it comes to cold, I can just about walk in five layers but even the Michelin Man approach can't keep the blood in my fingers in January.

So if your idea of rugged winter walking is a brief stroll around the local park to work up an appetite for your Christmas dinner, then that is OK. Enjoy your warm, dry winter indoors. And we'll see you again with the return of the sun.

Ceiswyn

(pron. KICE-win)

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Partners and Sponsors

For a full list of official Ramblers partners, see the website at:
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 **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 some chains.

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 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.

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