

Bristol Triangle Run

A LONG DISTANCE CITY ROUTE

18 MILES / 28.2 KMS

This is a runners' version of a city walk devised in 2001 by members of the Bristol Group of the Ramblers' Association (www.bristolramblers.org.uk) with funding and assistance from Bristol City Council. Offering wonderful views within and across the city, this route combines a number of different elements to introduce ramblers and runners to the Waterfront, Durdham Downs, Avon Gorge and Blaise Castle Estate as well as the heart and history of the City.

You may start the route at any given point, but the guide is written to be followed in a clockwise direction. Whichever way you choose you will be sure of a memorable, historic and scenic experience. Good Luck

KEY (select)

CO = cross over

COX = cross over using pedestrian crossing

fb = footbridge

fp = footpath

lhs = on the left hand side

m = metres

M = miles

ph = public house

rhs = on the right hand side

SA = straight ahead

TL = turn left

TR = turn right

Temple Meads Station to Clifton Suspension Bridge.

Approx. 4 Miles/6.1kms

From the station's main entrance, take the exit road towards The Reckless Engineer ph SA COX. TR.

TL into Redcliff Mead Lane.

Continue past round kiln opposite The Bell ph.

TR down lane between Dr White's Close (OP home) and a Methodist Church.

Go diagonally through St Mary Redcliffe churchyard and exit at west door and down steps.

If the churchyard is shut go SA into Colston Parade, TR into Redcliffe Hill.

COX and TL past The Colliseum ph.

TR up Redcliffe Parade East.

Past Harbour Viewpoint car park, TR down slipway to the quayside.

TL to The Ostrich ph.

TR across swing-bridge at Bathurst Lock.

TR at Trin Mills to follow a line of townhouses, bearing left to Merchants Quay.

CO Wapping Road to Industrial Museum lhs.

Follow the quayside for 800m to Maritime Heritage Centre & SS Gt Britain. TL.

Opposite Caledonian Road sign TR and follow fp past Albion Dry Dock on your right and TR opposite Orchard cider house toward boatyard.

TL after Michele's snack bar and public toilets

Walk alongside the marina and continue SA into Cumberland Close.

TL up Mardyke Ferry Road.

CO Cumberland Road using fb and TR down steps to join riverside fp/cycleway.

Continue towards red brick warehouse on rhs and TL over Ashton Railway Bridge. TR to follow River Avon towpath.

Walk downstream under flyover following the Ashton & Pill fp.

Pass one railway fb on L

TL over red-stone railway bridge.

TR on permissive fp winding through National Trust woodland for 1km up several flights of steps to Burwalls Road.

TR uphill to Bridge Road and Clifton Suspension Bridge.

Clifton to Westbury on Trym Approx. 8 Miles/ 12.8 kms

Cross Suspension Bridge on lhs (northwest) to Clifton.

TL up first pathway (before public toilets), to Clifton Observatory.

Follow fp past front of Observatory parallel to cliff edge.

Take either of the paths ahead which join up to reach The Promenade.

Bear left to follow wide tarmac path which leads to Bridge Valley Road.

CO and follow fp uphill and onto Clifton Down.

CO Circular Road and follow Ladies Mile for c.250m and TR down an avenue of trees across the downs.

Follow avenue to 2nd tarmac path across and TL to Julian Road.

Walk down rhs of this road and SA into Pitch and Pay Lane and fp to meet Church Road.

CO to continue down Mariner's Path, past St Mary's Church.

At Old Sneed Park TR and CO to short fp leading to Avon Way.

TL then TL again down Roman Way.

Past junction with Branscombe Road, TR down signed fp to Sea Mills Lane.

CO road and weir and TR and follow bank of River Trym on your rhs.

TR on a minor road and TL up steps.

Continue to follow Trym (on lhs) through some woodland to

Shirehampton Road.

CO or COX to The Millhouse ph.

Follow the fp behind ph which follows River Trym upstream to a fb.

CO and TR through meadow to a road bridge.

Go underneath it and follow a concrete path over a pipe to reach The Dingle.

Blaise Estate and Hamlet, Henbury Church

CO into Blaise Castle Estate (Coombe Dingle car park entrance).

Follow wide path for 500m that crosses a stone bridge.

Now keeping River Trym on lhs, follow main fp to Stratford Mill.

Bear left up to Blaise Castle House.

TR past house to Henbury Road.

TR immediately into Church Lane.

At village hall TR into the churchyard of Henbury Church.

Follow anticlockwise fp round church to south door (via interesting gravestones) to metal railings with steps down and through a dark tunnel and across Hazel Brook.

Go up steps into meadow.

Follow path ahead for 50m, then bear right uphill across meadow to a wooden bench.

Go up through woods beside wall and up steps to carriage drive and TR.

Past Gamekeeper's Wooden Cottage, TL up Rhododendron Walk.

Follow cliff edge (carefully), which includes viewpoints such as Goram's Chair.

At junction of a few paths stay on main fp leading slightly downhill here but eventually edging Henbury Golf Course.

Keep the wall on your lhs.

At a walled corner bear left to get down to a crossing path and TL through woods.

Take path stepped through broken wall and CO steeply descending enclosed path.

Follow way-marks through woods for 500m till you emerge onto the golf course.

TR down tarmac track to 10th Tee, then TL alongside wood for 500m more until you reach a metal stile.

TR onto fp until you reach the River Trym.

TL and follow river fp by backs of houses on lhs, over simple bridge, to emerge onto busy Falcondale Road. TR and COX.

Take fp to right of petrol station to Westfield Place (staggered barrier).

Westbury on Trym, Badock Wood to Temple Meads Station.

Approx. 6 miles / 9.6kms

Continue along Westfield Place to Westbury High Street.

TR to Post Office and CO to Church Road.

To avoid steps ahead, TL on High Street and follow into Passage Rd and rejoin the walk at Dark Lane.

Walk through churchyard (steps) to Chock Lane.

TL to cross River Trym

TR to Dial House and TL up Channells Hill.

Near junction TR to fp (Dark Lane).

Go SA through kissing gate and continue past New Generation Sports Centre.

At a dip in the fp (ignore stile on left) take the furthest R of 3 tarmac paths downhill past playing fields on rhs into Badocks Wood.

At bottom go SA across River Trym.

Follow tributary stream (on rhs) to exit wood via kissing gate.

At Lakewood Road, opposite Willowbank, TR into Vintery Leys.

If Vintery Leys is too steep, walk SA to Lake Rd and TR. Follow it to Southmead Rd and TR into Eastfield Road and rejoin walk at Cheriton Place.

TL at Clover Ground.

At Eastfield Road COX, then TR and immediately TL along Cheriton Place.

TR onto Eastfield and TL along Grange Park.

TR into Brecon Road. Rhs is St Ursula's School.

Past clock-tower, CO to Carmarthen Road (on L).

TR along Radnor Road and TR along Cavendish Road to reach A4018 Westbury Road.

TL to walk along pavement and across open space towards White Tree roundabout.

CO North View to Westbury Park road and walk along pavement or green paths of Westbury Park.

After St Christopher's School take second left, Blenheim Road.

TL at Coldharbour Road by church, COX to TR into Cossins Road.

Take second stepped-entrance on rhs (alternative steep ramp) into Redland Green Park.

Stay on main wide tarmac path up to emerge between tennis courts (on rhs) and bowling green (on lhs) on Redland Green Rd.

CO to pass Redland Parish Chapel on lhs.

TL into Woodstock Road.

TR down Clarendon Road passing Redland High School on lhs.

TL COX at Redland Road.

Walk along Grove Park.

Cross railway metal bridge, Cotham Gardens on lhs and Lovers Walk.

SA along Cotham Grove.

CO Archfield Road into Pitch Lane.

TR on Cotham Road.

COX to Cotham Road South, passing shops.

St Michael's Hill to the Centre

TR into Portland Street passing Kingsdown Sports Centre rhs and Lutton Memorial Hall lhs.

TL into Alfred Place.

Go past The Bell ph on rhs and TR into Walker Street which becomes Myrtle Road.

TL down St Michael's Hill, past University Library (rhs).

COX to (old) Royal Hospital for Sick Children, to walk down on rhs of the hill.

City viewpoint looking southeast, as far as Kelston Round tump, near Bath.

Beyond St Michael on the Mount
Church Without (closed)
CO Lower Church Lane, down steps to
COX at traffic lights on Perry Road.
(See Christmas Steps SA, but use safe
crossing first).
Continue down steps.
COX at Colston Avenue to final flight
of Christmas Steps.
At the bottom TL past the fish 'n' chip
shop and site of St Bartholomew
Hospital, walk through a covered
walkway.
Take double COX Lewins Mead and
Rupert Street.
TR and TL along Christmas Street and
through historical St John's Arch,
crossing Quay Street.
Continue along Broad Street SA into
High Street towards Bristol Bridge.
TL along Back of Bridge Street (a fp
keeping river on rhs) through Castle
Park and Green.
Follow fp and river across East Gate
Bridge and walk along paved fp, up a
few steps to St Philip's Bridge.

***St Philip's Bridge to Temple Meads
Station***

TR across bridge (Passage Street).
CO into Temple Back.
TR to Water Lane.
TL into Petticoat Lane and take fp past
Temple Church on rhs.
Walk SA through churchyard.
TL into Temple Rose St and TR into
Temple Back.
TL into Temple Way, take fp on lhs
and follow steps leading down and
under Temple Way Bridge and walk to
the Ferry Station.
TR up a flight of steps on to The
Square.
TL at the square and follow signs to
Temple Meads Station (via the Old
Station Yard and Brunel Trust and
covered car park), and into the booking
hall your final destination.