Stoke Bishop
Active Trail

Looking for more opportunities to stay healthy and active? Check out the range of active programmes and opportunities:

bristol.ac.uk/sport

throughout the year

Incorporate our active challenges into your routine on the way to make the most of your run.

Active Challenges

Physical activity like fast walking and running is great for your health and wellbeing. Studies have also shown that exercise can improve academic performance, improve overall health and reduce levels of stress.

Walking this trail will burn around 300 calories which is enough to aid the maintenance of a healthy weight if you are following a balanced nutritional approach. Here’s what one lap of the trail will bag you in real food terms:

- 2 small chicken breasts
- 1.3 pints of lager
- 2 whole cans of broad beans
- 1.5 bars of milk chocolate
- 2 sticks of celery
- 32 sticks of celery

Pace yourself. It’s about good times not lap times!

Don’t forget to enjoy the scenery on your way around.

Tag us in your photos to show us your progress!

To incorporate an exercise routine on the way with active challenge suggestions updated throughout the year:

www.bristol.ac.uk/sport/activities/active/

The Benefits

Discover the Stoke Bishop Active Trail

HIT THE TRAIL

bristol.ac.uk/sport
The Route

The route is approximately 1.5 miles long if fully completed. Start and finish at any point using the path network to return home.

The route combines tarmacadam path, gravel path and off-road trail. Be aware of underfoot conditions on this mixed terrain.

Trail markers numbered in a clockwise direction – follow the markers to stay on track.
Looking for more opportunities to stay healthy and active?
Check out the range of active programmes and opportunities:
www.bristol.ac.uk/sport/active/residences/active-trail/

To make the most of the trail we recommend:

- Face yourself. Eat plenty of good times and lap times.
- Take a bottle of water and a copy of the route.
- To make the most of the trail we recommend.

Top Tips

Active Challenges

2 sticks of celery
2 whole cans of broad beans
2 small chicken breasts
1 1/3 pints of lager
1 1/2 bars of milk chocolate

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