



# walk 4 life

**One mile walks in and around  
Weston-super-Mare**



# These one mile health walks have been developed for North Somerset in conjunction with the national Walk4Life Mile Campaign.

Want to walk more and get fit? Want a walk on your doorstep? Need something short? Try a Walk4Life mile!

If you are just starting to get active remember to build up slowly and gradually. If you feel any discomfort or pain whilst walking then it is best to stop and seek medical advice.

On average walking speed is approximately 3 mph so allow yourself 20 minutes to complete each walk.

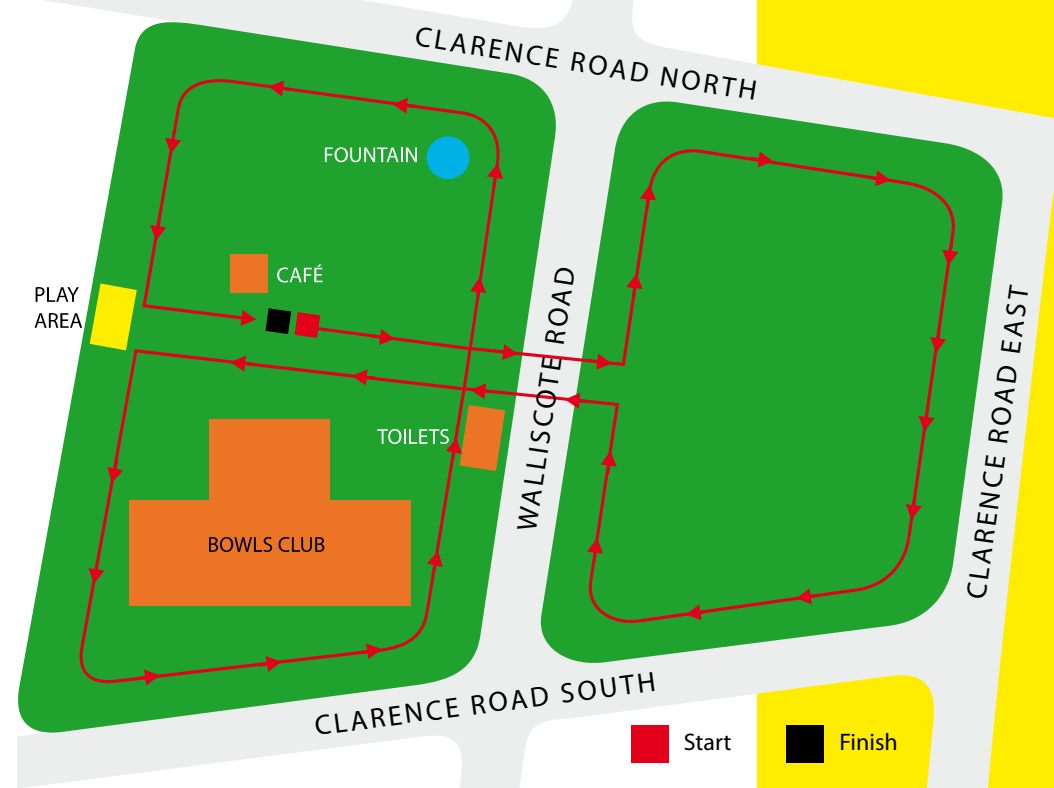
A brisk walk can burn calories and help keep you trim. For heart health the brisker the better but you should still be able to hold a conversation.

If you want to walk with a group then try one of our health walk groups. Visit [www.go4life.org](http://www.go4life.org) or call 01275 882730.



## Just walk...

Discover a whole new world on your doorstep



## 1. Clarence Park

Start the walk at the café. With the bowls club on your right go straight ahead past the toilets, through the gate and cross over the road to enter the other side of park.

Turn left and follow the tarmac path all the way round the grassed area to arrive back at the gate. Return to the café and continue straight ahead until you reach the children's play area.

Turn left to walk around the edge of the park using the tarmac path which passes the fountain and eventually arrives back at the play area. The mile walk finishes back outside the café.

### Facilities

- Wheelchair friendly
- Toilets
- Cycle racks near start
- Bus route close by
- Buggy Friendly
- Refreshments
- Flat fully accessible

### Parking

- Roads around park

### Buses

- 102, 112, 83, 5, 5A, 5B



## 2. Locking Castle Summer Lane Pond

### Facilities

Wheelchair friendly  
 Cycle racks near start  
 Bus route close by  
 Buggy friendly  
 Flat fully accessible

### Parking

Nearby Retail Park

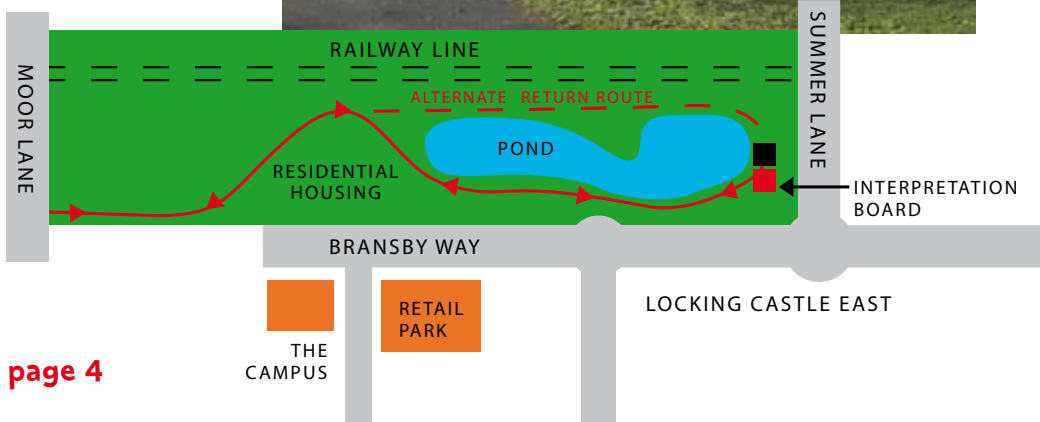
### Buses

14, 14A

This walk begins at the interpretation board at Summer Lane Pond, close to the willow sculpture just off Summer Lane. Follow the tarmac path past the pond on your right and through open green space to eventually arrive at Moor Lane. Here turn around and re-trace your steps until you arrive back at the pond. Here you can make a choice and either go back the way you came or take the path along the other side of the lake. This path however is not suitable for buggies or wheelchairs.



Start  
 Finish



## 3. Ashcombe Park



### Facilities

Wheelchair friendly  
 Toilets  
 Cycle racks near start  
 Walk includes some hills  
 Buggy Friendly  
 Refreshments  
 Bus route close by

### Parking

Upper Bristol Road

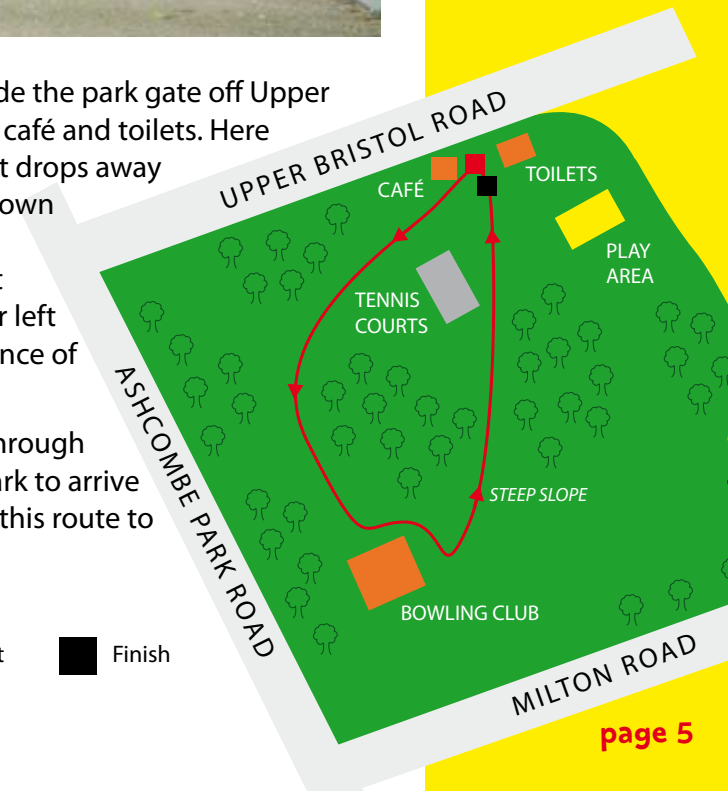
### Buses

5, 5A, 5B, 7

The walk begins just inside the park gate off Upper Bristol Road, close to the café and toilets. Here take the middle path that drops away to your right. Continue down the path in between the tree avenue and look out for a tarmac path on your left which is alongside the fence of the bowls club.

Follow this path up hill through the middle part of the park to arrive back at the start. Repeat this route to complete one mile.

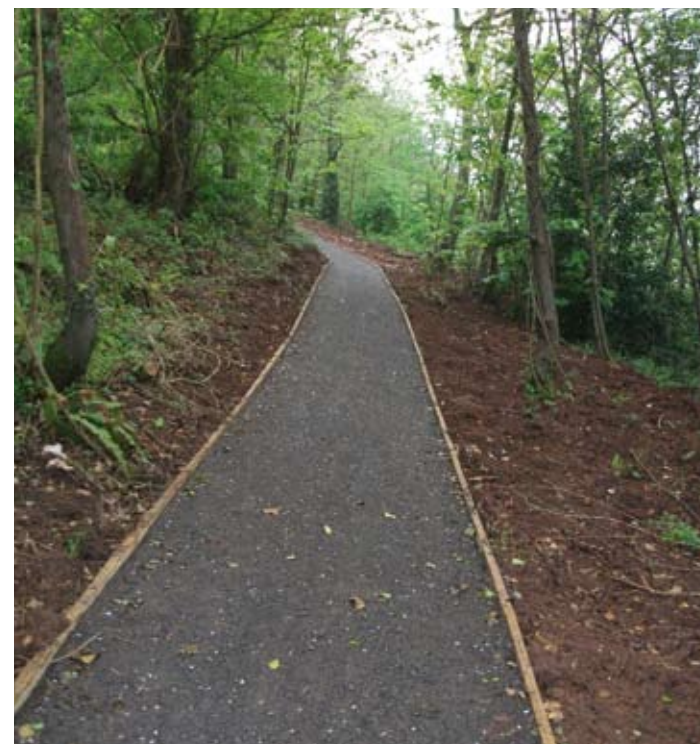
Start  
 Finish



# 4. Black Rock Path - Weston Woods

The walk starts opposite the Castle Restaurant. Walk along the pavement onto the toll road to find the start of the Black Rock path close to a bus stop on the other side of the road. Follow the undulating path that runs parallel to the toll road passing two Go4Life wooden signs before turning around and walking back to the start to complete the mile.

If you wish to walk further the total distance of the walk from the start to the other end of the toll road is 1.5 miles.



### Facilities

Cycle racks near start  
Walk includes some hills  
Buggy friendly  
Refreshments  
Bus route close by

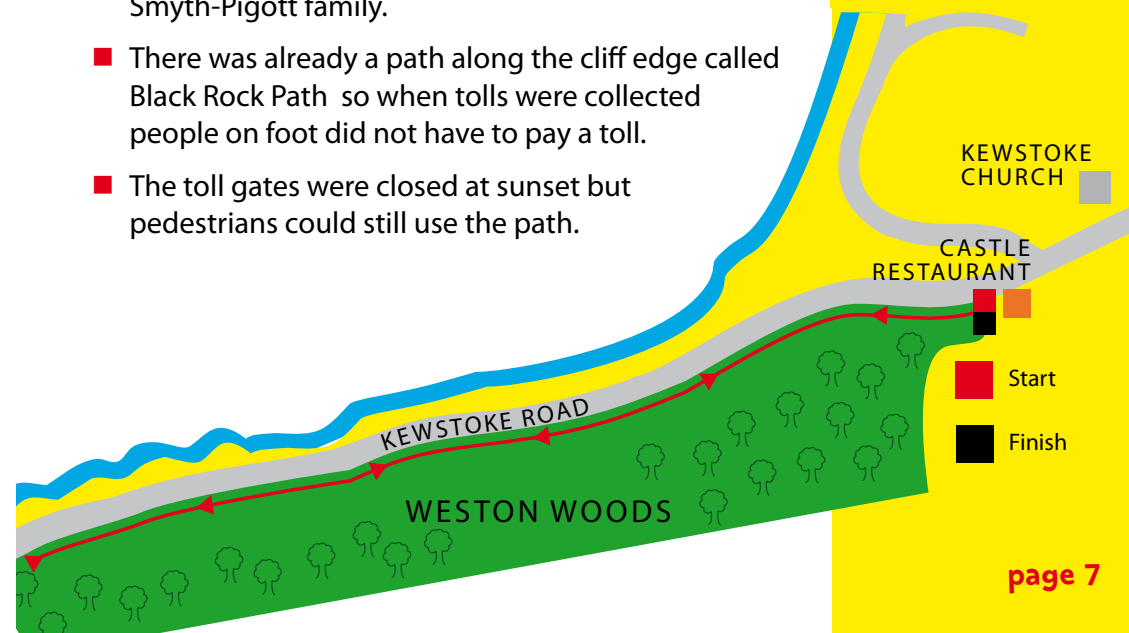
### Parking

Opposite The Castle restaurant

### Buses

1

- The toll road was built in approximately 1848 by the Smyth-Pigott family.
- There was already a path along the cliff edge called Black Rock Path so when tolls were collected people on foot did not have to pay a toll.
- The toll gates were closed at sunset but pedestrians could still use the path.



# 5. Weston-super-Mare Promenade walk

Starting at the Pier follow the promenade towards Uphill. Pass the Seaquarium and the Tropicana before turning around to re-trace your footsteps back to the pier.

Alternatively if you wish to walk further continue along the prom or drop down onto the beach to eventually reach Uphill.

### Facilities

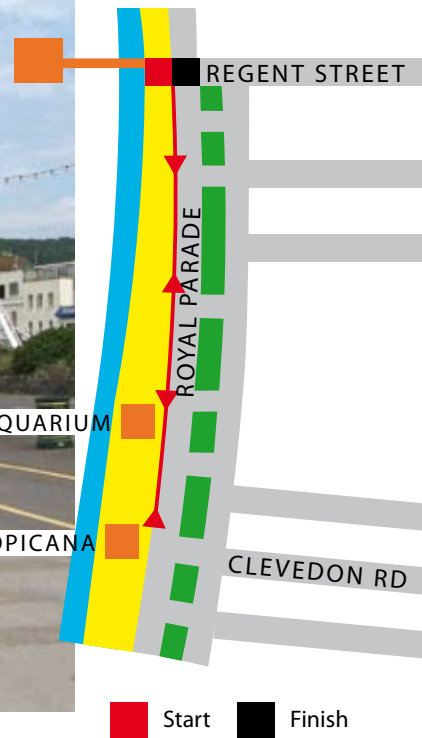
- Wheelchair friendly
- Toilets
- Cycle racks near start
- Bus route close by
- Buggy friendly
- Refreshments
- Flat fully accessible

### Parking

- Along promenade

### Buses

1



### Facilities

- Wheelchair friendly
- Cycle racks near start
- Bus route close by
- Buggy Friendly
- Refreshments
- Flat fully accessible
- Walk includes some hills

### Parking

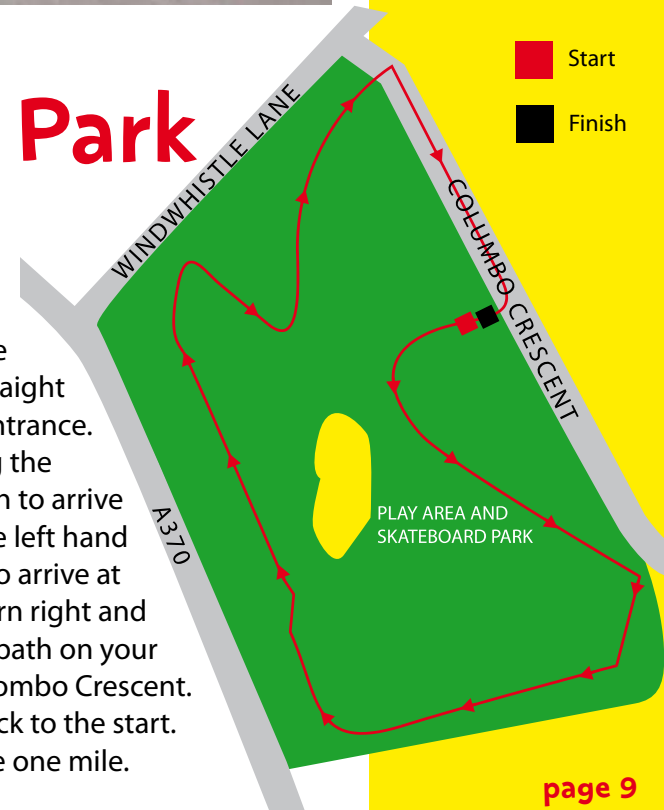
- Colombo Crescent

### Buses

- 4, 4A, 5, 5B, 7

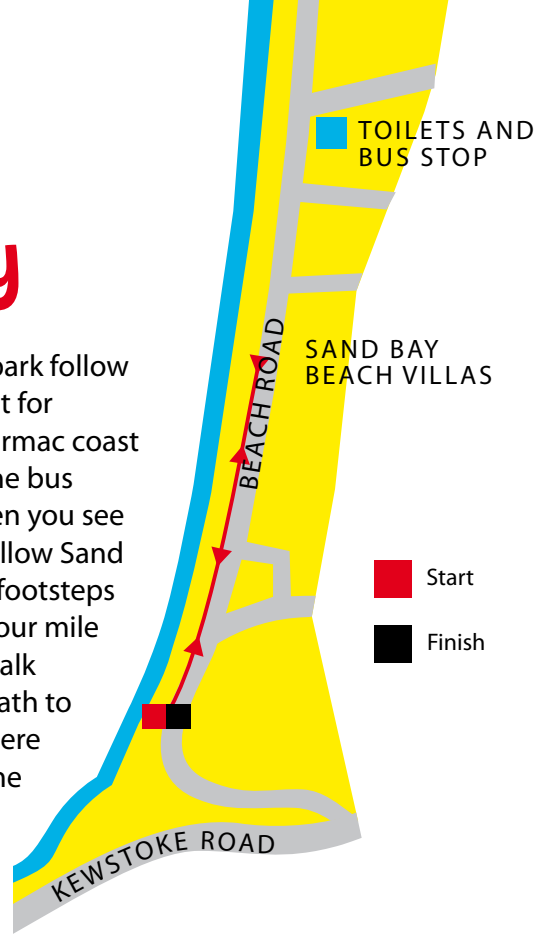
# 6. Jubilee Park

Start the walk from Colombo Crescent going into the park and along the board walk to the play area. Here take the path on your left and walk straight ahead towards the pillared entrance. Bear right and keep following the path around the football pitch to arrive back at the play area. Take the left hand path close to the wire fence to arrive at another tarmac path. Here turn right and shortly after take the tarmac path on your left to walk back towards Colombo Crescent. Finally turn right to return back to the start. Repeat this route to complete one mile.



# 7. Sand Bay

From Sand Bay (Commodore) car park follow the board walk (this may be difficult for wheelchairs and buggies) to the tarmac coast path. Follow the path past the stone bus shelter and up a slight incline. When you see the 30mph sign (just before the yellow Sand Bay Beach Villas sign) retrace your footsteps back to the car park to complete your mile walk. Alternatively if you wish to walk further continue along the coast path to arrive at another car park where there are toilets and a bus stop (this is one mile from where the walk started).



### Facilities

Refreshments  
Bus route close by  
Cycle racks near start

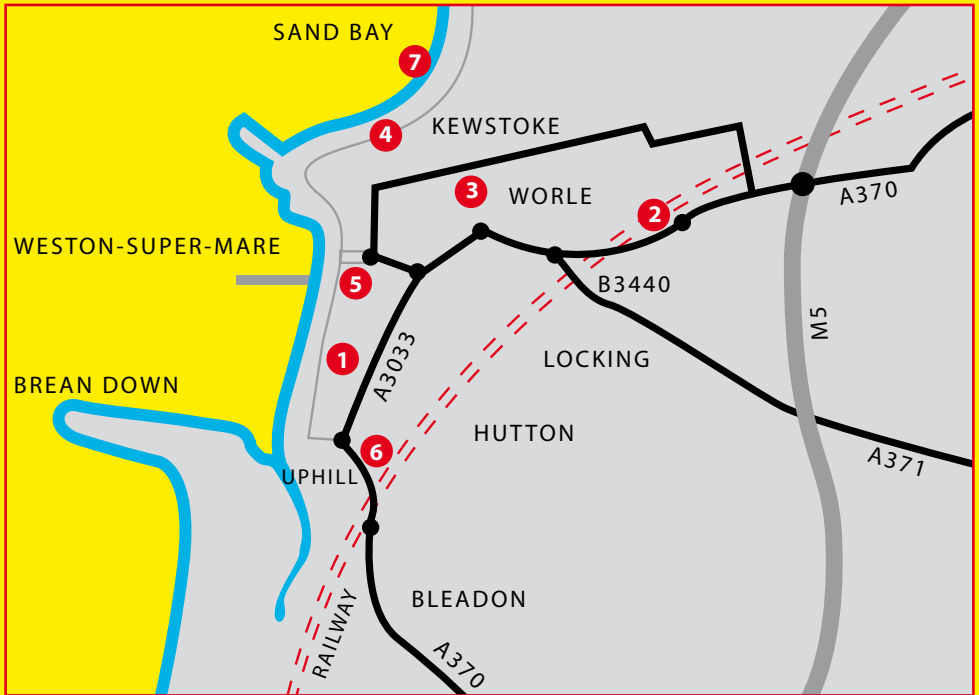
### Parking

Sand Bay Car Park

### Buses

1





## To find out more about this project and Walking for Health in North Somerset

**Telephone:** 01275 882 730

**Email:** [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk)

**Visit:** [www.go4life.org.uk](http://www.go4life.org.uk)

### To clarify bus routes:

Telephone 0871 200 22 33 or

visit [www.traveline.info](http://www.traveline.info)

### Key

- 1** Clarence Park
- 2** Locking Castle - Summer Lane Pond
- 3** Ashcombe Park
- 4** Black Rock Path - Weston Woods
- 5** Weston-super-Mare Promenade Walk
- 6** Jubilee Park
- 7** Sand Bay