

Getting active can be difficult. But we're here to help. With Ramblers WELLBEING WALKS, 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. Building on the experience and success of the Walking for Health scheme, 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.

**Ramblers WELLBEING WALKS have 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

### How you can get involved

**Ramblers WELLBEING WALKS – Telford & 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](mailto:info@walkingforhealthtelfordandwrekin.org.uk)

or phone: 07512 123995

For all national enquiries, please contact

Ramblers WELLBEING WALKS on Tel: 0207 339 8541, or

e-mail: [wellbeingwalks@ramblers.org.uk](mailto:wellbeingwalks@ramblers.org.uk)

**Ramblers WELLBEING WALKS – Telford & Wrekin is 100% run by volunteers.**

To ensure the highest standards and use of best practice when running walks, we are affiliated to the national Ramblers WELLBEING WALKS scheme.



# WELLBEING WALKS

## Telford and Wrekin

(Formerly Walking for Health - Telford & Wrekin)

### Walks programme 2022

[www.walkingforhealthtelfordandwrekin.org.uk](http://www.walkingforhealthtelfordandwrekin.org.uk)



Supported by: **DENSO**  
Crafting the Core

Supporting our local community

Getting **Hearts** Beating Faster  
**energi2e**  
Shropshire, Telford & Wrekin Active Partnership



### 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: 2, 3

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

### Stirchley Walk

Every Monday starting 1:30pm

STIRCHLEY, TF3 1FA

Grade: 2

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

### Apley Castle Park

Every Monday starting 2:00pm

APLEY CASTLE PARK, TF1 6TH

Grade: 3

Meet at the Iron Horse Gate, Peregrine  
Way, Telford, Shropshire, TF1 6TH

### 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

### Horsehay & Lawley Walk

Every Tuesday starting 2:00pm

HORSEHAY, TF4 3BT

Grade: 2

Meet at the Horsehay Golf Club,  
TF4 3BT

### Coalbrookdale Walk

Every Wednesday starting 1:00pm

COALBROOKDALE, TF8 7DX

Grade: 3

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

### Court Street, Madeley

Every Wednesday starting 2:00pm

Court Street Medical Practice, MADELEY,  
TF7 5EE.

Grade: 1

Meet at Court Street Medical Practice,  
Madeley, TF7 5EE

### Wellington Walk

Every Wednesday starting 2:00pm

WELLINGTON, TF1 1LX

Grade: 1, 2 & 3

Meet at Wellington Leisure Centre,  
TF1 1LX

### St Georges

Every Thursday starting 10:30am

St Georges, TF2 9LU

Grade: 2

Meet in the car park behind the cricket  
club, TF2 9LU

### Dawley Walk

Every 3<sup>rd</sup> Thursday starting 1.30pm

DAWLEY, TF4 3NH

Grade: 2



**\*3<sup>rd</sup> 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 9EJ



Grade: 3

Meet in The Last Inn car park,  
TF10 9EJ

### Shawbirch Walk



Every Friday starting 10:15am

SHAWBIRCH, TF5 0LW

Grade: 1, 2  

Meet at The Woolpack car park,  
TF5 0LW

**Please arrive 10-15 mins  
before start times**

 : Wheelchair and pushchair friendly

**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.

**For more information contact  
us at:**

[info@walkingforhealthtelfordandwrekin.org.uk](mailto:info@walkingforhealthtelfordandwrekin.org.uk)  
or phone **07512 123995**



**Telford and Wrekin**

Due to restrictions, some walks may not be taking place as programmed.  
Please do not attend if you have any COVID 19 symptoms, or

Check our website [www.walkingforhealthtelfordandwrekin.org.uk](http://www.walkingforhealthtelfordandwrekin.org.uk) for updates.  
would not feel safe and comfortable walking with a group at this time