

MANOR WOODS VALLEY

Time spent in nature is good for mental and physical health and wellbeing. During the Covid-19 lockdowns, Manor Woods Valley saw increased use for exercise and was a lifeline for many. The idea behind this exercise circuit is to encourage people to continue exercising outdoors, be it a stroll, a brisk walk or a run.

So, enjoy Manor Woods Valley Local Nature Reserve, it is truly a gem among south Bristol's many lovely green spaces. It has woodlands, wildflower meadows, open parkland, an orchard and the middle stretch of the Malago. It is a place where wildlife thrives, where orchids grow, where bees hum, where birds sing and where people enjoy all the benefits of nature.



MANOR WOODS VALLEY GROUP

The Manor Woods Valley Group acts as the 'friends' group for Manor Woods Valley, which is owed by Bristol City Council. The group works closely with the Parks Department to help maintain and develop it for the benefit of wildlife and people.

The Group is made up entirely of volunteers who run conservation activities such as clearing encroaching Brambles, sowing and planting wildflowers, coppicing and tree planting. It organises events such as guided walks, talks and family nature activities.

SUPPORTERS

The exercise circuit has established with the permission of Bristol City Council who own the site, and the support of a Travelwest Community Active Travel Grant.



HOW TO GET THERE



Entrance Grid Reference: ST 5721 6904

Entrance Post Code: BS13 7LU

Bus Services; 75 & 76 buses stop (Vicarage Road) within 100m of entrance

There is very limited car parking immediately at the entrance, but there is car parking available on nearby roads

Facilities:

The nearest toilets to the St Peter's Rise entrance are at Campus Pool Skatepark (BS13 7RW). There are also toilets at the Zion Community Space (BS13 7JW). Refreshments are available at both locations.

BEFORE YOU GO



- Accessibility is limited due to barriers on entrances and steps, uneven surfaces and sometimes muddy conditions on the paths.
- Wear appropriate footwear and clothing.
- Paths can be uneven, and muddy/waterlogged in parts.
- Please note, the area is used for dog walking.
- The main through path is shared with cyclists – please be aware.

CONTACTS



Web Site: www.manorwoodsvalley.org.uk

Email: manorwoodsvalley@gmail.com

Facebook: www.facebook.com/manorwoodsvalleygroup/

Twitter: twitter.com/ManorWoodsVG

Find other walks leaflets on the MWVG website



MANOR WOODS VALLEY
GROUP

MANOR WOODS VALLEY

2.5km

Exercise Circuit



Route Difficulty: Moderate –
steps, slopes and uneven ground

2.5km Circuit

Manor Woods Valley Local Nature Reserve

Way-points

- 1 – Start at the entrance on St Peters Rise, behind Bishopsworth Library
 - 2 – Cross the Malago and bear left into Old Manor Wood
 - 3 – Bear right, up the gently incline in New Manor Wood
 - 4 – Straight ahead where the paths join
 - 5 – Turn left on to the main path at the Interceptor (the large concrete structure)
 - 6 – Turn right, up along the edge of the Wildflower Meadow
 - 7 – Turn right along the top of edge of the Wildflower Meadow
 - 8 – Turn right down the edge of the Wildflower Meadow (there's an orchard on the left)
 - 9 – Bear left along the main path
 - 10 – Turn right along the valley through the new woodland area named Hope Wood
 - 11 – Turn right up the bank then left along the main path to the Interceptor
 - 12 – Continue along the main path
 - 13 – Continue along the main path with Allotment Wood on the right and Maple Grove on the left
 - 14 – Continue along the main path past Valley Heights Meadow
- Finish at the main entrance
... go around again for 5km!

