

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)

How you can get involved

Walking for Health - Telford and Wrekin is your local scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch.

e-mail:

info@walkingforhealthtelfordandwrekin.org.uk

or phone: **07512 123995**

For all national enquiries, please contact Walking for Health on **0207 339 8541** or walkingforhealth@ramblers.org.uk



step right up

Telford and Wrekin Walks programme 2019-20

www.walkingforhealthtelfordandwrekin.org.uk

Supported by:



SeniorCitizensForum
TELFORD & THE WREKIN



DENSO
Crafting the Core

Supporting our local community

Madeley Walk

Every Sunday starting 10:30am -
MADELEY, TF7 5AB

Grade: 3

Meet at Tesco Supermarket car park,
Park Ave, Madeley, Telford TF7 5AB

Leegomery Walk

Every Monday starting 10:00am –
LEEGOMERY, TF1 6NA

Grade: 3

Meet at the Postbox by the Community
Centre, Leegate Avenue, Leegomery,
Telford, Shropshire, TF1 6NA

Telford Town Park

Every Monday starting 2:00pm –
TELFORD TOWN PARK, TF3 4HS

Grade: 2

Meet at Meeting Point House,
Southwater, Telford Town Centre,
TF3 4HS

Apley Castle Park

Every Monday starting 2:00pm –
APLEY CASTLE PARK, TF1 6NA

Grade: 3

Meet at the Postbox by the Community
Centre, Leegate Avenue, Leegomery,
Telford, Shropshire, TF1 6NA

ASDA Donnington Wood

Every Tuesday starting 10:15am –
ASDA DONNINGTON WOOD, TF2 7RX

Grade: 1, 2 & 3

Meet at ASDA Donnington Wood,
TF2 7RX

ASDA Donnington Wood

Every Tuesday starting 10:30am –
ASDA DONNINGTON WOOD, TF2 7RX

Routes to Renewal Grade: 1

Meet at ASDA Donnington Wood, TF2 7RX

Stirchley Walk

Every Tuesday starting 2:00pm –
STIRCHLEY, TF3 1FA

Grade: 1, 2

Meet at The Sambrook Centre (Library),
Stirchley, Telford, TF3 1FA

Horsehay & Lawley Walk

Every Tuesday starting 2:00pm -
HORSEHAY, TF4 3BT

Grade: 2

Meet at the Horsehay Golf Club,
TF4 3BT

Court Street, Madeley

Every Wednesday starting 2:00pm –
Court Street Medical Practice, MADELEY,
TF7 5EE.

Grade: 1

Meet at Court Street Medical Practice,
Madeley.

Coalbrookdale Walk

Every Wednesday starting 1:00pm -
COALBROOKDALE, TF8 7DX

Grade: 3

Meet at the Community Centre, Darby Rd,
Coalbrookdale, TF8 7DX

Oakengates Walk

Every Wednesday starting 2:00pm -
OAKENGATES, TF2 7AB

Grade: 3 

Meet at Oakengates Leisure Centre,
TF2 7AB

Wellington Walk

Every Wednesday starting 2:00pm -
WELLINGTON, TF1 1LX

Grade: 1, 2 & 3

Meet at Wellington Leisure Centre,
TF1 1LX

Dawley Walk

Every 3rd Thursday starting 1.30pm -
DAWLEY, TF4 3NH

Grade: 2

**3rd THURS. OF THE MONTH ONLY*,*
Holy Trinity Church Car Park, TF4 3NH

Telford Town Park

Every Thursday starting 2:00pm –
TELFORD TOWN PARK, TF3 4HS

Grade: 2 

Meet at Meeting Point House,
Southwater, Telford Town Centre,
TF3 4HS

Lilleshall Walk

Every Thursday starting 6.00pm -
LILLESBALL, TF10 9EW

Grade: 3

Meet in The Red House car park,
TF10 9EW

Shawbirch Walk

Every Friday starting 10:15am -
SHAWBIRCH, TF5 0LT

Grade: 1, 2 

Meet at Shawbirch Medical Centre,
TF5 0LT

Telford Town Park

Every Friday starting 2:00pm –
TELFORD TOWN PARK, TF3 4HS

Grade: 2 

Meet at Meeting Point House,
Southwater, Telford Town Centre,
TF3 4HS

Grade 1: Very few or no gradients. Easy
terrain. 15 – 30 mins.

Grade 2: Possible but few gradients,
steps or uneven ground. 30 – 60 mins

Grade 3: Definite or likely gradients,
possible steps & uneven ground. Brisk
walk. 60 - 90 mins.

: Wheelchair and pushchair friendly

**For more information contact
us at**

info@walkingforhealthtelfordandwrekin.org.uk
or phone **07512 123995**