

For help planning your journey visit:
my.tfgm.com

 tfgm.com/walking

f facebook.com/GMwalkingfestival

 [#GMwalking](#)

In partnership with

HOME HOME
MCR.
ORG

GREATER MANCHESTER WALKING FESTIVAL 2017



Greater Manchester Walking Festival

1 May-31 May 2017

**Over 300 free guided walks
across Greater Manchester**



Walk



for great film, theatre, art and more

HOME is delighted to support the 2017 Greater Manchester Walking Festival.

We're at the heart of First Street, just off Whitworth Street West and we'd love to welcome you to the neighbourhood.

Join us on one of the Walking HOME guided walks and the Manchester Art Walk to find out more about the rich history of the area and the people who have made their mark on it, and pop in and pay us a visit afterwards!

Whether you want to see thrilling theatre shows, experience great independent films from across the world, dive into the new art in our galleries or just drink the best coffee in town, we hope you love HOME.

Box Office 0161 200 1500
HOMEMCR.ORG

WELCOME



Welcome to the 2017 Greater Manchester Walking Festival, offering over 300 free guided walks, taking place throughout May.

We're very excited by this year's festival as it's grown considerably from previous years and offers a wide range of walks. Please have a browse and find a walk that's right for you – whether that's a ghost walk, art walk, urban heritage walk, a walk for families, or a more challenging walk out in the hills around Manchester, there's hopefully something for everyone. We have even included walking football and walking netball sessions for those wishing to combine walking with the fun and friendly competition that a team sport offers.

Walks are taking place across all ten districts of Greater Manchester and we have more events in the city centre this year too, including walks based around our partner and key supporter this year, HOME Manchester. This is a great opportunity to explore areas further afield than your own doorstep and we've tried to include as many walks as possible that are easily reached by public transport for that reason.

Transport for Greater Manchester (TfGM) coordinates the Walking Festival but all walks are planned and delivered by our fantastic partners, groups and individuals, many of whom are volunteers.

We'd like to extend a huge thank you to everyone involved in delivering the walks, without whom this festival would not be possible.

We are also proud that through working collaboratively with our district partners, local volunteer groups and organisations such as Greater Sport and Public Health England, we've been able to connect the Walking Festival to the wider promotion of physical activity, and 'health and wellbeing' at work. Greater Manchester Moving is the overarching strategy which aims to increase physical activity levels of the people living and working in Greater Manchester to support the improvement of the health, wealth and wellbeing of our 2.8 million population. TfGM is one of the key organisations involved in this partnership approach, and the Walking Festival is part of the contribution to this agenda.

With walking considered to be one of the most effective exercises for improving your physical and mental health, as well as a great way to meet new people and explore new places, now's the time to put your best foot forward and see what walking can offer you!

Carragh Teague

Walking Lead,
Transport for Greater Manchester

SAFETY AND GUIDANCE

What to wear and bring

Please wear comfortable and sturdy shoes or boots for all walks. We can't guarantee the weather, so be sure to bring a waterproof coat or jacket in case it rains.

If it's sunny, pack a hat and some sun cream, especially for those longer walks. It's also a good idea to bring water and a snack, as not all walks offer opportunities for refreshments.

Health and safety

All walks are undertaken at your own risk. Walk leaders take every care to ensure that the walks are undertaken in a safe manner. TfGM and walk leaders are not responsible for any accidents or injuries that may occur.

Things to note

Some of the walks in this brochure are accessible to people with limited mobility. However, it is recommended that you check with the walk organiser prior to a walk if you have any specific requirements, including wheelchair access, or if you are unable to step over stiles.

Please arrive 10 minutes before a walk begins so that you can locate the group and be ready to start the walk at the right time. Walks may also be cancelled or modified due to adverse weather conditions, so please ring the contact number listed to make sure the walk is taking place. It is advisable to check the meeting location in advance with the organiser.

WALKING KEY



Car parking available



Dogs permitted (on a lead)



Toilet facilities



Wheelchair accessible



Café nearby



Buggy accessible

Walking grading

EASY

On well maintained flat surfaces

FAIRLY EASY

On slight gradients and possibly some uneven paths

MEDIUM

On uneven or unsurfaced paths with some steep gradients and possible steps or stiles

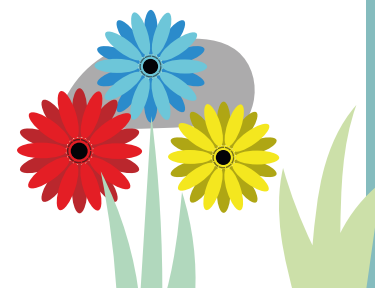
CHALLENGING

Suitable for experienced walkers, longer distance with mixed terrain and gradients



CONTENTS

Bolton	10-23
Bury	24-30
Manchester	32-44
Oldham	46-57
Rochdale	58-63
Salford	65-73
Stockport	74-77
Tameside	78-87
Trafford	88-95
Wigan	97-103



Brightmet Walk 1

Get Active, Bolton Council

Tuesday 2, 9, 16, 23, 30 May

Start time: 10:00am

This walk explores Seven Acres Country Park.

Distance: 2 miles (FAIRLY EASY)

Meeting point: Lancashire Wildlife Centre, Bury Road, Brightmet, BL2 6DH

Public transport: Bus stop on Bury Road/The Black Horse (route 471)

Contact: Melissa Taylor, 01204 331172

melissa.taylor@bolton.gov.uk

www.getactivebolton.co.uk



Farnworth Progression Walk

Get Active, Bolton Council

Tuesday 2, 9, 16, 23, 30 May

Start time: 10:00am

This walk explores Moses Gate Country Park and its surrounding areas such as the canal and gravel pits.

Distance: 5-6 miles (MEDIUM)

Meeting point: Rock Hall car park, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN

Public transport: Moses Gate train station and bus stop on Loxham Street/Whitley Street (route 524)

Contact: Melissa Taylor, 01204 331172

melissa.taylor@bolton.gov.uk

www.getactivebolton.co.uk



Farnworth Walk

Get Active, Bolton Council

Tuesday 2, 9, 16, 23, 30 May

Thursday 4, 11, 18, 25 May

Start time: 10:30am

This walk explores Moses Gate Country Park and its surrounding areas such as Crompton Lodges and the canal.

Distance: 2-3 miles

(EASY - FAIRLY EASY)

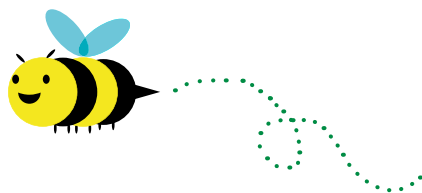
Meeting point: Rock Hall car park, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN

Public transport: Moses Gate train station and bus stop on Loxham Street/Whitley Street (route 524)

Contact: Melissa Taylor, 01204 331172

melissa.taylor@bolton.gov.uk

www.getactivebolton.co.uk



Hulton Walk

Get Active, Bolton Council

Tuesday 2, 9, 16, 23, 30 May

Start time: 10:00am

This walk explores the Hulton and Ladybridge areas of Bolton taking in routes such as Haslam Park, Queens Park and the Middlebrook Trail.

Distance: 4-5 miles

(FAIRLY EASY - MEDIUM)

Meeting point: Hulton Lane Community Centre, Hulton Lane, Bolton, BL3 4JJ

Public transport: Bus stop on Wigan Road/Hulton Lane (route 524)

Contact: Melissa Taylor, 01204 331172

melissa.taylor@bolton.gov.uk

www.getactivebolton.co.uk



Walking Football

USN Bolton Arena

Tuesday 2 May

Friday 5, 12, 19 May

Start time: 10:00am Fridays and 7:00pm Tuesday

This session consists of a meet and greet in reception, followed by a 5 minute warm up on the football pitch. Two teams are then formed to play 25 minute halves of walking football.

Distance: Sports session

Meeting point: USN Bolton Arena, Arena Approach, Horwich, BL6 6LB

Public transport: Train station and bus stops nearby

Contact: Marcus Brown, 01204 488106

marcusbrown@boltonarena.com

www.boltonarena.com



Harwood Walk

Get Active, Bolton Council

Tuesday 2, 9, 16, 23, 30 May

Start time: 1:30pm

This walk explores Harwood and the surrounding areas including Jumbles Reservoir and Longsight Park.

Distance: 3-5 miles

(FAIRLY EASY - MEDIUM)

Meeting point: Outside Morrisons, off Lea Gate, Harwood, BL2 3HN

Public transport: Bus stop on Lea Gate/Tottington Road (route 507) or Tottington Road (route 480)

Contact: Melissa Taylor, 01204 331172
melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk



Kearsley Walk

Get Active, Bolton Council

Wednesday 3, 10, 17, 24, 31 May

Start time: 10:00am

This walk explores Kearsley and the surrounding area including Blackleach Country Park and Ringley Woods.

Distance: 2-4 miles **(FAIRLY EASY)**

Meeting point: Kearsley Mount Methodist Church, Manchester Road, Kearsley, BL4 8QL

Public transport: Bus stop on Manchester Road/St Stephens (route 8)

Contact: Melissa Taylor, 01204 331172
melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk



Smithills Progression Walk

Get Active, Bolton Council

Wednesday 3, 10, 17, 24, 31 May

Start time: 1:00pm

This walk explores Moss Bank Park and the surrounding Smithills Estate.

Distance: 5-6 miles **(MEDIUM)**

Meeting point: Car park, Moss Bank Park, off Moss Bank Way, Smithills, BL1 6NB

Public transport: Bus stop nearby (routes 501, 519)

Contact: Melissa Taylor, 01204 331172
melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk



Anglezarke Moors and Reservoir

Bolton HF Walking Club

Wednesday 3 May

Start time: 10:00am

This walk explores Rivington Pike, Pike Tower, Higher Hemphshaws, Spittlers Edge, Great Hill, White Coppice, The Goit, Anglezarke and Rivington Reservoirs.

Distance: 12.5 miles **(CHALLENGING)**

Meeting point: Car park opposite Rivington High School, BL6 7RU

Public transport: Bus stop nearby

Contact: John Dewhurst
boltonhf@gmail.com
www.boltonhfwalking.org



A Ramble to Liverpool

Bolton Ramblers

Thursday 4 May

Start time: 10:30am

A walk by Lower Rivington Reservoir.

Distance: 5 miles (**MEDIUM**)

Meeting point: Horwich Leisure Centre

Public transport: Bus stop nearby
(route 125)

Contact: Tony Hough, 01204 692458

boltonramblers@hotmail.co.uk

www.boltonramblers.org.uk



Ainsworth Circular

Bolton HF Walking Club

Thursday 4 May

Start time: 7:15pm

A fast two hour walk finishing in a local pub.

Distance: 5-6 Miles (**MEDIUM**)

Meeting point: Duke William Pub,
Ainsworth, BL2 5SQ

Public transport: Bus stop nearby
(route 510)

Contact: Graham King

boltonhf@gmail.com

www.boltonhfwalking.org



Walking Football

Available in 10 boroughs across

Greater Manchester

For more information call the Manchester FA on 0161 225 1966

or

Visit us online at ManchesterFA.com



Chris Brown

Curley's Fishery

Bolton Macmillan Walking Group

Friday 5 May

Start time: 1:00pm

Whether you're being treated for cancer or you're recovering from it, walking can help to keep your mind healthy as well as your body. It's free, fun and all you need is a pair of comfortable walking shoes.

Distance: 1.3 miles (**EASY**)

Meeting point: Top of Curley's car park off Chorley Old Road (look out for walkers in high-vis vests)

Public transport: N/A

Contact: Jodie Ormesher

01204 390625/462442

boltoncancerinfo@nhs.net

www.boltonmacmillansupport.org.uk

P

Jumbles Country Park to Seven Acres Local Nature Reserve

The Wildlife Trust for Lancashire, Manchester and North Merseyside

Friday 5 May

Start time: 10:30am

A walk along the Northern section of the Kingfisher Trail as it follows Bradshaw Brook through various nature reserves, taking in industrial heritage and wildlife along the way.

Distance: 3.8 miles (**MEDIUM**)

Meeting point: Jumbles Country Park car park off Bradshaw Rd, Bolton, BL2 4JS

End point: Environmental Resource Centre. A minibus will be available to return walkers to the meeting point if pre-booked

Public transport: N/A

Contact: Stephen Cartwright

01204 663754

scartwright@lancswt.org.uk

www.lancswt.org.uk

Booking required



Brightmet Walk 2

Get Active, Bolton Council

Sunday 7, 14, 21, 28 May

Start time: 10:30am

This walk explores Leverhulme Park and surrounding areas including Star Mount and Moses Gate Country Park.

Distance: 2-3 miles (**FAIRLY EASY**)

Meeting point: Leverhulme Park Community Leisure Centre, Long Lane, Brightmet, BL2 6EB

Public transport: Bus stop on Bury Road/ St James Avenue (route 562)

Contact: Melissa Taylor, 01204 331172

melissa.taylor@bolton.gov.uk

www.getactivebolton.co.uk



A Walk to the Mast

Bolton HF Walking Club

Sunday 7 May

Start time: 10:30am

A walk along Burnt Edge to the Winter Hill Mast, Smithills Moor and back.

Distance: 7 miles (**MEDIUM**)

Meeting point: Moss Bank car park near traffic lights, BL1 6NQ

Public transport: Bus stops nearby

Contact: Richard Smith

boltonhf@gmail.com

www.boltonhfwalking.org

P



Walking Netball – Age UK (for over 50s)

Age UK Bolton and England Netball

Monday 8, 22 May

Start time: 11:30am

Walking Netball has evolved from a growing demand for walking sports. Walking Netball is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. £2.50 per session.

Distance: Sports session (**FAIRLY EASY**)

Meeting point: Smithills School Sports Centre, Smithills Dean Rd, Bolton, BL1 6JS

Public transport: Bus stops nearby

Contact: Lucy Bird

01204 337877/701525

lucybird@ageukbolton.org.uk

www.ageukbolton.org.uk



Ladybridge Walk

Get Active, Bolton Council

Monday 8, 15, 22 May

Start time: 2:00pm

This walk explores the local area of Ladybridge, taking in routes such as the Middlebrook Trail and Deane Clough.

Distance: 2-3 miles (**FAIRLY EASY**)

Meeting point: Ladybridge Surgery, Broadgate, Ladybridge, BL3 4PZ

Public transport: Bus stop on Armadale Road/The Beaumont Arms (route 715)

Contact: Melissa Taylor, 01204 331172

melissa.taylor@bolton.gov.uk

www.getactivebolton.co.uk



Bradshaw Walk

Bolton HF Walking Club

Thursday 11 May

Start time: 7:15pm

A quick paced two hour walk finishing in a local pub.

Distance: 5-6 miles (**MEDIUM**)

Meeting point: Crofters car park, BL2 3EW. Please park on far side as we have permission.

Public transport: Bus stop nearby (route 507)

Contact: Jack & Carole Frudd

07789 725225

boltonhf@gmail.com

www.boltonhfwalking.org



A Visit to Two Lads

Bolton Ramblers

Thursday 11 May

Start time: 10:30am

A fairly steep climb onto Rivington Moors.

Distance: 5 miles (**MEDIUM**)

Meeting point: Horwich Leisure Centre

Public transport: Bus stop nearby (route 125)

Contact: Tony Hough, 01204 692458

boltonramblers@hotmail.co.uk

www.boltonramblers.org.uk



The Tonge Trail (with Little Frank)

Bolton HF Walking Club

Saturday 13 May

Start time: 1:00pm

A circular walk exploring Bolton's heritage.

Distance: 7 miles (**MEDIUM**)

Meeting point: Hall i' th' Wood train station, BL1 8UR

Public transport: Blackburn train from Bolton train station

Contact: Keith Popplewell, 01706 826570

boltonhf@gmail.com

www.boltonhfwalking.org



Seven Acres Local Nature Reserve to Ringley

The Wildlife Trust for Lancashire, Manchester and North Merseyside

Friday 12 May

Start time: 10:30am

A walk along the central section of the Kingfisher Trail as it follows the Croal-Irwell Valley through various nature reserves and the MBB Canal, taking in industrial heritage and wildlife along the way.

Distance: 3.8 miles (**MEDIUM**)

Meeting point: Environmental Resource Centre, 499-511 Bury Rd, Bolton, BL2 6DH

End point: The Horseshoe, Radcliffe.

A minibus will be available to return walkers to the meeting point if pre-booked.

Public transport: Bus stop nearby (route 471)

Contact: Stephen Cartwright

01204 663754

scartwright@lancswt.org.uk

www.lancswt.org.uk

Booking required



Bromley Cross to Cheetham Close and back

Manchester and District
(20s and 30s) Walkers

Sunday 14 May

Start time: 10:45am

This walk starts at Bromley Cross, goes past the Jumbles Reservoir, through Chapeltown, past the Wayoh and Turton & Entwistle Reservoirs where we'll have lunch. We'll then head over Cheetham Close, through Egerton to Bromley Cross. This walk includes a 400 metre ascent and some muddy sections – walking experience and full waterproof gear is required.

Distance: 9.5 miles **(CHALLENGING)**

Meeting point: Bromley Cross train station, BL7 9AG

Public transport: Bus stop nearby

Contact: John Ireland, 07966 490216

johnaj.ireland@virgin.net

www.madwalkers.org.uk

Booking required: Please email
walks@madwalkers.org.uk



Wilderswood, Two Lads and a Hotel

Bolton Ramblers

Sunday 14 May

Start time: 2:00pm

A walk exploring the hillside and moors above Horwich, but with less ascent.

Distance: 4 miles **(MEDIUM)**

Meeting point: Jolly Crofters, Chorley Old Rd, Horwich

Public transport: Bus from Bolton bus station (route 125)

Contact: Lou Thompson, 01204 692458

boltonramblers@hotmail.co.uk

boltonramblers.org.uk



North Bolton Ramble

Bolton HF Walking Club

Wednesday 17 May

Start time: 10:30am

A walk exploring Last Drop, Dunscar, Longworth Clough, Whittle Hill, Witton Weavers Way, Wayoh, Turton Bottoms and Jumbles.

Distance: 9-10 miles **(MEDIUM)**

Meeting point: Park and meet at Ouzel Nest Car Park, Chapeltown Road. The walk leader will meet anyone travelling by train at Bromley Cross train station.

Public transport: Blackburn train from Bolton train station

Contact: Jack & Carole Frudd,
07789 725225

boltonhf@gmail.com

www.boltonhfwalking.org

Canals and Bridges

Bolton HF Walking Club

Wednesday 17 May

Start time: 10:30am

A walk exploring the Manchester, Bolton and Bury Canal network and the Wilson, Sion and Meccano Bridges.

Distance: 5-6 miles **(FAIRLY EASY)**

Meeting point: Moses Gate Country Park, BL4 3DN

Public transport: Bus stops nearby

Contact: John Humphries

boltonhf@gmail.com

www.boltonhfwalking.org



Moss Bank Park

Bolton HF Walking Club

Thursday 18 May

Start time: 7:15pm

A quick paced two hour walk finishing in a local pub.

Distance: 5-6 miles **(MEDIUM)**

Meeting point: Close to The Finishers Pub, BL1 5RE

Public transport: Bus stops nearby

Contact: Graham King

boltonhf@gmail.com

www.boltonhfwalking.org



A Walk to Japan

Bolton Ramblers
Thursday 18 May

Start time: 10:30am

A walk exploring the Japanese gardens.

Distance: 5 miles (**MEDIUM**)

Meeting point: Horwich Leisure Centre

Public transport: Bus stop nearby
(route 125)

Contact: Tony Hough, 01204 692458
boltonramblers@hotmail.co.uk
www.boltonramblers.org.uk



Turton History Walk

Bolton HF Walking Club
Wednesday 24 May

Start time: 10:30am

This walk takes in the local history of
Bradshaw, Jumbles and Bromley Cross

Distance: 5.6 miles (**FAIRLY EASY**)

Meeting point: Morrisons, Harwood,
far end of the car park, BL2 3HN

Public transport: Bus stop nearby
(route 507)

Contact: Jack & Carole Frudd,
07789 725225
boltonhf@gmail.com
www.boltonhfwalking.org



Woods and Water

Bolton HF Walking Club
Saturday 20 May

Start time: 1:00pm

A walk exploring Bradshaw Brook, Jumbles,
Turton Bottoms, Wayoh and Turton Tower.

Distance: 8 miles (**MEDIUM**)

Meeting point: Bromley Cross
train station, BL7 9AG

Public transport: Blackburn train from
Bolton train station

Contact: Jack & Carole Frudd,
01706 826570
boltonhf@gmail.com
www.boltonhfwalking.org



Wilderswood

Bolton Ramblers
Thursday 25 May

Start time: 10:30am

A walk to Wilderswood and beyond.

Distance: 5 miles (**MEDIUM**)

Meeting point: BL6 5PY

Public transport: Bus stop nearby
(route 125)

Contact: Tony Hough, 01204 692458
boltonramblers@hotmail.co.uk
www.boltonramblers.org.uk



Turton Towers

Manchester CHA Rambling and
Social Club
Saturday 27 May

Start time: 10:30am

A circular walk from Bromley Cross
visiting Turton Tower, Turton Heights,
Entwistle and Jumbles Reservoir.

Distance: 9 miles (**MEDIUM**)

Meeting point: Bromley Cross
train station

Public transport: Bus stops nearby
Contact: John Booth, 0161 4395464
manchesterchaclub@gmail.com
www.manchesterchaclub.com



Winter Hill Wander

Bolton HF Walking Club
Wednesday 31 May

Start time: 10:30am

This walk takes in Matchmoor,
Burnt Edge, Two Lads and Wilderswood.

Distance: 7 miles (**MEDIUM**)

Meeting point: Bottom of George's Lane,
Horwich, BL6 6RE

Public transport: Bus stop nearby
(route 125)

Contact: Christina Wallwork
boltonhf@gmail.com
www.boltonhfwalking.org



Nordic Walk in Heaton Park

Bury Sport and Physical Activity Service – 'Walk with Me'

Monday 1 May

Start time: 1:00pm

Nordic Walking uses specially-designed walking poles to propel you forward as you walk. It's a recognised way to turn a walk into a whole body exercise. Nordic poles are provided.

Distance: 2 miles (**FAIRLY EASY**)

Meeting point: Lakeside car park (off Sheepfoot Lane) Heaton Park, Prestwich

Public transport: Metrolink and bus stop nearby

Contact: Hamish Willis, 07967 318501
hamish.willis1@ntlworld.com
www.iwillifyouwill.co.uk

Booking required



Summerseat District Community Health Walk

Bury Sport and Physical Activity Service – 'Walk with Me'

Monday 1, 8, 15, 22, 29 May

Start time: 11:00am

There are several pleasant country walking routes which involve climbing out of the valley and using footpaths which can be a little rough and muddy at times. During bad weather this walk tends to stay close to the village along quiet country roads.

Distance: 2 miles (**MEDIUM**)

Meeting point: Summerseat Garden Centre, Railway St. Summerseat, Bury, Lancashire, BL9 5QD

Public transport: Bus stop nearby

Contact: Bury Sport and Physical Activity Service, 0161 2536396
walkwithme@bury.gov.uk
www.iwillifyouwill.co.uk



Macmillan Cancer Support Community Health Walk

Bury Sport and Physical Activity Service – 'Walk with Me'

Tuesday 2, 9, 16, 23, 30 May

Start time: 11:00am

This gentle parkland walk is aimed at a beginner level for those who are either new to exercise or who haven't been active in a while and are wishing to return to some gentle form of physical activity. The park offers a variety of different walking routes, some with gentle climbs and descents.

Distance: 2 miles (**FAIRLY EASY**)

Meeting point: Heaton Park Metrolink Entrance, Prestwich

Public transport: Metrolink stop and bus stop nearby

Contact: Bury Sport and Physical Activity Service, 0161 2536396
walkwithme@bury.gov.uk
www.iwillifyouwill.co.uk



Bury Society for the Blind and Partically Sighted – Sensory Guided Walk

Bury Sport and Physical Activity Service – 'Walk with Me'

Friday 5 May

Start time: 10:30am

Experience the different smells, sounds, textures, tastes and ambience on a Guided Sensory Walking Tour of Bury. This free circular walk may take up to two hours with a number of scheduled stops around the town included. Everybody is welcome!

Distance: 1.5 miles (**EASY**)

Meeting point: Castle Leisure Centre, Bolton Street, Bury, BL9 0EZ

Public transport: Metrolink stop and bus stop nearby

Contact: Paul Talbot, 07527 408625
walkwithme@bury.gov.uk
www.iwillifyouwill.co.uk

Booking required



West Pennine Way – Holcome, Harcles Hill and Peel Tower

Bury Sport and Physical Activity
Service – 'Walk with Me'

Friday 5 May

Start time: 6:15pm

An interesting walk to the highest point in Greater Manchester then across the moorland to the iconic Peel Tower. Enjoy the magnificent views across the whole of Manchester to the hills beyond before returning to the start.

Distance: 4 miles (**CHALLENGING**)

Meeting point: Lumb Carr road car park, BL8 4NN

Public transport: N/A

Contact: Christine Taylor, 07854 260947
walkwithme@bury.gov.uk
www.westpennineway.org

P



Prestwich District Community Health Walk

Bury Sport and Physical Activity
Service – 'Walk with Me'

Saturday 6, 13, 20, 27 May

Start time: 10:30am

This woodland, water and lake circular walk lasts for just over an hour. There are some uneven surfaces which can be muddy at times. This walk involves journeying through areas of Prestwich Clough, Drinkwater Park and Waterdale Park, although the route may vary depending on conditions.

Distance: 3 miles (**MEDIUM**)

Meeting point: St Mary's Church
Entrance, Church Lane, Prestwich,
M25 1AN

Public transport: Metrolink stop and
bus stop nearby

Contact: Bury Sport and Physical
Activity Service, 0161 2536396
walkwithme@bury.gov.uk
www.iwillifyouwill.co.uk

P



West Pennine Way – Ramsbottom to John Turners Cave

Bury Sport and Physical Activity
Service – 'Walk with Me'

Monday 8 May

Start time: 9:00am

An interesting walk following the Irwell river, through woods and across moorland, with lots of interesting places to see on the way.

Distance: 8 miles (**CHALLENGING**)

Meeting point: Ramsbottom train station,
BL0 9AL

Public transport: Bus stop nearby

Contact: Christine Taylor, 07855 260947
walkwithme@bury.gov.uk
www.westpennineway.org

P



West Pennine Way – Greenmount to Holcombe Moor

Bury Sport and Physical Activity
Service – 'Walk with Me'

Monday 8 May

Start time: 8:40am

A countryside walk through fields, woods and by streams.

Distance: 6 miles (**CHALLENGING**)

Meeting point: Outside Greenmount
Old School, BL8 4DE

Public transport: Bus stop nearby

Contact: Christine Taylor, 07856 260947
walkwithme@bury.gov.uk
www.westpennineway.org

P

West Pennine way – Barrow Bridge to Smithills Moor

Bury Sport and Physical Activity Service – 'Walk with Me'

Friday 12 May

Start time: 6:00pm

A lovely evening walk up onto the moors, passing an isolated moorland reservoir and the memorial to 10,000 trespassers who tried to keep the moorlands open to the public in the 1890's.

Distance: 4.5 miles **(CHALLENGING)**

Meeting point: Outside Greenmount Old School, BL8 4DE

Public transport: Bus stop nearby

Contact: Christine Taylor, 07856 260947

walkwithme@bury.gov.uk

www.westpennineway.org

P



Peel Tower, Ramsbottom

Wednesday Walkers Oldham

Wednesday 17 May

Start time: 10:00am

A walk across a variety of terrains, passing the Peel Tower Monument, Holcombe Rifle Ranges, and Jumbles Reservoir.

Distance: 10.5 miles **(MEDIUM)**

Meeting point: Peel Tower car park, Lumb Carr Road, Holcombe, Bury, BL8 4NN

Public transport: Bus stops on Bolton Road West

Contact: Kevin Lawton, 0161 6240010

lawtonho@btinternet.com

www.wednesdaywalkers.org

P

Ringley Village to Philips Park

The Wildlife Trust for Lancashire, Manchester and North Merseyside

Friday 19 May

Start time: 10:30am

A walk along the southern section of the Kingfisher Trail as it follows the Irwell Valley through various nature reserves, taking in industrial heritage and wildlife along the way.

Distance: 3.8 miles **(MEDIUM)**

Meeting point: The Horseshoe, 395 Fold Rd, Radcliffe, Manchester, M26 1FT

End point: The Barn Countryside Centre, Phillips Park. A minibus will be available to return walkers back to the meeting point if pre-booked.

Public transport: Kearsley train station and bus stops nearby (route 512, 513)

Contact: Stephen Cartwright, 01204 663754

scartwright@lancswt.org.uk

www.lancswt.org.uk

Booking required



West Pennine Way – Greenmount to Two Brooks Valley

Bury Sport and Physical Activity Service – 'Walk with Me'

Friday 19 May

Start time: 6:00pm

A fascinating countryside walk with many places of interest to see on the way.

Distance: 4 miles **(CHALLENGING)**

Meeting point: Outside Greenmount Old School, BL8 4DE

Public transport: Bus stop nearby

Contact: Christine Taylor, 07856 260947

walkwithme@bury.gov.uk

www.westpennineway.org

P



West Pennine Way – Clough Head to Greenmount

Bury Sport and Physical Activity Service – 'Walk with Me'

Wednesday 24 May

Start time: 8:30am

An invigorating moorland walk through landscape shaped by quarrying, following pack horse routes over the moors to Pilgrims Cross and over Harcles Hill (highest point in Greater Manchester) to Peel Tower.

Distance: 10 miles (**CHALLENGING**)

Meeting point: Outside Greenmount Old School, BL8 4DE

Public transport: Bus stop nearby

Contact: Christine Taylor, 07856 260947

walkwithme@bury.gov.uk

www.westpennineway.org

P

Hawkshaw Circular

Bolton HF Walking Club

Thursday 25 May

Start time: 7:15pm

A fast two hour walk finishing in a local pub.

Distance: 5-6 miles (**MEDIUM**)

Meeting point: Wagon & Horses, BL8 4JL

Public transport: Bus stops nearby

Contact: Roy McDonald, 01706 826570

boltonhf@gmail.com

www.boltonhfwalking.org

Preparation for a Civil War Battle

Bolton HF Walking Club

Saturday 27 May

Start time: 1:00pm

A walk taking in the Irwell Sculpture Trail, Elton Reservoir, Cockey Moor Ainsworth and Whitens Reservoir.

Distance: 7 miles (**MEDIUM**)

Meeting point: Radcliffe Metrolink stop

Public transport: Radcliffe Metrolink stop

Contact: Roy McDonald, 01706 826570

boltonhf@gmail.com

www.boltonhfwalking.org

P

BURY TRAIL & RAIL 2017

SUNDAY 21ST MAY

Get outdoors and join us for a fun-filled day out, starting with a free led walk along the Irwell River trail to Ramsbottom.



Walk departs at 11am from Bury Bolton Street, Calling at:

- BURRS COUNTRY PARK
- SUMMERSEAT
- RAMSBOTTOM

Don't worry if you run out of steam – we have plenty to get you home in style with a **FREE** train ticket taking you back to Bury along the East Lancashire Railway. You can board from either Burrs Country Park, Summerseat or Ramsbottom.

To book your place and reserve your free train ticket visit: burytrailandrail2017.eventbrite.co.uk

DON'T FORGET YOUR PICNIC!

In partnership with:



Quarry Bank Mill

Macmillan Cancer Information and Support Centre, Wythenshawe Hospital

Wednesday 3, 10, 17, 24, 31 May

Start time: 10:15am

An easy walk with a few slight inclines. This walk is part of Macmillan Connections South Manchester Walks.

Distance: 2 miles (**MEDIUM**)

Meeting point: Quarry Bank Mill, main National Trust car park, SK9 4LA

Public transport: Bus stop in car park

Contact: Helen Adamson, 0161 2914876
helen.adamson@uhsm.nhs.uk



Walking Netball

England Netball

Wednesday 3, 10, 17, 24, 31 May

Start time: 6:00pm

Walking Netball is netball but at a walking pace. Anyone can play regardless of age or fitness level. Come along and try it out for yourself.

Distance: (**EASY - CHALLENGING**)

Meeting point: Energy Box

Public transport: N/A

Contact: Jessica Gordan-Smith
07854 090643

Jessica.gordon-smith@englandnetball.co.uk
www.netballnorthwest.org.uk



The Grand Canals of Manchester (West)

New Manchester Walks

Thursday 4 May

Start time: 6:00pm

Central Manchester is home to Britain's canal delta, where the Bridgewater, Rochdale and Manchester Ship Canal close in by the rivers Irwell and Medlock. This towpath tour from Piccadilly to Castlefield heads past eerie industrial yards and snazzy waterside apartments to reveal a Manchester unseen from the roads and trams.

Distance: 4 miles (**FAIRLY EASY**)

Meeting point: Malmaison Hotel, 3 Piccadilly, M1 3AQ

Public transport: Piccadilly train station

Contact: Ed Glinert, 07769 298068
info@newmanchesterwalks.com
www.newmanchesterwalks.com



Health Walk

Manchester Giants

Thursday 4, 11, 18, 25 May

Start time: 11:00am

A gentle walk around Marie Louise Garden at a comfortable pace, starting out from The Northern Tennis and Fitness Club.

Distance: 1-2 miles (**FAIRLY EASY**)

Meeting point: Northern Tennis and Fitness club, Palatine Road, Didsbury, Manchester, M20 3YA

Public transport: West Didsbury Metrolink stop

Contact: Jonathon Deakin
abell@manchestergiants.com
www.manchestergiants.com

Booking required



Bramhall Walk 1

Macmillan Cancer Information
and Support Centre,
Wythenshawe Hospital

Friday 5, 19 May

Start time: 10:30am

An easy, flat walk perfect for beginners.
The walk is part of Macmillan Connections
South Manchester Walks.

Distance: 1-2 miles (**FAIRLY EASY**)

Meeting point: Meet at Ladybrook
Hotel car park

Public transport: Bus stop nearby

Contact: Helen Adamson, 0161 2914876
helen.adamson@uhsm.nhs.uk



Dunham Massey

Macmillan Cancer Information
and Support Centre,
Wythenshawe Hospital

Friday 5, 12, 19, 26 May

Start time: 10:30am

An easy walk with a few slight inclines.
The walk is part of Macmillan Connections
South Manchester Walks.

Distance: 2-3 miles (**MEDIUM**)

Meeting point: Dunham Massey,
main National Trust car park, WA14 4SJ

Public transport: Bus stop nearby

Contact: Helen Adamson, 0161 2914876
helen.adamson@uhsm.nhs.uk



DOES THE IDEA OF EXERCISE MAKE **YOU** RUN A MILE?

The good news is that brisk walking counts as being active. Just ten minutes of brisk walking gets your blood pumping and clears your head, as well as reducing your risk of heart disease and stroke. So, take the first step.

Download the free Active 10 app today.

BECAUSE THERE'S ONLY
ONE YOU

Bramhall Walk 2

Macmillan Cancer Information and Support Centre, Wythenshawe Hospital

Friday 5 May

Saturday 13, 27 May

Start time: 10:30am

An easy flat walk perfect for beginners. This walk is part of Macmillan Connections South Manchester Walks.

Distance: 1-2 miles **(FAIRLY EASY)**

Meeting point: Dunham Massey, main National Trust car park, WA14 4SJ

Public transport: Bus stop nearby

Contact: Helen Adamson, 0161 2914876
helen.adamson@uhsm.nhs.uk

Tatton Park

Macmillan Cancer Information and Support Centre, Wythenshawe Hospital

Sunday 7 May

Start time: 9:30am

A relatively flat but strenuous walk with lovely views and the possibility of spotting roaming deer along the way.

Distance: 4-5 miles **(CHALLENGING)**

Meeting point: Meet at Main Tatton Park entrance, Mereheath Drive, WA16 6QN

Public transport: Bus stop nearby

Contact: Helen Adamson, 0161 2914876
helen.adamson@uhsm.nhs.uk



Travelling HOME

Manchester Guided Tours

Saturday 6 May

Start time: 1:00pm

On this walk from HOME, Manchester's newest arts centre, to Castlefield, we look at how both areas were changed forever by the great rail and canal developments of the Industrial Revolution.

Distance: 1 mile **(FAIRLY EASY)**

Meeting point: HOME Foyer, 2 Tony Wilson Place, Manchester, M15 4FN

Public transport: Deansgate train station, Deansgate-Castlefield Metrolink stop and bus stops nearby

Contact: Pauline Lloyd, 07723 503702
pauline.lloyd261@btinternet.com
www.manchesterguidedtours.com



University to Hulme Community Garden Centre

University of Manchester – Lunchtime Strollers

Thursday 11 May

Start time: 12:00 noon

A walk through the University campus and over a footbridge which crosses the Princess Parkway to visit a 'community garden centre with a difference'. Please bring some money if you'd like to purchase anything from the garden centre.

Distance: 2.5 miles **(MEDIUM)**

Meeting point: By the benches in John Owen's Quad, near to Manchester Museum, University of Manchester, Oxford Road, M13 9PL

Public transport: Bus stops nearby

Contact: Michelle Inwood
lunchtime-strollers@manchester.ac.uk
www.walkingforhealth.org.uk/walkfinder/north-west/lunchtime-strollers-university-manchester-walking-programme



The Grand Canals of Manchester (East)

New Manchester Walks

Thursday 11 May

Start time: 6:00pm

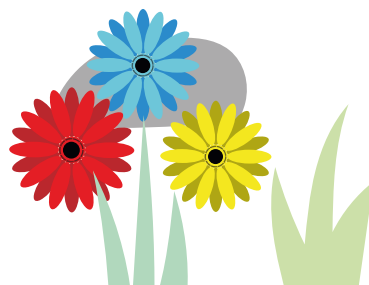
This walk explores the eastern edge of the city centre where the Ashton and Rochdale canals and the River Medlock lead to what was once 'the workshop of the world' and an industrial heartland of coal mines, factories which made Manchester the world centre for cotton production and manufacturing, an engineering works where the first transatlantic cable was built and what is now the epic Sportcity with its state-of-the-art stadiums.

Distance: 5 miles **(FAIRLY EASY)**

Meeting point: Malmaison Hotel, 3 Piccadilly, M1 3AQ

Public transport: Piccadilly train station

Contact: Ed Glinert, 07769 298068
info@newmanchesterwalks.com
www.newmanchesterwalks.com



A Modern History of the Northern Quarter

Skyliner

Sunday 14 May

Start time: 11:00am

Using public artworks as the thread, we will weave together a modern history of the Northern Quarter and Ancoats, exploring unlikely social housing, gentrification vs. the community, greening projects, and public space. As featured in Incredible Street Art Tours – The Telegraph.

Distance: 2 miles (EASY)

Meeting point: Northern Soul, 10 Church St, Manchester, M4 1PN

End point: 50 Newton Street, M1 2EA

Public transport: Victoria train station, Shudehill Metrolink, and Piccadilly Gardens bus station nearby

Contact: Hayley Flynn

theskyliner.org@gmail.com

www.theskyliner.org

Booking required: Please visit

www.theskyliner.org/tours



University to Elizabeth Gaskell House

University of Manchester –
Lunchtime Strollers

Tuesday 16 May

Start time: 12:15pm

A short walk along principally main roads from the University to Elizabeth Gaskell House. Please note, the house is not open to the public on Tuesdays.

Distance: 1.5 miles (EASY)

Meeting point: Top of ramp outside Zochonis Building, Brunswick Street, Manchester, M13 9PL

Public transport: Bus stops nearby

Contact: Michelle Inwood

lunchtime-strollers@manchester.ac.uk

www.walkingforhealth.org.uk/walkfinder

People close to HOME

Manchester Guided Tours

Wednesday 17 May

Start time: 12:30pm

Anthony Burgess, Tony Wilson, Sir Joseph Whitworth, Charles Macintosh...discover how these and a host of other famous names from the past are linked to the area around Manchester's newest arts centre, HOME.

Distance: 1 mile (FAIRLY EASY)

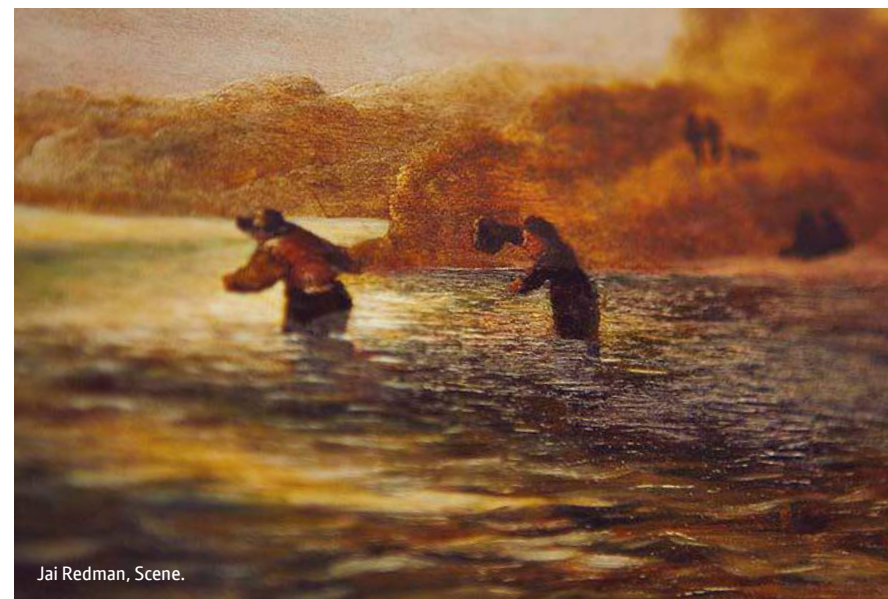
Meeting point: HOME Foyer, 2 Tony Wilson Place, Manchester, M15 4FN

Public transport: Deansgate train station, Deansgate-Castlefield Metrolink stop and bus stops nearby

Contact: Pauline Lloyd, 07723 503702

pauline.lloyd261@btinternet.com

www.manchesterguidedtours.com



Jai Redman, Scene.

Art Walk

Castlefield Gallery

Thursday 18 May

Start time: 5:30pm

A perfect walk to discover Manchester's visual arts scene. A whistle stop tour of some of Manchester's top exhibitions with after-hours introductions at Manchester Art Gallery, HOME, and Castlefield Gallery.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Manchester Art Gallery, Mosley Street, M2 3JL

End Point: Castlefield Gallery, 2 Hewitt Street, Manchester, M15 3ST

Public transport: St Peter's Square/ Market Street Metrolink, bus stops nearby

Contact: Jennifer Dean, 0161 8328034

jennifer@castlefieldgallery.co.uk

www.castlefieldgallery.co.uk

Booking required



National Clean Air Day 2017

Matthew O'Neill,
Lead Air Quality Officer
at Transport for Greater
Manchester talks about
National Clean Air Day...

June 15th 2017 will see the UK's first ever 'National Clean Air Day'; a day where six cities will come together to focus on action against air pollution. TfGM acting on behalf of the Combined Authority, is leading the city's involvement with the objective of raising awareness to improve public health.

Air pollution is no longer solely an environmental threat. It affects the quality of the air we all breathe, making it a significant public health risk. A report by the Royal College of Physicians estimates that outdoor air pollution accounts for 40,000 premature deaths every year.

Poor air quality is linked to cancer, asthma, strokes, heart disease, diabetes, obesity, poor foetal development, premature birth and changes linked to dementia.

Everyone has a role to play towards a healthier, cleaner Greater Manchester and we want everyone to be more aware of this so they can make informed choices, to help protect their own health and the health of their loved ones. We will be engaging with schools, health partners and businesses across the districts; providing information and resources and looking at changes we can make to improve our quality of life.

For further details and to find out how you can get involved, visit:
www.globalactionplan.org.uk/ncad2017 or contact: Matthew.O'Neill@tfgm.com

Alexandra Park Health Walk

Parklives

Tuesday 2, 9, 16, 23, 30 May

Start time: 9:15am

This is an instructor led health walk designed to improve fitness for adults 50+ or those new to exercise. Please wear comfortable clothing, appropriate footwear and bring a bottle of water.

Distance: 2-6 miles (FAIRLY EASY)

Meeting point: Russell Street entrance to the park, car park area, M16 7JL

Public transport: Bus stops nearby

Contact: Sue Brooks, 0161 2345360
activelifestyles@manchester.gov.uk

www.parklives.com



Clayton Vale Health Walk

Parklives

Wednesday 3, 10, 17, 24, 31 May

Start time: 9:45am

This is an instructor led health walk designed to improve fitness for adults 50+ or those new to exercise. Please wear comfortable clothing, appropriate footwear and bring a bottle of water.

Distance: 2-6 miles (FAIRLY EASY)

Meeting point: Entrance nearest to the Clayton Vale Visitor Centre

Public transport: Bus stops nearby

Contact: Sue Brooks, 0161 2345360
activelifestyles@manchester.gov.uk

www.parklives.com



Boggart Hole Clough Health Walk

Parklives

Saturday 6, 13, 20, 27 May

Start time: 9:00am

This is an instructor led health walk designed to improve fitness for adults 50+ or those new to exercise. Please wear comfortable clothing, appropriate footwear and bring a bottle of water.

Distance: 2-6 miles **(FAIRLY EASY)**

Meeting point: Entrance to track just down from the car park off Charlestown Road

Public transport: Bus stops nearby

Contact: Sue Brooks, 0161 2345360
activelifestyles@manchester.gov.uk
www.parklives.com



A Country Walk in the City

Tameside Ramblers

Saturday 20 May

Start time: 10:30am

A linear walk from Manchester Piccadilly train station to Mossley station. Generally a medium walk with one steep, long climb up Hartshead Pike. At the end of the walk there is an hourly train service to Victoria station and various buses to parts of Tameside.

Distance: 10.5 miles **(MEDIUM)**

Meeting point: Piccadilly train station approach next to Café Nero

End point: Mossley train station

Public transport: Piccadilly train station and bus stops nearby

Contact: John Harrison, 0161 3687341
harrisonjohn6@gmail.com
www.tamesideramblers.org.uk



Fletcher Moss and Stenner Woods

Ramblers Trafford Group

Saturday 20 May

Start time: 11:00am

A stroll taking in Fletcher Moss Gardens and Stenner Woods. There are some slight inclines and possible muddy paths as we will also walk along the River Mersey.

Distance: 4-5 miles **(FAIRLY EASY)**

Meeting point: Car park behind 'Ye Olde Cock' Wilmslow Rd, Didsbury, M20 2RN

Public transport: East Didsbury Metrolink and bus stops nearby

Contact: Lesley Beech
rtgmembership@yahoo.co.uk
www.ramblers-trafford.co.uk



Little Ireland

Manchester Guided Tours

Tuesday 23 May

Start time: 6:00pm

Amidst the modern architecture around Oxford Road and HOME, Manchester's newest arts centre, we discover the harsh reality of Little Ireland. Described by Friedrich Engels as 'the most disgusting spot of all', it was one of Victorian Manchester's most notorious slums.

Distance: 1 mile **(FAIRLY EASY)**

Meeting point: HOME Foyer, 2 Tony Wilson Place, Manchester, M15 4FN

Public transport: Deansgate train station, Deansgate-Castlefield Metrolink stop and bus stops nearby

Contact: Pauline Lloyd, 07723 503702
pauline.lloyd261@btinternet.com
www.manchesterguidedtours.com



University to Leaf Street Community Garden and Birley Fields

University of Manchester –
Lunchtime Strollers

Thursday 25 May

Start time: 12:00 noon

An inner-city walk visiting a secret garden and horticultural development at Birley Fields.

Distance: 3 miles (**MEDIUM**)

Meeting point: By the benches in John Owen's Quad, near to Manchester Museum, University of Manchester, Oxford Road, M13 9PL

Public transport: Bus stops nearby

Contact: Michelle Inwood

lunchtime-strollers@manchester.ac.uk
www.walkingforhealth.org.uk/walkfinder



Mossley to Manchester

Manchester and Salford Ramblers

Saturday 27 May

Start time: 9:30am meet to get 9:57am train to Mossley

A long linear walk through open country, over Hartishead Pike, through country parks, along canals and through urban parks before returning to Piccadilly station.

Distance: 12 miles (**CHALLENGING**)

Meeting point: Manchester Victoria train station

End Point: Piccadilly Station Approach

Public transport: Mossley train station and bus stops nearby

Contact: Salle Dare, 0161 8618491
salle_e_dare@yahoo.co.uk



Step into summer and join a walking group

**Our walks are fun, friendly
and everyone is welcome.**

Whatever your level of fitness we have something for you. You can join us for a long countryside walk or a 30 minute health walk or everything in between.

To find out more about your local group visit
www.ramblers.org.uk/greater-manchester-high-peak

Or if you are interested in health walks visit
www.walkingforhealth.org.uk



The Ramblers Association is a registered charity in England & Wales (1093577) and Scotland (SC039799) and a company limited by guarantee (England and Wales no. 4458492).

Macmillan Cancer Support is a registered charity in England & Wales (261017), Scotland (SC039907) and the Isle of Man (604) and a company limited by guarantee (England and Wales no. 2400969, Isle of Man no. 4694F).

Stonebreaks

Lees Health Walks

Tuesday 2 May

Start time: 10:20am

A walk along a disused railway line leading to open farmland, down to a valley stream. We'll then ascend the opposite side of the valley and look for unusual breeds of chickens... *(this walk is bound to be eggs-cellent! Ed)*

Distance: 3.3 miles **(FAIRLY EASY)**

Meeting point: Lees Library, Thomas Street, Lees, Oldham, OL4 5DA

Public transport: Oldham Mumps Metrolink stop and buses from there to Lees

Contact: John K. Norman, 01706 565621

johnknorman@hotmail.com

www.walkingforhealth.org.uk/walkfinder



Royton Circular

Wednesday Walkers Oldham

Wednesday 3 May

Start time: 10:30am

A walk through one field, over two steps and a couple of very narrow paths with a little road walking.

Distance: 6.1 miles **(FAIRLY EASY)**

Meeting point: Trinity Methodist Church, Radcliffe Street, Royton, Oldham, OL2 5QR

Public transport: Bus stops nearby (route 409)

Contact: Margaret Lang & Sue Dibden, 07850 382158

margaretlang1@yahoo.co.uk

www.wednesdaywalkers.org

Foxdenton Park to Chadderton Hall Park and return

UProjects, in partnership with Oldham Council

Saturday 6 May

Start time: 11:00am

This walk starts with a lap of Foxdenton Park. The park is an oasis away from the hustle and bustle of modern day Chadderton life and is graced with a beautiful Grade 2 listed country house. This will be followed by a walk along the Rochdale Canal into Chadderton Hall Park. We will then do a short lap of the park before resting for coffee at the Pavilion Café and retracing our route back to Foxdenton Park.

Distance: 5 miles **(FAIRLY EASY)**

Meeting point: The main park gates, Springs Rd, Chadderton, Oldham, OL9 9QS

Public transport: Freehold Metrolink stop and bus stops nearby (route 415)

Contact: Alan Keane, 07715 078239

alan.keane@uprojects.co.uk

www.uprojects.co.uk



Mountain Trike Ramble

Experience Community CIC

Saturday 6 May

Start time: 11:00am

Mountain Trike (all-terrain wheelchair) ramble around Dovestones Reservoir, with possible extension to a further reservoir for those who like a challenge.

Distance: 5 miles **(EASY)**

Meeting point: Dovestones Reservoir main car park, Greenfield, Oldham, OL3 7NE

Public transport: N/A

Contact: Craig Grimes, 07958 591841

cgrimes@experiencecommunity.co.uk

www.experiencecommunity.co.uk

Booking required: Please contact us if you need to hire a Mountain Trike



Blackstone Edge Circular

Saddleworth Peds Walking Club

Sunday 7 May

Start time: 9:45am

A moorland walk following part of the Pennine Way.

Distance: 12 miles (**CHALLENGING**)

Meeting point: Hollingworth Lake visitor centre, Rakewood Road, Littleborough, OL15 0AQ

Public transport: Bus stops nearby (routes 455, 456, 458)

Contact: Maurice Walker, 07813 362245
info@saddleworthpeds.org
www.saddleworthpeds.org



Walking Netball

England Netball

Monday 8, 15, 22, 29 May

Start time: 1:00pm

Walking Netball is netball but at a walking pace. Anyone can play regardless of age or fitness level. Come along and try it out for yourself.

Distance: Sports session
(**EASY - CHALLENGING**)

Meeting point: Oldham Leisure Centre

Public transport: Metrolink and bus stops nearby

Contact: Rebecca Smith, 078724 07211
rebecca.smith@englandnetball.co.uk
www.netballnorthwest.org.uk/



Daisy Nook Circular

Saddleworth Peds Walking Club

Sunday 7 May

Start time: 10:30am

A gentle walk around Daisy Nook.

Distance: 4 miles (**EASY**)

Meeting point: Daisy Nook visitor centre, Stannybrook Rd, Failsworth, Manchester, M35 9WJ

Public transport: Bus stops nearby (routes 168, 169)

Contact: Roy Coulson, 01706 866599
info@saddleworthpeds.org
www.saddleworthpeds.org



Tandle Hill Park Circular

Wednesday Walkers, Oldham

Wednesday 10 May

Start time: 10:00am

Tandle Hill to Dunwood Park across fields, paths and some roads.

Distance: 9 miles (**MEDIUM**)

Meeting point: Tandle Hill Park, Tandle Hill Rd, Royton, OL2 5UX

Public transport: Bus stops nearby

Contact: Alan Dufton, 07739 362535
aj.dufton@ntlworld.com
www.wednesdaywalkers.org



Health and Social Walk

Transport for Greater Manchester

Thursday 11 May

Start time: 11:00am

A social walk for all abilities to enjoy the beauty and history of Chadderton Hall Park.

Distance: 1 or 2 miles (**FAIRLY EASY**)

Meeting point: The Pavillion Café, Chadderton Hall Road, Oldham, OL9 0QP

Public transport: Mills Hill train station or bus stop nearby (route 419)

Contact: Chris Cordwell, 0161 2841094
chris.cordwell@tfgm.com
www.tfgm.com/walking



Castleshaw Skyline

Saddleworth Discovery Walks

Sunday 14 May

Start time: 10:00am

This classic walk, from the popular Saddleworth Discovery Walks guidebook, follows ancient routeways and crosses sections of open moorland, whilst offering spectacular views of the beautiful Castleshaw Valley. Please bring suitable clothing and footwear and a packed lunch.

Distance: 10 miles (**MEDIUM**)

Meeting point: Delph Chippy, King Street, Delph, Saddleworth, OL3 5DH

Public transport: Greenfield train station and regular buses into Delph from Oldham

Contact: Chris Maylor
info@saddleworthdiscoverywalks.co.uk
www.saddleworthdiscoverywalks.co.uk

Booking required: Please email
info@saddleworthdiscoverywalks.co.uk



Environmental Walk on Crompton Moor

Dunwood Park Nordic Walkers

Sunday 14 May

Start time: 11:20am

This walk explores Crompton Moor as we look for indicators of climate change with guest speaker Tom of 'Moors for the Future', and enjoy magnificent panoramic views.

Distance: 2.1 miles (**MEDIUM**)

Meeting point: Brushes Clough Car Park, Crompton Moor, OL2 8LS.

Walkers offering or needing lifts should meet at Dunwood Park Bowling Pavilion at 11:00am

End point: Brushes Clough car park, Crompton Moor, OL2 8LS

Public transport: Shaw & Crompton Metrolink stop and bus stop nearby (route 59)

Contact: John Keith Norman, 01706 565621

johnknorman@hotmail.com

www.facebook.com/

dunwoodparknordicwalkers

Booking required: Please email jeannormanhealthtrainer@gmail.com



Delph/Diggle Circular

Saddleworth Peds Walking Club

Sunday 14 May

Start time: 9:30am

Walk along the old Delph Donkey rail route to Castleshaw (Roman ruins) skyline, Diggle and return to car park.

Distance: 11 miles (**CHALLENGING**)

Meeting point: Transshipment Shed car park, Wool Road, Dobcross, OL3 5QR

Public transport: Bus stop nearby (routes 180, 184)

Contact: Phil Ashton, 07944 441886

info@saddleworthpeds.org

www.saddleworthpeds.org



Dobcross Circular

Saddleworth Peds Walking Club

Sunday 14 May

Start time: 10:15am

A circular walk around Dobcross.

Distance: 6 miles (**FAIRLY EASY**)

Meeting point: Brownhill Visitor Centre, Wool Road, Dobcross, OL3 5PB

Public transport: Bus stop nearby (routes 180 and 184)

Contact: Dot Pemberton, 01457 833862/07713 478562

info@saddleworthpeds.org

www.saddleworthpeds.org



Alexandra Park and Glodwick Lowes

UProjects, in partnership with Oldham Council

Tuesday 16 May

Start time: 1:00pm

Starting and finishing at the Boathouse Café in the historic and award winning Alexandra Park, this short walk will take us to the Glodwick Lowes area, a local nature reserve and site of Special Scientific Interest.

Distance: 3.5 miles (**FAIRLY EASY**)

Meeting point: Alexandra Park, located south east of Oldham town centre

Public transport: Oldham Central Metrolink stop and bus stops nearby (routes 408 and 425)

Contact: Alan Keane, 07715 078239

alan.keane@uprojects.co.uk

www.uprojects.co.uk



Dovestones and Chew Valley

Manchester CHA Rambling and Social Club

Thursday 18 May

Start time: 10:30am

A circular walk from Greenfield encompassing Dovestones Reservoir and the Chew Valley with an extension around Yeoman Hey Reservoir.

Distance: 8 miles (**MEDIUM**)

Meeting point: Greenfield train station

Public transport: Bus stops nearby

Contact: Graham Elford, 0161 4809741

manchesterchaclub@gmail.com

www.manchesterchaclub.com



Health and Social Walk

Transport for Greater Manchester

Thursday 18 May

Start time: 11:00am

A social walk for all to enjoy the beauty and history of Dovestone Reservoir.

Distance: 3 miles (**FAIRLY EASY**)

Meeting point: The main car park at the entrance of Dovestone Reservoir

Public transport: Bus stop nearby (route 180)

Contact: Chris Cordwell, 0161 2441094

chris.cordwell@tfgm.com

www.tfgm.com/walking



Walking Resources and Volunteering Information

You don't have to go on a guided walk or join a walking group to walk more. If you prefer to, you can plan your own walks using one of many websites and apps available. You may also choose to train as a walk leader with a local or national walking group. For more information, have a look through the below.

Planning your own walk

There are a whole range of apps and websites that help to plan your own walking route, and in some cases measure your calorie usage and fitness levels.

www.walkit.com

The urban walking route planner.

www.mapmywalk.com

A fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities.

www.google.com/maps

Offers GPS navigation to your destination, generating routes and voice-guided navigation with a walking option as an alternative to driving or public transport. Great for when you are in a strange town or city.

An alternative, but more expensive option, is to use a wearable device – for example Fitbit or Jawbone – that can work with your phone to track your activity and more.

Walking resources

www.ramblers.org.uk

Britain's largest walking charity working to protect and expand the places people love to walk and promote walking for health and pleasure.

www.livingstreets.org.uk

The UK charity for everyday walking.

www.walkingforhealth.org.uk

Provide 1800 weekly walks nationwide, supported by around 8,300 volunteers. Focused on improving health, walks are short and based on easy terrain.

Train to be a volunteer walk leader

Many walking groups couldn't exist without volunteers. Training as a volunteer can be a great way to increase your fitness levels while developing your skills and expanding your social circle at the same time.

You can find out more about training to be a volunteer below, whether as a walk leader or helping to maintain and clear paths:

www.walkingforhealth.org.uk/volunteering

www.ramblers.org.uk/volunteer-zone

A Nordic Walking Taster for Beginners

UProjects, in partnership with Oldham Community Leisure

Thursday 18 May

Start time: 6:00pm

An introduction to Nordic Walking, and a demonstration and instruction on the Nordic Walking technique, followed by a Nordic Walk along the Pennine Bridleway to the Diggle area of Saddleworth, returning by the Huddersfield Narrow Canal.

Distance: 4.5 miles (**EASY - MEDIUM**)

Meeting point: Saddleworth Pool and Leisure Centre Station Rd, Uppermill, Oldham, OL3 6HQ

Public transport: Greenfield train station and bus stops nearby (routes 184, 352, X50)

Contact: Alan Keane, 07715 078239

alan.keane@uprojects.co.uk

www.uprojects.co.uk

Booking required: Please email

alan.keane@uprojects.co.uk



Dovestone Quarries and Reservoirs

UProjects, in partnership with Oldham Council

Saturday 20 May

Start time: 10:00am

A walk from the Clarence Hotel in Greenfield, exploring the Dovestone quarries and reservoirs. The Dovestone area is managed by the RSPB and a representative will join us on the walk.

Distance: 6 miles (**MEDIUM**)

Meeting point: Clarence Hotel, Chew Valley Rd, Greenfield, Oldham, OL3 7DD

Public transport: Greenfield train station and bus stops nearby (routes 180, 350)

Contact: Alan Keane, 07715 078239

alan.keane@uprojects.co.uk

www.uprojects.co.uk



Spring Wildlife Walk

City of Trees

Saturday 20 May

Start time: 11:00am

Gentle, informal walk led by expert Russ Hedley from Nature Talks and Walks, through lovely green space and woodland, observing the wonderful wildlife that lives there.

Distance: 3 miles (**FAIRLY EASY**)

Meeting point: Corner of Parkfield Road North and Waters Edge, New Moston, M40 3SL

Public transport: Failsworth Metrolink stop

Contact: Rhys Wynne, 0162 8721660

rhys@cityoftrees.org.uk

www.heritagetrees.org.uk

Booking required



Chew Valley Circular

Saddleworth Peds Walking Club

Sunday 21 May

Start time: 9:15am

Moorland walk following the Chew Valley skyline.

Distance: 11 miles (**CHALLENGING**)

Meeting point: Tesco car park, Chew Valley Road, Greenfield, OL3 7AF

Public transport: Bus stop nearby (routes 180, 184)

Contact: Colin Deaville, 07776 194154

info@saddleworthpeds.org

www.saddleworthpeds.org



Greenfield/Dobcross Circular

Saddleworth Peds Walking Club

Sunday 21 May

Start time: 10:15am

A fairly easy circular walk from Greenfield to Dobcross.

Distance: 6 miles (**FAIRLY EASY**)

Meeting point: Greenfield train station, Oldham, OL2 7JZ

Public transport: Greenfield train station or bus stops nearby (routes 180, 184 from Oldham)

Contact: Graham Brown, 01457

874082/07528 075355

info@saddleworthpeds.org

www.saddleworthpeds.org



A Walk past a Clock House

Lees Health Walks

Tuesday 23 May

Start time: 10:20am

Enjoy a walk alongside Thornley Brook to open farmland offering magnificent views of Oldham. Return to Lees Library via Holts and the river Medlock Nature Reserve.

Distance: 2.8 miles (**MEDIUM**)

Meeting point: Lees Library, Thomas Street, Lees, Oldham, OL4 5DA

Public transport: Oldham Mumps Metrolink stop and buses from there to Lees

Contact: John K. Norman, 01706 565621

johnknorman@hotmail.com

www.walkingforhealth.org.uk/walkfinder



Castleshaw Circular

Wednesday Walkers Oldham

Wednesday 24 May

Start time: 10:30am

A walk through Delph Village and up to tracks and moorland above Castleshaw Valley, taking in part of the Pennine Way and returning through the valley past the site of the Castleshaw Roman Fort.

Distance: 7-7.5 miles (**MEDIUM**)

Meeting point: Delph Library, Millgate Arts Centre, Delph, Oldham OL3 5JG

Public transport: Bus stops nearby (route 350)

Contact: Valerie & Martin Kavanagh, 01457 875627

kavanaghs@dobcrossvillage.co.uk

www.wednesdaywalkers.org

Dovestone Reservoir (shorter walk)

UProjects, in partnership with Oldham Council

Wednesday 24 May

Start time: 12:15pm

This walk explores the Dovestone valley area via a much easier route around the reservoir, starting and finishing at the Clarence Hotel.

Distance: 4.8 miles (**FAIRLY EASY**)

Meeting point: Clarence Hotel, Chew Valley Rd, Greenfield, Oldham, OL3 7DD

Public transport: Greenfield train station and bus stops nearby (routes 184, 352, X50)

Contact: Alan Keane, 07715 078239

alan.keane@uprojects.co.uk

www.uprojects.co.uk



Alexandra Park and Park Bridge Circular

Saddleworth Discovery Walks

Saturday 27 May

Start time: 10:00am

Featuring in the Oldham Discovery Walks guidebook, this historical walk meanders its way through an oasis of green countryside hidden within the former industrial township of Oldham. You will explore Oldham's historical past, from its heyday during the Industrial Revolution to the Second World War and beyond.

Distance: 8 miles (**MEDIUM**)

Meeting point: Oldham Mumps Metrolink station, Junction of Union Street and Princess Street, Oldham, OL1 3TL

Public transport: Oldham Mumps Metrolink stop and bus stop nearby

Contact: Chris Maylor

info@saddleworthdiscoverywalks.co.uk

www.saddleworthdiscoverywalks.co.uk

Booking required: Please email

info@saddleworthdiscoverywalks.co.uk



Family Adventure Walk

Transport for Greater Manchester

Tuesday 30 May

Start time: 11:00am

A fun and enjoyable adventure walk for all the family.

Distance: 1.2 & 3 mile options (**FAIRLY EASY**)

Meeting point: The Boat House Café, Alexandra Park, Oldham, OL8 2BN

Public transport: Oldham Mumps Metrolink stop

Contact: Chris Cordwell, 0161 2441094

chris.cordwell@tfgm.com

www.tfgm.com/walking



Rochdale Ghost Walks

Rochdale Ghost Walks

Thursday 4, 18 May

Start time: 7:30pm

Professional actor Colin Meredith takes you on a walk through Rochdale's murderous past, to places you didn't know existed. Suitable for adults and children.

Distance: 1 mile (**EASY**)

Meeting point: 31 Toad Lane, Rochdale, Lancashire, OL12 ONU

Public transport: Rochdale Metrolink stop

Contact: Colin Meredith,
01706 710810/07774 152620

colin.meredith@icloud.com

www.rochdaleghostwalks.co.uk



Queens Park and Roch Valley

Rochdale Borough Council

Saturday 6 May

Start time: 10:30am

Join the Rangers on this spring walk through the lovely Roch Valley.

Distance: 4 miles (**MEDIUM**)

Meeting point: Queens Park Lodge, Heywood, Rochdale

Public transport: Bus stop at either end of Queens Park Road

Contact: Tommy Downes, 01706 373421

tommy.downes@rochdale.gov.uk

www.rochdale.gov.uk/parksandcountryside



The Lake, Edge and Piethorne Valley

Rochdale Ramblers

Saturday 6 May

Start time: 11:00am

Leaving the Lakebank we pass the Whittaker Hamlet ascending to the trig point at Blackstone Edge with its spectacular, panoramic viewpoint. We then follow the Pennine Way over the M62 to the Piethorne Valley and its reservoirs, before returning to the country park via Rakewood and its stunning lake views.

Distance: 9 miles (**MEDIUM**)

Meeting point: Hollingworth Lake Country Park visitor centre, Rakewood Rd, Littleborough, OL15 OAQ

Public transport: Littleborough train station and bus stops nearby (routes 455, 456, 458)

Contact: Richard Gibbons,
01706 374574/078894 66157

rl-gibbons@sky.com

www.rochdaleramblers.co.uk



Hollingworth Lake Xplorer

Link4life

Saturday 6, 28 May

Sunday 14 May

Start time: 11:00am-3:00pm

Hollingworth Lake trail is a 4km circular walk that takes you around the lake and offers some good vantage points for nature lovers and photographers. The trail is flat but can be on rough ground in some places. Grab a map from the Activity Centre (£1 per group) and set off around the lake on the 4km trail. Come any time between 11:00am-3:00pm.

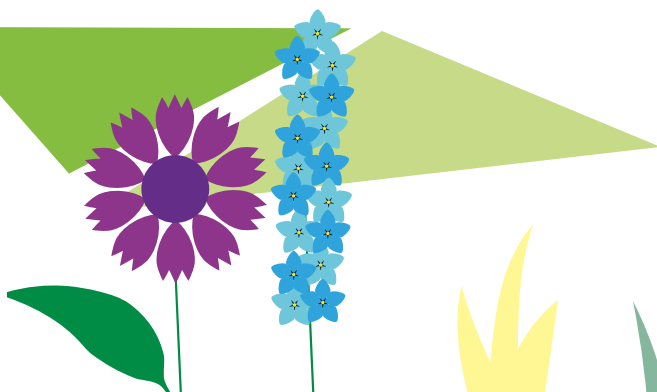
Distance: 3.5 miles (**EASY**)

Meeting point: Hollingworth Lake Activity Centre, Lakebank, Littleborough, Greater Manchester, OL15 ODQ

Public transport: Smithy Bridge train station

Contact: Simon Duczak, 01708 370499
holwac@link4life.org

www.link4life.org/centres/hollingworth-lake-water-activity-centre



Navigation Walk near Hollingworth Lake

Map and Compass: Walk your own way
Sunday 14 May

Start time: 10:00am

A short walk on footpaths, introducing you to map and compass reading to navigate yourself around the countryside. As well as walking, we will be standing for some time so do wear appropriate clothing.

Distance: 1.5 miles (**FAIRLY EASY**)

Meeting point: Hollingworth Lake Visitor Centre, Rakewood Rd, Littleborough, OL15 0AQ

Public transport: Littleborough train station and bus stop at Smithy Bridge Rd/Cleggswood Ave

Contact: Jak Radice, 07712 858471

mapandcompassol21@gmail.com

www.mapandcompass.wixsite.com/mapandcompass

Booking required



Healey Dell History Walk

Rochdale Borough Council

Sunday 14 May

Start time: 10:45am

Explore some of the history of Healey Dell and it's surrounding area with local ranger, Richard Whittle.

Distance: 5 miles (**MEDIUM**)

Meeting point: Healey Dell Tea Rooms & Heritage Centre, Dell Road, Shawclough, Rochdale, OL12 6BG.

Public transport: Bus stop nearby (route 464 – alight Healey Corner & proceed down Dell Road)

Contact: Richard Whittle, 01706 373421

richard.whittle@rochdale.gov.uk

www.rochdale.gov.uk



Hollingworth Lake Health and Social Walk

Transport for Greater Manchester

Tuesday 16 May

Start time: 11:00am

A social walk for all abilities to enjoy the beauty and history of Hollingworth Lake.

Distance: 3 miles (**FAIRLY EASY**)

Meeting point: The main car park at the boating lake

Public transport: N/A

Contact: Chris Cordwell, 0161 2441094

chris.cordwell@tfgm.com

www.tfgm.com/walking



Littleborough to Newhey Linear

Manchester and District
(20s and 30s) Walkers

Saturday 20 May

Start time: 10:00am

A linear walk out of Littleborough to Newhey via Blackstone Edge and Piethorne Reservoir. The walk includes a 570 metre ascent across some open moorland. We may encounter muddy sections so full waterproof gear will be required. As this is a linear walk, driving is not recommended.

Distance: 12.5 miles (**CHALLENGING**)

Meeting point: Victoria station, by the piano, at 9:15 to catch 9:26 train. Or Canal side car park, by the florist off Canal Street, Littleborough at 10:00am.

Public transport: Littleborough train station at start point, Newhey Metrolink stop at end point. Suggested Ticket: Day and Tram Saver.

Contact: Niall MacLennan

niallmaclellan@hotmail.co.uk

www.madwalkers.org.uk

Booking required: Please email walks@madwalkers.org.uk



Rochdale/Saddleworth Circular

Saddleworth Peds Walking Club

Sunday 21 May

Start time: 9:45am

A walk taking in Denshaw, New Years Bridge Reservoir, Oldham Way, Pennine Way, Dowry Reservoir, Readycon Dean Reservoir, The Rams Head Pub and Piethorn Reservoir.

Distance: 8 miles (**MEDIUM**)

Meeting point: Ogden Reservoir car park, Ogden Lane, Newhey, Rochdale, OL16 3TQ

Public transport: Newhey Metrolink (1.5 miles from meeting point) or bus stop in Newhey (route 451)

Contact: Neville Cavill, 07501 885708

info@saddleworthpeds.org

www.saddleworthpeds.org



Clegg Hall

Saddleworth Peds Walking Club

Sunday 21 May

Start time: 10:30am

A gentle, fairly flat walk to Clegg Hall.

Distance: 4 miles (**EASY**)

Meeting point: Layby next to Rochdale Canal at Littleborough train station

Public transport: Train station and bus stops nearby (routes 454, 457)

Contact: Roy Coulson, 01706 866599

info@saddleworthpeds.org

www.saddleworthpeds.org



Hollingworth Lake Heritage Walk

Rochdale Borough Council

Sunday 21 May

Start time: 10:30am

Join the rangers for this walk exploring the heritage of Hollingworth Lake, as you look at old photographs along the way.

Distance: 3 miles (FAIRLY EASY)

Meeting point: Hollingworth Lake Visitor Centre, Rakewood Road, Littleborough, OL15 0AQ

Public transport: Littleborough or Smithy Bridge train station and bus stops nearby

Contact: Bob Bevan, 01706 373421

bob.bevan@rochdale.gov.uk

www.rochdale.gov.uk/parksandcountryside



Ogden Reservoir Health and Social Walk

Transport for Greater Manchester

Wednesday 24 May

Start time: 11:00am

A social walk for all abilities to enjoy the beauty and history of Hollingworth Lake.

Distance: 4 miles (FAIRLY EASY)

Meeting point: Newhey Metrolink stop

Public transport: Newhey Metrolink stop

Contact: Chris Cordwell, 0161 2441094

chris.cordwell@tfgm.com

www.tfgm.com/walking



Wonders of Watergrove, the Magic Dell and Strolling the Stones

Rochdale Ramblers

Thursday 25 May

Start time: 11:00am

From the chapel we take country paths to picturesque Watergrove Reservoir. We then proceed to the wooded nature reserve of Healey Dell via Whitworth Square, and walk over its stunning disused railway viaduct. The walk returns to the chapel via Healey Stones with its renowned 'five counties view'.

Distance: 8-9 miles (MEDIUM)

Meeting point: Syke Methodist Chapel, Syke Road, Rochdale, OL12 9TF

Public transport: Bus stop near Syke Chapel (route 440)

Contact: David & Maureen Butterworth, 01706 660788/07479 017142

davmo.butterworth@gmail.com

www.rochdaleramblers.co.uk



To Clegg Hall

Rochdale Borough Council

Saturday 27 May

Start time: 10:30am

Head out from Hollingworth Lake to explore the Ealees Valley, the Rochdale Canal and Clegg Hall.

Distance: 4 miles (FAIRLY EASY)

Meeting point: Hollingworth Lake Visitor Centre, Rakewood Road, Littleborough, OL15 0AQ

Public transport: Littleborough or Smithy Bridge train station and bus stops nearby

Contact: Adam Clayton, 01706 373421

adam.clayton@rochdale.gov.uk

www.rochdale.gov.uk/parksandcountryside





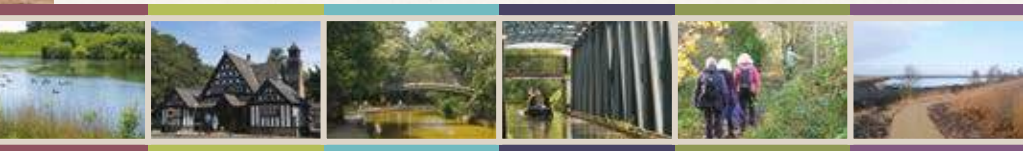
Explore the heritage, countryside and rural areas of Salford with a series of ten walks.

The Salford Trail is a new, long distance walk of about 50 miles/80 kilometres and entirely within the boundaries of the City of Salford. The route is varied, going through rural areas and green spaces, with a little road walking in between. Starting from the cityscape of Salford Quays, the Trail passes beside rivers and canals, through country parks, fields, woods and moss lands. It uses footpaths, tracks and disused railway lines known as 'loop lines'. The Trail circles round to pass through Kersal, Agecroft, Walkden, Boothstown and Worsley before heading off to Chat Moss. After crossing this vast landscape, the Trail returns to Salford Quays from the historic Barton swing bridge and aqueduct.

The Trail has been divided into sections, each accessible by public transport. There is a leaflet for each section describing the route and giving the transport options. For up to date information about The Salford Trail and to view and download a copy of each leaflet please visit www.visitsalford.info/thesalfordtrail

For background on the local history that you will come across on the trail or for information on wildlife please go to thesalfordtrail.btck.co.uk

For more information on public transport in Greater Manchester please visit www.tfgm.com



Salford City Council

Salford

Health Walk on Salford Quays

Salford Community Leisure

Tuesday 2 May

Start time: 10:30am

Gentle walk around Salford Quays, towards Media City and the Imperial War Museum.

Distance: 3 miles (**EASY**)

Meeting point: M50 3SQ

Public transport: Salford Quays Metrolink stop

Contact: Jo Bennett, 0161 7780559

jo.bennett@scll.co.uk

www.salfordcommunityleisure.co.uk/lifestyles/active-lifestyles/health-walks



Irwell Valley Clifton Circular

Salford City Council – Ranger Team

Wednesday 3 May

Start time: 10:00am

Starting from Clifton Country Park and taking in the beautiful Irwell Valley, crossing the Irwell and exploring the woodlands now growing amongst the ruins of an industrial past.

Distance: 5-6 miles (**MEDIUM**)

Meeting point: Clifton Country Park Visitor Centre, Clifton House Road, Salford, M27 6NG

Public transport: Bus stop on Manchester Road (route 8)

Contact: Gale Blackburn, 0161 7934219

gale.blackburn@salford.gov.uk

www.salford.gov.uk



Blackleach Country Park Health Walk

Salford City Council – Ranger Team

Thursday 4 May

Start time: 10:00am

A 2-3 mile health walk around Blackleach Country Park and its surrounding area.

Distance: 2-3 miles **(FAIRLY EASY)**

Meeting point: Blackleach Country Park, John Street, Walkden, M28 3TD

Public transport: Bus stops on Bolton Road

Contact: Edna Kenny, 0161 7907746
blackleach.countrypark@salford.gov.uk
www.salford.gov.uk



A Walk Through History

Bolton HF Walking Club

Saturday 6 May

Start time: 1:00pm

A walk through Bridgewater Canal, Worsley Court House, Mock-Tudor Packet House, Worsley and the Delph.

Distance: 6 miles **(MEDIUM)**

Meeting point: Pay & display car park opposite Worsley Court House, Worsley, M28 1YB

Public transport: Bus stop nearby (route 68)

Contact: Kath Coop & Judith Hulton, 01706 826570
boltonhf@gmail.com
www.boltonhfwalking.org



The Moor, Dale and Vale of Kersal

Manchester and Salford Ramblers

Tuesday 9 May

Start time: 10:30am

Part of the Salford Trail walking over Kersal Moor, along the River Irwell, through the wooded areas of the Dale and Vale of Kersal.

Distance: 4-5 miles **(FAIRLY EASY)**

Meeting point: Corner of Radford Street and Park Lane, Bury New Road, Higher Broughton

Public transport: Bus stops nearby
Contact: Margaret Metcalf, 0161 8393865
margaretmetcalf58@hotmail.com
www.manchesterandsalfordramblers.org.uk



Blackleach Country Park Health Walk

Salford City Council – Ranger Team

Thursday 11 May

Start time: 10:00am

A 2-3 mile health walk around Blackleach Country Park and its surrounding area.

Distance: 2-3 miles **(FAIRLY EASY)**

Meeting point: Blackleach Country Park, John Street, Walkden, M28 3TD

Public transport: Bus stops on Bolton Road

Contact: Edna Kenny, 0161 7907746
blackleach.countrypark@salford.gov.uk
www.salford.gov.uk



Discover your City Forest Park

Forestry Commission – City Forest Park
Saturday 13 May

Start time: 10:00am

Take a gentle stroll through part of the new City Forest Park being created by the Forestry Commission and Manchester City of Trees. Discover old orchards, wild flower meadows, historic houses and meandering woodland paths. Come along to find out more about the project or just enjoy a great little walk.

Distance: 3 miles (**EASY**)

Meeting point: Forest Bank car park off Agecroft Road, Swinton, Manchester, M27 8FB

Public transport: Bus stops near Agecroft Bridge (route 484)

Contact: Sam Bolton, 0161 8721660
sam@cityoftrees.org.uk
www.cityoftrees.org.uk/cityforestparkmcr



Victoria Park, Swinton to Monton Village

Manchester and Salford Ramblers
Saturday 13 May

Start time: 11:00am

A walk through green areas within housing estates, through Monton fields, under the East Lancs road, and past the golf course to Monton village. Walkers can leave at Monton or return to Victoria Park.

Distance: 3-4 miles (**EASY**)

Meeting point: Victoria Park, Swinton, M27 4UR (Manchester Road main gate)

Public transport: Bus stops nearby

Contact: Maggie Smith & Pat Williamson, 0161 7943565
maggie.smith400@btinternet.com
www.manchesterandsalfordramblers.org.uk



Blackleach Country Park Health Walk

Salford City Council – Ranger Team
Thursday 18 May

Start time: 10:00am

A 2-3 mile health walk around Blackleach Country Park and its surrounding area.

Distance: 2-3 miles (**FAIRLY EASY**)

Meeting point: Blackleach Country Park, John Street, Walkden, M28 3TD

Public transport: Bus stops on Bolton Road

Contact: Edna Kenny, 0161 7907746
blackleach.countrypark@salford.gov.uk
www.salford.gov.uk



Bridgewater Bat Walk

Est.1761 – the Bridgewater Canal in Salford
Friday 19 May

Start time: 8:00pm (finish: 10:00pm)

Come for a canal side walk and see if you can spot and hear local Pipistrelle and Daubenton's bats as they forage for insects over the Bridgewater Canal. Please bring a torch and warm clothing.

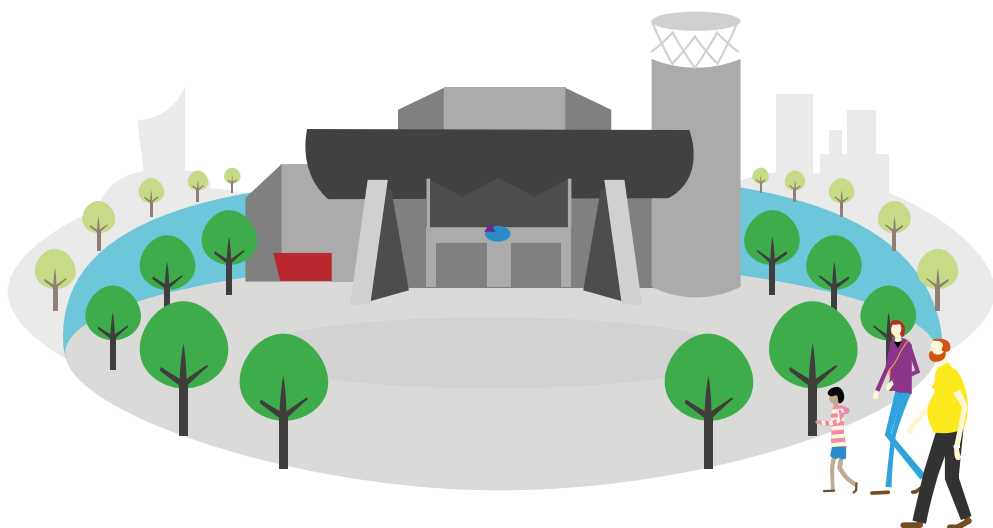
Distance: 3.5 miles (**EASY**)

Meeting point: Old Fold Pocket Park, near canal entrance off Parrin Lane, Monton, Salford

Public transport: Bus stops near Monton Green/Parrin Lane

Contact: Jill Tyson, 07872 808003
jill.tyson@salford.gov.uk
www.est1761.org

Booking required: Please visit
www.est1761.eventbrite.co.uk



Beat the Street Walk

Beat the Street
Saturday 20 May

Start time: 10:00am

A family walk through Eccles following some of the 'Beat the Street' routes.

Distance: 3 miles (FAIRLY EASY)

Meeting point: Holy Cross and All Saints RC Primary School, Trafford Road, M30 OJA

Public transport: Bus stops nearby

Contact: Jennifer Dodd-Power, 07584 552101

jennifer.doddpower@intelligenthealth.co.uk



The Deep Dark Wood

Est.1761 – The Bridgewater Canal
in Salford

Sunday 21 May

Start time: 1:00pm (finish 2:30pm)

Join the mouse and listen to the Gruffalo story as you walk around the Deep Dark Wood to find the fox, snake, owl and someone special, then collect natural objects and make your own Gruffalo to take home. Please wear suitable clothing and sturdy footwear – it could be very muddy.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Entrance to Bridgewater Park off Booths Hall Way, Boothstown, Salford

Public transport: Bus stops on Leigh Road

Contact: Jill Tyson, 07872 808003

jill.tyson@salford.gov.uk

www.est1761.org

Booking required: Please visit www.est1761.eventbrite.co.uk



Waterways and Greenway

Est.1761 – the Bridgewater Canal
in Salford

Tuesday 23 May

Start time: 10:00am

A circular walk taking in Salford's world famous waterways, the Bridgewater Canal and Ship Canal, linked by the newly extended Port Salford Greenway. Enjoy countryside, town and heritage along this mainly off road route.

Distance: 6 miles (MEDIUM)

Meeting point: Barton Pocket Park, Barton Aqueduct, Barton Lane, Salford

Public transport: Bus stops on Barton Road/Barton Bridge

Contact: Shaun Clydesdale, 0161 7933178
bridgewatercanal@salford.gov.uk
www.est1761.org

Booking required: Please visit www.est1761.eventbrite.co.uk



Chat Moss Loop

The Wildlife Trust for Lancashire,
Manchester and North Merseyside

Tuesday 23 May

Start time: 10:30am

A gentle ramble around Salford's historic mosslands, taking in the stunning landscapes of these hidden peat sights along the way. Our guide will give you an insight into the ecology and history of this fascinating landscape.

Distance: 5 miles (MEDIUM)

Meeting point: Irlam train station, Irlam, Manchester, M44 5AB

Public transport: Iram train station and bus stops nearby

Contact: Lydia McCool, 01204 663754
lmccool@lancswt.org.uk
www.lancswt.org.uk

Booking required



Mines, Canals and Railways

Bolton HF Walking Club

Wednesday 24 May

Start time: 10:30am

A walk taking in Wet Earth Mine, 13 Arches, Phillips Park and Outwood.

Distance: 6.5 miles (**MEDIUM**)

Meeting point: Clifton Country Park Visitor Centre, M26 6NG

Public transport: Bus stops nearby (routes 8, 22)

Contact: Pauline Rose, 01204 694378

boltonhf@gmail.com

www.boltonhfwalking.org

P

Blackleach Country Park Health Walk

Salford City Council – Ranger Team

Thursday 25 May

Start time: 10:00am

A 2-3 mile health walk around Blackleach Country Park and its surrounding area.

Distance: 2-3 miles (**FAIRLY EASY**)

Meeting point: Blackleach Country Park, John Street, Walkden, M28 3TD

Public transport: Bus stops on Bolton Road

Contact: Edna Kenny, 0161 7907746

blackleach.countrypark@salford.gov.uk

www.salford.gov.uk



Bird Song Identification Walk

Est.1761 – the Bridgewater Canal in Salford

Sunday 28 May

Start time: 8:00am (finish: 2:00pm)

Have you ever heard a bird singing and wondered what it was? Join us for a morning walk with local bird expert Steve Atkins, from Greater Manchester Ecology Unit, to learn how to recognise different bird songs. There will be a stop for lunch so please bring a packed lunch and drink. Refreshments will be provided at the end of the walk when we stop to test our bird song skills. Bring a pair of binoculars (limited pairs will be available on the day to borrow). This is a walk for adults.

Distance: 5 miles (**MEDIUM**)

Meeting point: Duke's Drive car park off Parrin Lane, Salford

Public transport: Bus stops near Monton Green/Parrin Lane

Contact: Jill Tyson, 07872 808003

jill.tyson@salford.gov.uk

www.est1761.org

Booking required: Please visit www.est1761.eventbrite.co.uk



Kids Story Ramble

The Wildlife Trust for Lancashire, Manchester and North Merseyside

Tuesday 30 May

Start time: 10:30am

A leisurely walk for parents and young children around our Little Woollen Moss nature reserve. We'll start with a story then go exploring to see if we can find the characters hiding along the way. You never know what you'll find on our nature reserves, so come and see!

Distance: 1 mile (**FAIRLY EASY**)

Meeting point: Little Woollen Moss Nature Reserve, Astley road, Irlam, M44 5LR

Public transport: Irlam train station (mini bus can be arranged from here)

Contact: Lydia McCool, 01204 663754

lmccool@lancswt.org.uk

www.lancswt.org.uk

Booking required



Reddish Vale Walk

Stockport Council – Walk Stockport
Wednesday 3, 10, 17, 24 May

Start time: 2:00pm

A one hour walk around Reddish Vale Country Park along the river Thame and mill ponds.

Distance: 2 miles (**MEDIUM**)

Meeting point: Reddish Vale Visitor Centre, Mill Lane, Reddish, SK5 7HE

Public transport: N/A

Contact: Dawne Fawcett-Tandy,
 07800 618575

dawne.fawcett-tandy@stockport.gov.uk
www.stockport.gov.uk/ways-to-get-walking



Spring to the Churn

Long Distance Walkers Association,
 South Pennine
Saturday 6 May

Start time: 8:30am

A delightful springtime walk at brisk pace along the Goyt Valley, by field and moor to Chinley Churn and back by Birch Vale and Broadhurst Edge. Join us if you're looking for a springtime challenge.

Distance: 21 miles (**CHALLENGING**)

Meeting point: Brabyn Brow car park,
 SK6 7DA

Public transport: Marple station

Contact: Andrew Underdown,
 07549 181607
andrew.underdown@btinternet.com
www.ldwa.org.uk/southpennine



Navigation Walk around Reddish Vale

Map and Compass: Walk your own way
Saturday 6 May

Start time: 10:00am

A short walk on footpaths where we'll show you how to use a map and compass to navigate yourself around the countryside. As well as walking, we will be standing for some time so do wear appropriate clothing.

Distance: 1.5 miles (**FAIRLY EASY**)

Meeting point: Reddish Vale Visitor Centre, Mill Lane, Reddish, Stockport, Cheshire, SK5 7HE

Public transport: Reddish South train station and bus stops on Reddish Road/ Greg Street

Contact: Cath Dyson, 07411 165058
mapandcompassol21@gmail.com
www.mapandcompass.wixsite.com/mapandcompass

Booking required



Disley and Furness Vale

Manchester CHA Rambling and Social Club
Saturday 6 May

Start time: 10:30am

A walk alongside the River Goyt, the Millennium Walkway, passing Torrs hydroelectric generator and returning by the Peak Forest Canal.

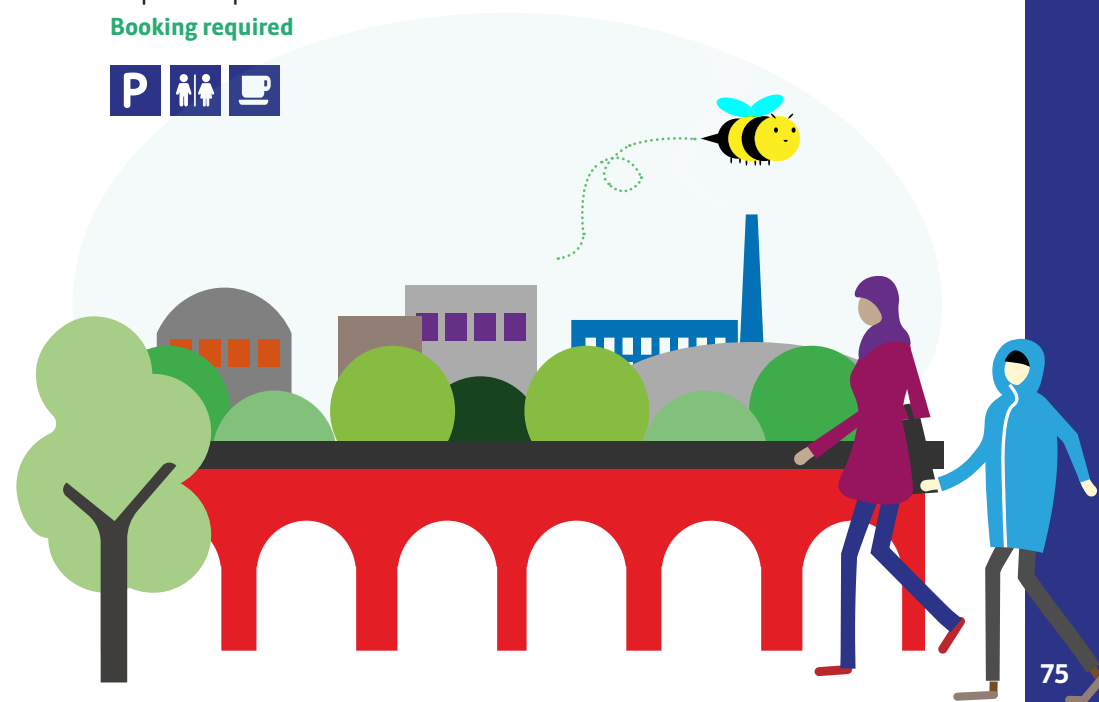
Distance: 4 miles (**FAIRLY EASY**)

Meeting point: Disley train station

End point: New Mills Newtown train station

Public transport: Bus stops nearby

Contact: John Booth, 0161 4395464
manchesterchaclub@gmail.com
www.manchesterchaclub.com



Woodbank Park

Stockport Council – Walk Stockport
Monday 8, 15, 22 May

Start time: 10:30am

This three-part walk lasts for an hour and a half and covers a flat section of Woodbank Park before heading down to Vernon Park and returning to Woodbank.

Distance: 2 miles (**MEDIUM**)

Meeting point: Vernon Park Café, Turncroft Lane, Offerton, SK1 4AR

Public transport: Bus stops nearby

Contact: Dawne Fawcett-Tandy, 07800 618575

dawne.fawcett-tandy@stockport.gov.uk

www.stockport.gov.uk/ways-to-get-walking



East Marple Hill Walk

Footprints Walking Group
Saturday 13 May

Start time: 10:30am

A walk taking in Roman Lakes, Brook Bottom, Robin Hood's Picking Rods, Mill Brow and returning to Marple Bridge. There will be afternoon refreshments at The Hare and Hounds or a coffee shop at the end.

Distance: 10-11 miles (**MEDIUM**)

Meeting point: Car park at Brabyns Brow, on A626 just west of Marple Bridge station, SK6 5DT

Public transport: Marple Bridge train station

Contact: Julian Mitchell, 07528 380196

chairman@footprintswalkingclub.org.uk
www.footprintswalkingclub.org.uk

Booking not essential, but let us know if you are coming so we can look out for you.



Strines to Glossop

Manchester and District
(20s and 30s) Walkers
Saturday 13 May

Start time: 9:20am

This challenging walk begins at Strines train station then heads through New Mills and onto the Sett Valley Trail. The next stops are Lantern Pike and Cown Edge, then over Whiteley Nab before descending into Glossop and ending at the station.

Distance: 11 miles (**CHALLENGING**)

Meeting point: Strines train station, SK6 7GP

End point: Glossop train station, SK13 8BS

Public transport: Strines train station

Contact: Aidan McGrath

a.j.g.mcgrath@gmail.com

www.madwalkers.org.uk/

Booking required: Please email walks@madwalkers.org.uk



Disley and Mellor Moor

Manchester CHA Rambling and Social Club
Saturday 20 May

Start time: 10:30am

A circular walk from Disley visiting the Peak Forest Canal, Mellor Moor and Strines.

Distance: 7.5 miles (**MEDIUM**)

Meeting point: Disley train station

Public transport: Bus stops nearby

Contact: John Booth, 0161 4395464

manchesterchaclub@gmail.com

www.manchesterchaclub.com



Country Parks and Golf Course

Tameside Ramblers
Wednesday 24 May

Start time: 10:30am

A circular walk for experienced walkers. Follow woodland tracks from Etherow Country Park, around Romiley Golf Course and uphill to reach Werneth Low Country Park, which offers extensive views.

Distance: 7 miles (**MEDIUM**)

Meeting point: Etherow Country Park, Compstall Road, Marple, SK6 5JB

Public transport: Marple train station and bus stop on Compstall Road

Contact: Lynda Chandler, 07974 275668

lynda_charlie@yahoo.com

www.tamesideramblers.org.uk



Denton Pool Walk and Talk

Active Tameside

Tuesday 2, 9, 16, 23 May

Start time: 10:00am

A gentle, 30 minute circular walk from Active Denton. This walk goes through Victoria Park and passes Denton's famous 'Black and White' church. This walk is suitable for all abilities.

Distance: 1.5 miles (EASY)

Meeting point: Active Denton, Victoria St, Denton, Manchester, M34 3GU

Public transport: Bus stop on Manchester Road

Contact: Sean Vickers, 0161 3664860
sean.vickers@activetameside.com
www.livewelltameside.com



Anthony Seddon Walk and Talk

Active Tameside

Tuesday 2, 9, 16, 23 May

Start time: 12:30pm

A gentle, 30 minute circular walk through Ashton and into King George V playing fields. Suitable for all abilities.

Distance: 1.5 miles (EASY)

Meeting point: Anthony Seddon Centre, Stamford Street, Ashton-under-Lyne

Public transport: Ashton-under-Lyne Metrolink and bus stops nearby

Contact: Sean Vickers, 0161 3664860
sean.vickers@activetameside.com
www.livewelltameside.com



An Urban Walk with a Rural Feel

Tameside Ramblers

Wednesday 3 May

Start time: 10:30am

A walk along the canal to Droylsden, then via the Moravian settlement, through Fairfield to Debdale Park and return via Ryecroft Hall and Ashton Moss.

Distance: 9.5 miles (FAIRLY EASY)

Meeting point: Ashton-under-Lyne train station, off Albion Way, Ashton-under-Lyne, OL6 6JP

Public transport: Ashton-under-Lyne train station, Metrolink and bus stops nearby

Contact: Pete Summers, 0161 3390346
pgsummers@googlemail.com
www.tamesideramblers.org.uk



Oxford Park Walk and Talk

Active Tameside

Wednesday 3, 31 May

Start time: 10:30am

A gentle, 30-45 minute circular walk from Oxford Park Community Sports Centre taking in part of the Ashton Canal. There are some steps to access the canal. This walk is suitable for all abilities.

Distance: 1.5 miles (FAIRLY EASY)

Meeting point: Oxford Park Community Gym, Pottinger Street

Public transport: Bus stop on Stockport Road

Contact: Sean Vickers, 0161 3664860
sean.vickers@activetameside.com
www.livewelltameside.com



Mossley Health Walk

Tameside Health Walks

Wednesday 3, 10, 17, 24 May

Start time: 2:00pm

A gentle walk around the historic Huddersfield Narrow Canal and the Micklehurst Loop railway line.

Distance: 3 miles (FAIRLY EASY)

Meeting point: Roaches Lock Inn, Manchester Road, Mossley, OL5 9BB

Public transport: Bus stops nearby

Contact: George Cope, 07855 984586

gjcope@ntlworld.com

www.walkingforhealth.org.uk



Dukinfield Library Walk and Talk

Active Tameside

Thursday 4, 11, 18, 25 May

Start time: 11:00am

A 30 minute circular walk from Dukinfield Library through Dukinfield Park. There are some slight gradients on this walk.

Distance: 1.5 miles (FAIRLY EASY)

Meeting point: Dukinfield Library, Concorde Way

Public transport: Bus stop on Foundry Street

Contact: Sean Vickers, 0161 3664860

sean.vickers@activetameside.com

www.livewelltameside.com



Topaz Café Walk and Talk

Active Tameside

Thursday 4 May

Start time: 12:30pm

Gentle 30-45 minute circular walk starting from MIND's Topaz café in Ashton.

Distance: 1.5 miles (FAIRLY EASY)

Meeting point: Topaz Café, Katherine Street, Ashton-under-Lyne

Public transport: Ashton-under-Lyne Metrolink and bus stops nearby

Contact: Sean Vickers, 0161 3664860

sean.vickers@activetameside.com

www.livewelltameside.com



Robin Hood and the Maidenstones

Tameside Ramblers

Saturday 6 May

Start time: 10:30am

This walk involves a long climb of approximately 333 metres/1,100 feet from Broadbottom, along quiet lanes and field paths passing the legendary Robin Hood's Picking Rods, before crossing the dramatic Cown Edge/ Coombes Rocks and returning via Tom Wood. There are some muddy sections and rocky, uneven tracks on this walk. This walk is for experienced walkers.

Distance: 8 miles (MEDIUM)

Meeting point: Broadbottom train station car park, Market Street, Broadbottom, SK14 6AX

Public transport: Broadbottom train station and bus stop nearby

Contact: Stewart Ramsden, 0161 3661740/0771 4445118

stewart.ramsden@gmail.com

www.tamesideramblers.org.uk



Droylsden Health Walk

Tameside Health Walks

Saturday 6, 13, 20 May

Start time: 10:30am

A walk exploring Ashton Moss, the Medlock Valley and the Hollinwood Branch Canal with a coffee break at Daisy Nook along the way.

Distance: 3 miles (FAIRLY EASY)

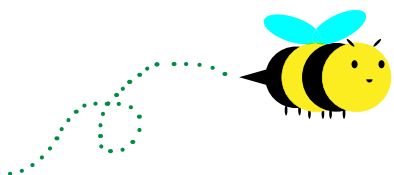
Meeting point: Medlock Leisure Centre, Droylsden, M43 7XU

Public transport: Droylsden Metrolink and bus stop nearby

Contact: George Cope, 07855 984586

gjcope@ntlworld.com

www.walkingforhealth.org.uk



Moorlands of Longdendale

Manchester and District
(20s and 30s) Walkers

Saturday 6 May

Start time: 11:00am

Starting from Hadfield train station, over to Tintlewistle Moor and into open moorland, climbing towards Lad's Leap with great views over the Longdendale (Woodhead) reservoirs. Dropping down near Crowdon, we'll head back along the Torside, Rhodeswood, Valehouse and Bottoms Reservoirs. Includes a 630 metre ascent, so walking experience and waterproof gear required.

Distance: 10.5 miles (**CHALLENGING**)

Meeting point: Hadfield train station, SK13 2AQ

Public transport: Hadfield train station and bus stop nearby

Contact: Steve Rawlins, 07870 815683
steverawlins79@gmail.com
www.madwalkers.org.uk

Booking required: Please email
walks@madwalkers.org.uk



Stamford Park Health Walk

Tameside Health Walks

Saturday 6, 13, 20 May

Start time: 1:30pm

A short health walk around the award-winning Stamford Park and the little known Silver Springs area.

Distance: 1 mile (**FAIRLY EASY**)

Meeting point: The Café Stamford Park, Ashton-Under-Lyne

Public transport: Bus stops on Stamford Street

Contact: Joan Drummond & George Cope,
07855 984586

gjcope@ntlworld.com

www.walkingforhealth.org.uk



Arnfield/Swineshaw Circular

Saddleworth Peds Walking Club

Sunday 7 May

Start time: 10:30am

A walk up to Arnfield Moor and Swineshaw Reservoir, returning to Arnfield Reservoir via ridge down to Hollingworth Hall Farm.

Distance: 6 miles (**MEDIUM**)

Meeting point: East end of lane below Arnfield Reservoir

Public transport: Bus stop nearby (routes 236, 237)

Contact: Barbara O'Regan, 07816 682123
info@saddleworthpeds.org
www.saddleworthpeds.org



Hyde Park Health Walk

Tameside Health Walks

Monday 8, 15, 22 May

Start time: 10:30am

A short health walk around the tranquil Hyde Park.

Distance: 1 mile (**EASY**)

Meeting point: The Grafton Centre, Grafton Street, Hyde

Public transport: Hyde Central train and bus station nearby

Contact: Frank Stead & George Cope,
07855 984586

gjcope@ntlworld.com

www.walkingforhealth.org.uk



Stalybridge Health Walk

Tameside Health Walks

Monday 8, 15, 22 May

Start time: 1:00pm

A health walk around the little known beauty of Stalybridge Country Park or the historic Huddersfield Narrow Canal and Micklehurst Loop railway line.

Distance: 3 miles (**MEDIUM**)

Meeting point: Copley Leisure Centre, Huddersfield Road, Stalybridge

Public transport: Bus stop on Huddersfield Road

Contact: George Cope, 07855 984586
gjcope@ntlworld.com
www.walkingforhealth.org.uk



Sunnybank Vale Walk and Talk

Active Tameside

Monday 8, 15, 22 May

Start time: 11:00am

Sunny Bank Vale is a unique area of urban countryside. It's that little bit of green space on your doorstep. This is a gentle, circular walk suitable for all abilities.

Distance: 1.5 miles (**EASY**)

Meeting point: Car park on Greenside Lane

Public transport: Bus stop on Greenside Lane

Contact: Sean Vickers, 0161 3664860
sean.vickers@activetameside.com
www.livewelltameside.com



Living on the Edge

Tameside Ramblers

Wednesday 10 May

Start time: 10:30am

A surprisingly strenuous walk taking in the three 'edges' surrounding the town of Mossley: Mooredge, Quikedge and Brown Edge – a total ascent of 1300ft in three separate stages. Most of this walk is on country footpaths, tracks and canal towpaths.

Distance: 8 miles (**CHALLENGING**)

Meeting point: Mossley train station, OL5 0AB

Public transport: Mossley train station and bus stops nearby

Contact: John Bewick, 0790 5413718

bewick29@btinternet.com

www.tamesideramblers.org.uk

Ashton Health Walk – Park Bridge

Tameside Health Walks

Wednesday 10 May

Start time: 11:00am

A health walk along the old railway line to the historic Park Bridge Ironworks.

Distance: 3 miles (**FAIRLY EASY**)

Meeting point: Broadoak Centre, Broadoak Road, Ashton-Under-Lyne, OL6 8RS

Public transport: Bus stop on Broadoak Road

Contact: George Cope, 07855 984586

gjcope@ntlworld.com

www.walkingforhealth.org.uk



A Tame Walk Alongside Rivers and Canals

Tameside Ramblers

Saturday 13 May

Start time: 10:30am

A walk along Ashton Canal to Guide Bridge, then via Tame Valley to Gibraltar Woods and return via Peak Forest Canal.

Distance: 10 miles (**FAIRLY EASY**)

Meeting point: Ashton-under-Lyne train station, off Albion Way, Ashton-under-Lyne, OL6 6JP

Public transport: Ashton-under-Lyne train station, Metrolink and bus stop nearby

Contact: Pete Summers, 0161 3390346

pgsummers@googlemail.com

www.tamesideramblers.org.uk



Marple Circular, Roman Lakes and Mellor Church

Tameside Ramblers

Wednesday 17 May

Start time: 10:30am

A fairly varied walk for experienced walkers which starts on the Peak Forest Canal, taking in the Roman Lakes with a visit to the archaeological dig and a climb to Mellor Church before heading on to New Mills Golf Course and Strines, and returning via the Macclesfield Canal.

Distance: 9 miles (**MEDIUM**)

Meeting point: Arkwright Road, Marple, SK6 7DE (opposite playing fields)

Public transport: Marple train station and bus stop nearby

Contact: Lynda Chandler, 07974 275668

lynda_charlie@yahoo.com

www.tamesideramblers.org.uk



Ashton Health Walk – Daisy Nook

Tameside Health Walks

Wednesday 17 May

Start time: 11:00am

A health walk through the woodlands of Daisy Nook Country Park and the Fairbottom Branch Canal.

Distance: 3 miles (**FAIRLY EASY**)

Meeting point: Bardsley Bridge car park, Oldham Road, Ashton-Under-Lyne

Public transport: Bus stop on Oldham Road

Contact: George Cope, 07855 984586

juliemcope@gmail.com

www.walkingforhealth.org.uk



Audenshaw Community Walk

Audenshaw Walking Group

Thursday 18 May

Start time: 10:00am

A two hour walk taking in the Peak Forest Canal and Jet Amber Field before returning to the hub for refreshments.

Distance: 2 miles (**FAIRLY EASY**)

Meeting point: Community Hub, Rowcon Close, Stanhope Estate, Audenshaw, M34 5AS

Public transport: Bus stop nearby (route 347)

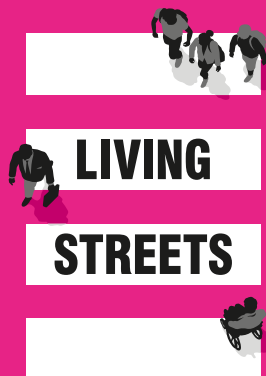
Contact: Brian Horsfall, 0161 3363530

brianhorsfall@sky.com



#TRY20

why not challenge yourself?



Walking has huge benefits – both to your health and bank balance. Walk 20 minutes every day this May for National Walking Month, and see how much healthier and happier you feel.

For more info and tips visit www.livingstreets.org.uk/nwm

Fair Daisy Nook Evening Walk

Tameside Ramblers

Thursday 18 May

Start time: 6:30pm

A walk via Daisy Nook to Woodhouses, returning to Ashton via Medlock Vale and a disused railway track.

Distance: 5 miles (FAIRLY EASY)

Meeting point: Ashton-under-Lyne train station, off Albion Way, Ashton-under-Lyne, OL6 6JP

Public transport: Ashton-under-Lyne train station, Metrolink stop and bus stop nearby

Contact: Ruth Summers, 0161 3390346
ruthsummers19@sky.com
www.tamesideramblers.org.uk



Longdendale

Manchester CHA Rambling and Social Club

Thursday 25 May

Start time: 10:30am

A circular walk along the Longdendale Trail passing Bottoms, Valehouse and Rhodeswood Reservoirs.

Distance: 7 miles (FAIRLY EASY)

Meeting point: Hadfield train station

Public transport: Bus stops nearby

Contact: John Booth, 0161 4395464
manchesterchaclub@gmail.com
www.manchesterchaclub.com



Ashton Health Walk – Knott Hill

Tameside Health Walks

Wednesday 24 May

Start time: 11:00am

A health walk by Lily Lanes to the quiet dell of Knott Hill, with views along the way as far as the Welsh Hills.

Distance: 3 miles (FAIRLY EASY)

Meeting point: Broadoak Centre, Broadoak Road, Ashton-Under-Lyne, OL6 8RS

Public transport: Bus stop on Broadoak Road

Contact: George Cope, 07855 984586
gjcope@ntlworld.com
www.walkingforhealth.org.uk



Low Returns, High Interest

Tameside Ramblers

Wednesday 31 May

Start time: 10:30am

A walk for experienced walkers featuring farmland, woodland, country parks, a local nature reserve, canal and river. This walk has several stiles and uphill sections.

Distance: 9.5 miles (MEDIUM)

Meeting point: Lower Higham Visitor Centre, Werneth Low Country Park, Higham Lane, Hyde, SK14 5LR

Public transport: Hyde Central train station and bus stop in Gee Cross

Contact: Stewart Ramsden, 0161 3661740/0771 4445118
stewart.ramsden@gmail.com
www.tamesideramblers.org.uk



Nordic Walk

Trafford Leisure CiC

Tuesday 2, 9, 16, 23, 30 May

Start time: 11:00am

This walk has two routes that we alternate weekly. The first takes in a couple of circuits of the nature reserve which is beautiful come spring. On the second route we pad the pavements around Davyhulme.

Distance: 3.2 miles (**MEDIUM**)

Meeting point: Davyhulme Millenium Nature Reserve, Urmston, Manchester, M41 8GL

Public transport: Bus stops nearby (route 255)

Contact: Rachael Forde, 0161 8263958
activeliving@traffordleisure.co.uk
www.traffordleisure.co.uk

Booking required: Please email
activeliving@traffordleisure.co.uk



Woodhey's Bat Walk

City of Trees

Thursday 4 May

Start time: 8:40pm

A guided walk around the park and into the woods with bat detectors. Listen to the bat calls and watch them fly in search of food.

Distance: 1 mile (**MEDIUM**)

Meeting point: Woodhey's Park, Kenmore Rd, Sale, M33 4LP

Public transport: Nearest bus stop on Woodhouse Lane

Contact: Janie Burrage, 0161 8721660
janie@cityoftrees.org.uk
www.cityoftrees.org.uk

Booking required



Nordic Walk

Trafford Leisure CiC

Friday 5, 12, 19, 26 May

Start time: 9:00am

This walk starts at Stretford Leisure Centre and heads on to Longford Park.

Distance: 3-4 miles (**MEDIUM**)

Meeting point: Chester Centre, Greatstone Road, Stretford, Manchester, M32 0ZS

Public transport: Metrolink and bus stops nearby

Contact: James Jackson, 07919 043114
activeliving@traffordleisure.co.uk
www.traffordleisure.co.uk

Booking required: Please email
activeliving@traffordleisure.co.uk



Nordic Walk

Trafford Leisure CiC

Friday 5, 12, 19, 26 May

Start time: 12:00 noon

This walk takes in a variety of routes around Sale and Chorlton Water Park.

Distance: 3-4 miles (**MEDIUM**)

Meeting point: Mersey Valley visitors centre, Rifle Rd, Sale, M33 2LX

Public transport: Metrolink stop nearby

Contact: Joshua Matthews, 07912 280899
activeliving@traffordleisure.co.uk
www.traffordleisure.co.uk

Booking required: Please email
activeliving@traffordleisure.co.uk



Dunham Circular

Ramblers Trafford Group

Saturday 6 May

Start time: 11:00am

This walk takes us around the grounds of Dunham Massey then across a local golf course to join the Bridgewater Canal. We return to the park and pass beside the old water mill.

Distance: 4-5 miles (**FAIRLY EASY**)

Meeting point: Dunham Massey National Trust car park, WA14 4SJ

Public transport: Nearest bus stop on Smithy Land (route 5)

Contact: Sheila Kabbani
rtgmembership@yahoo.co.uk
www.ramblers-trafford.co.uk



Forage and Feast

City of Trees

Saturday 6 May

Start time: 10:30am

A guided forage around the meadows, followed by a hot brew made on-site from a small fire and Kelly Kettle.

Distance: 2.5 miles (**FAIRLY EASY**)

Meeting point: Urmston Meadows, Riverside Drive/Matlock Avenue entrance, M41 9FW

Public transport: Nearest bus stop on Church Road

Contact: Janie Burrage, 0161 8721660
janie@cityoftrees.org.uk
www.cityoftrees.org.uk

Booking required





Nordic Walking

Nordic walking is one of the most sociable and effective exercise techniques around. Whether you're looking for a leisurely walk with friends or a more intense walk for sports specific training, Nordic walking is suitable for everyone.

Originating from summer training for cross-country skiers, Nordic walking uses specially designed walking poles to give you a full body workout. Good technique increases the rotation of the spine compared to normal walking, strengthening the spinal discs and reducing the incidence of back pain.

Nordic walking can strengthen legs and arms, reduce neck and shoulder tension and reduce symptoms of repetitive strain injury through use of the specially designed straps.

Despite feeling much easier and less tiring than normal walking, Nordic walking burns up to 20% more calories and with just a little bit of practice, you'll be enjoying the many health and social benefits in no time.

Interested in joining a Nordic walk?
Have a look on pages 24, 50, 53, 88, 89 and 102 for more details.

John Leigh Park Walk

City of Trees,
Friends of John Leigh Park
Monday 8, 15, 22 May

Start time: 10:30am

A gentle stroll organised by Friends of John Leigh Park. The park contains a formal garden and a Pets Corner which includes rabbits, finches, cockatiels and guinea pigs.

Distance: 1.5 miles (**FAIRLY EASY**)

Meeting point: John Leigh Park,
The Mount entrance, WA14 4DX

Public transport: Nearest bus stop on Church Street

Contact: Dave Jolley, 07976018418
janie@cityoftrees.org.uk
www.cityoftrees.org.uk



Dementia Friendly Walk and Talk

City of Trees, Alzheimer's Society
Wednesday 10, 24 May

Start time: 2:00pm

A bi-monthly walk for people living with dementia and their carers. Take in the beautiful scenery of Longford Park, get some gentle exercise and make new friends.

Distance: 1 mile (**EASY**)

Meeting point: Firwood Community Centre, Longford Park, Great Stone Road entrance

Public transport: Firwood and Old Trafford Metrolink and bus stop on Kings Road

Contact: Karen Bridge, 0161 9624769
Karen.bridge@alzheimers.org.uk
www.cityoftrees.org.uk,
www.alzheimers.org.uk

Booking required



Dunham Park

Manchester CHA Rambling
and Social Club

Thursday 11 May

Start time: 10:30am

A walk along the Bridgewater Canal to Dunham, visiting Dunham Hall before walking to Altrincham Town Centre via Bowden.

Distance: 6 miles (**EASY**)

Meeting point: Navigation Road Metrolink stop

End point: Altrincham Metrolink stop

Public transport: Bus stops nearby

Contact: John Booth, 0161 4395464

manchesterchaclub@gmail.com

www.manchesterchaclub.com



Longford Park to Sale Water Park

City of Trees

Thursday 11 May

Start time: 10:30am

A beautiful, linear route which takes in historic Longford Park, Hawthorn Lane, the River Mersey and Trans Pennine Trail.

Distance: 3 miles (**MEDIUM**)

Meeting point: Caffeine & Co, Longford Park, Stretford, M32 8DA

End point: Sale Water Park, M33 2LX

Public transport: Stretford and Sale Water Park Metrolink stop

Contact: Janie Burrage, 0161 8721660

janie@cityoftrees.org.uk

www.cityoftrees.org.uk

Booking required



Nature Photography Walk

City of Trees

Saturday 13 May

Start time: 11:00am

Gentle, informal walk with expert Rich Bunce giving tips on how to improve and perfect your nature photography in lovely surroundings. Everyone welcome however people under 16 must be accompanied by an adult. Please wear suitable footwear.

Distance: 3 miles (**EASY**)

Meeting point: Car park track entrance off Dane Road to Priory Gardens, Sale

Public transport: Dane Road Metrolink stop

Contact: Rhys Wynne, 0161 8721660

rhys@cityoftrees.org.uk

www.heritagetrees.org.uk

Booking required



Mindfulness Walking: Part I

City of Trees

Tuesday 16 May

Start time: 10:30am

A guided walk, taking in the serenity of the surrounding lake and river. Learn how to walk mindfully and enjoy the natural sensations around you. Please note this is not a certified course.

Distance: 3 miles (**MEDIUM**)

Meeting point: Visitor Centre, Sale Water Park, Rifle Road, M33 2LX

Public transport: Sale Water Park Metrolink stop

Contact: Janie Burrage, 0161 8721660

janie@cityoftrees.org.uk

www.cityoftrees.org.uk

Booking required



The River Mersey and Kickety Brook

City of Trees

Thursday 18 May

Start time: 10:30am

This walk takes in the quieter sections of the River Mersey and Trans Pennine Trail. Walkers can enjoy views of the river as it meanders through the valley, and pause to appreciate the birdlife.

Distance: 2.2 miles (**MEDIUM**)

Meeting point: Kiwi Nurseries, Bradley Lane, M32 8RH

Public transport: Nearest bus stop on Cross Street

Contact: Janie Burrage, 0161 8721660

janie@cityoftrees.org.uk

www.cityoftrees.org.uk

Booking required



Dainewell Park and Carrington Moss

City of Trees

Thursday 25 May

Start time: 5:30pm

A perfect walk to finish the day. This route takes in the Millennium Woodland and more of the Trans Pennine Trail. Ideal for dog walkers and bird enthusiasts.

Distance: 4 miles (**MEDIUM**)

Meeting point: The Brigadier, Firway, M33 4FB

Public transport: Nearest bus stop on Firway

Contact: Janie Burrage, 0161 8721660

janie@cityoftrees.org.uk

www.cityoftrees.org.uk

Booking required



Wake Up Red Oak

City of Trees

Saturday 27 May

Start time: 2:30pm

A great walk for children. Join the storyteller, faerie hunter and goblin scientist Professor Jigget as he guides you through a world of warring gods, mysterious magic and, as always, nonsense. But don't think you haven't got work to do. Oh no! You'll have to solve puzzles, create thunder, collect charms and, most importantly, decide which god has the right to wake up Red Oak!

Distance: 1 mile (**EASY**)

Meeting point: Caffeine & Co, Longford Park, Stretford, M32 8DA

Public transport: Stretford Metrolink stop

Contact: Rhys Wynne, 0161 8721660

rhys@cityoftrees.org.uk

www.cityoftrees.org.uk

Booking required



Mindfulness Walking: Part 2

City of Trees

Tuesday 30 May

Start time: 10:30am

A guided walk, taking in the serenity of the surrounding lake and river. Learn how to walk mindfully and enjoy the natural sensations around you. Please note this is not a certified course.

Distance: 3 miles (**MEDIUM**)

Meeting point: Visitor Centre, Sale Water Park, Rifle Road, M33 2LX

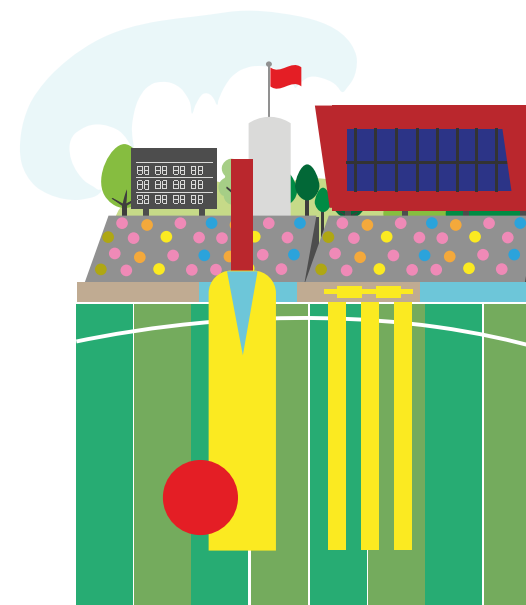
Public transport: Sale Water Park Metrolink stop

Contact: Janie Burrage, 0161 8721660

janie@cityoftrees.org.uk

www.cityoftrees.org.uk

Booking required





How do I get back on court?

WALKING NETBALL

Lisa xx

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

"Trying not to run is the hard part."

"It's a great leveler and is for all abilities and standards. There's no advantage to being quick on the court so this makes it fair."

"It's good for training too. Your health is the most important thing and it's not just netball, it's social too."

Walk this way
www.englandnetball.co.uk/
walking-netball

Want to try a new sport or fancy picking up a more relaxed version of the game you loved?

Walking Netball is perfect for everyone- whether you want to get fit or make a new social group!

Come try a session in Greater Manchester.

Can't find one in your area or want to know more about it?

Contact Jennifer:
Jennifer.leach@englandnetball.co.uk
o.uk

01612237724



Wigan

Aspull

Inspiring healthy lifestyles

Monday 1 May

Start time: 10:00am

A special bank holiday walk. A social ramble around the beautiful Haigh.

Distance: 6-7 miles (**CHALLENGING**)

Meeting point: Aspull library, Oakfield Cres, WN2 1XJ

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Walking Netball

Inspiring healthy lifestyles

Tuesday 2, 9, 16, 23, 30 May

Start time: 11:00am (finish: 12:00pm)

An adapted version of netball, targeting older females looking to keep active.

£3 per player, please pay at reception.

Distance: Sports session (**MEDIUM**)

Meeting point: Robin Park Indoor Sports Centre, Loire Drive, Wigan, WN5 0UL

Public transport: N/A

Contact: Anna Leyland, 01942 828420

a.leyland@wlct.org

www.inspiringhealthylifestyles.org/backtosport



GP Shevington Surgery Walk

Inspiring healthy lifestyles

Tuesday 2 May

Start time: 10:00am

A lovely, hour long health walk around the quaint village of Shevington.

Distance: 3-4 miles (**EASY**)

Meeting point: Methodist church car park, Gathurst Lane, WN6 8HW

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Bring Your Bus Pass Walk – Guided Busway

Inspiring healthy lifestyles

Tuesday 2 May

Start time: 7:00pm

A brisk, hour long evening walk along the new guided busway taking in the breathtaking scenery.

Distance: 3-5 miles (**MEDIUM**)

Meeting point: Tydesley park and ride

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Walking Football

Inspiring healthy lifestyles

Tuesday 2, 9, 16, 23, 30 May

Start time: 8:15pm (finish: 9:15pm)

An adapted version of the beautiful game, targeting older males looking to keep active. £3 per player.

Distance: Sports session (**MEDIUM**)

Meeting point: Sports hall, Westleigh High School, Westleigh Lane, Westleigh, WN7 5NL

Public transport: Bus stops nearby

Contact: Stephen Dixon, 01942 828511
s.dixon@wlct.org
www.inspiringhealthylifestyles.org/backtosport



Walking Football

Inspiring healthy lifestyles

Wednesday 3, 10, 17, 24, 31 May

Start time: 10:30am (finish: 12:00pm)

An adapted version of the beautiful game, targeting older males looking to keep active. £4 per player.

Distance: Sports session (**MEDIUM**)

Meeting point: Powerleague Soccerdome, Stadium Way, Wigan, WN5 0UN

Public transport: N/A

Contact: Stephen Dixon, 01942 828511
s.dixon@wlct.org
www.inspiringhealthylifestyles.org/backtosport



Astley Green History Walk

Inspiring healthy lifestyles

Saturday 6 May

Start time: 1:00pm

A two hour, interesting and historic walk around Astley Green. Find out about the colliery and what the mining was like.

Distance: 4-5 miles (**FAIRLY EASY**)

Meeting point: Astley Green Colliery car park (off Higher Green Lane), M29 7JB

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259
t.morris@wlct.org
www.inspiringhealthylifestyles.org/walking



Aspull GP Surgery Walk

Inspiring healthy lifestyles

Monday 8 May

Start time: 10:00am

A lovely, hour long health walk around the quaint village of Aspull and surrounding areas.

Distance: 3-4 miles (**FAIRLY EASY**)

Meeting point: Aspull library, Oakfield Cres, WN2 1XJ

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259
t.morris@wlct.org
www.inspiringhealthylifestyles.org/walking



Pennington Flash

Inspiring healthy lifestyles

Monday 8 May

Start time: 11:00am

A wonderful, sociable walk around the idyllic area of Pennington.

Distance: 3-4 miles (**FAIRLY EASY**)

Meeting point: Portacabin near the Rangers Hut, WN7 3PA

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259
t.morris@wlct.org
www.inspiringhealthylifestyles.org/walking



Bridgewater Medical Practice

Inspiring healthy lifestyles

Tuesday 9 May

Start time: 1:30pm

A wonderful tow path walk. Fairly flat and comfortable under foot.

Distance: 2-3 miles (**FAIRLY EASY**)

Meeting point: Main reception area, Henry St, Leigh, WN7 2PE

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Haigh Hall - Plantation Gates Health Walk

Inspiring healthy lifestyles

Wednesday 10 May

Start time: 9:30am

A sociable, scenic amble around the Haigh Hall Plantations.

Distance: 3-4 miles (**MEDIUM**)

Meeting point: Plantation Gates,

Wigan Lane, WN1 2NN

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Wigan Flashes Bat Walk

The Wildlife Trust for Lancashire, Manchester and North Merseyside

Saturday 12 May

Start time: 9:00pm

A wander around Wigan Flashes with bat detectors to learn about the species. Please let us know if you will be bringing a wheelchair or buggy.

Distance: 2-3 miles (**FAIRLY EASY**)

Meeting point: Wellham Road off Carr Lane, Wigan, WN3 5NY

Public transport: Bus stops on Carr Lane (routes 610, 631, 632)

Contact: Susan Lonsdale, 01942 726214

slonsdale@lancswt.org.uk

www.lancswt.org.uk

Booking required



Ashurst's Beacon

Manchester CHA Rambling and Social Club

Saturday 13 May

Start time: 10:30am

A walk along the Leeds and Liverpool Canal to Parbold via Ashurst's Beacon, returning to Appley Bridge.

Distance: 9 miles (**MEDIUM**)

Meeting point: Gathurst train station

End point: Appley Bridge train station

Public transport: Bus stops nearby

Contact: John Booth, 0161 4395464

manchesterchaclub@gmail.com

www.manchesterchaclub.com



Pennington Flash

Inspiring healthy lifestyles

Monday 15 May

Start time: 10:45am

A wonderful, brisk walk around the idyllic area of Pennington.

Distance: 4-6 miles (**MEDIUM**)

Meeting point: Portacabin near the rangers hut, WN7 3PA

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Pennington to Haigh

Inspiring healthy lifestyles

Sunday 14 May

Start time: 10:00am

A scenic, 10 mile tow path walk to Haigh. A challenging walk lasting all day. Bring a packed lunch/refreshments.

Distance: 10-11 miles (**CHALLENGING**)

Meeting point: Pennington flash at the Rangers Hut

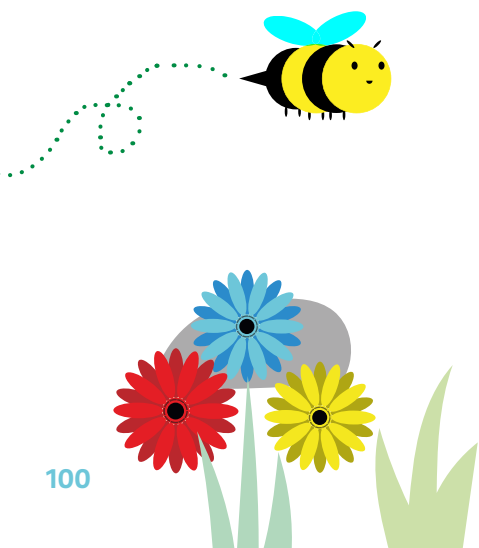
End point: Haigh Hall Country Park, Wigan, WN2 1PE

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Astley Park – Guided Busway Walk

Inspiring healthy lifestyles

Tuesday 16 May

Start time: 7:00pm

A brisk, hour long evening walk along the new guided busway, taking in the breathtaking scenery.

Distance: 3-5 miles (**MEDIUM**)

Meeting point: Astley Park car park, Astley St, M29 7BB

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Three Sisters Nordic Walk

Inspiring healthy lifestyles

Friday 19 May

Start time: 10:00am

Fancy trying something a bit different? Come along and try Nordic walking, a new, exciting way to walk. Equipment provided.

Distance: 3-6 miles (**FAIRLY EASY**)

Meeting point: Three Sisters Recreation Area car park by the lake, Three Sisters Road, WN4 8DD

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Three Sisters Health Walk

Inspiring healthy lifestyles

Thursday 18 May

Start time: 1:30pm

See nature at its finest around The Three Sisters and enjoy the breathtaking views.

Distance: 3-4 miles (**FAIRLY EASY**)

Meeting point: Three Sisters Recreation Area car park by the lake, Three Sisters Road, WN4 8DD

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Family Fun Walk

Inspiring healthy lifestyles

Saturday 20 May

Start time: 10:30am

A fun, friendly walk with lots of activities to keep the whole family entertained around Amberswood.

Distance: 3-5 miles (**EASY**)

Meeting point: Amberswood car park, Wigan Rd (across from La Cava), WN2 3BU

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Pennington Flash

Inspiring healthy lifestyles

Monday 22 May

Start time: 10:00am

A challenging, brisk walk lasting two hours around the idyllic area of Pennington.

Distance: 5-7 miles (**CHALLENGING**)

Meeting point: Portacabin near the rangers hut, WN7 3PA

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Pennington Circular Walk

Inspiring healthy lifestyles

Saturday 27 May

Start time: 1:00pm

A wonderful, extended walk around the idyllic area of Pennington. A progression from our regular two hour walk.

Distance: 9-11 miles (**CHALLENGING**)

Meeting point: Pennington Flash at the Rangers Hut

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Beech Hill

Inspiring healthy lifestyles

Monday 22 May

Start time: 10:30am

A socialable, scenic amble around the Gidlow/Haigh area.

Distance: 2-3 miles (**EASY**)

Meeting point: Beech Hill Medical Practice, Gidlow Lane, WN6 7PD

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking



Lilford Park Community Walk

Inspiring healthy lifestyles

Tuesday 30 May

Start time: 1:30pm

A spectacular walk around Lilford Park, taking in breathtaking views of Hindsford, Howe Bridge and surrounding areas.

Distance: 3-4 miles (**FAIRLY EASY**)

Meeting point: Lilford Park car park, Elmridge Road, Leigh, WN7 1HN

Public transport: Bus stops nearby

Contact: Tracy Morris, 07943 840259

t.morris@wlct.org

www.inspiringhealthylifestyles.org/walking





Join the Bury'd Treasure hunt near you!

Bury'd Treasure is a pirate adventure game that's perfect for families to have fun together in Bury this summer. Anyone can play, it won't cost a single gold coin and even better, there's seven treasure hunts to choose from!

Arrrr you
ready to join
our crew?



How it all works:

1. Go to **BurydTreasure.org.uk**
2. **Choose** a Bury'd Treasure hunt
3. Download your **map**
4. Solve the **puzzle**
5. Enter your answers **online**
6. Choose your **next** hunt!

We set sail over
the summer and
the puzzles will be
hidden in seven of
Bury's parks!

Ready to join us on a summer adventure?
Email iwillifyouwill@bury.gov.uk to sign our scroll!

