

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 register online at <https://www.ramblers.org.uk/wellbeing-walks-sign-up> then you're free to take part in as many walks as you like, as often as you like. If this is difficult, just come along to the start point of one of our walks. 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 2023

[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



## MONDAY

### Leegomery Walk

Every Monday starting 10:00am

LEEGOMERY, TF1 6NA

Grade: 2, 3 (2 walks)

Meet at the Postbox by the Community Centre, Leegomery

### Apley Castle Park

Every Monday starting 2:00pm

APLEY CASTLE PARK, TF1 6NA

Grade: 2

Meet at the Postbox by the Community Centre, Leegomery

## TUESDAY

### ASDA Donnington Wood

Every Tuesday starting 10:15am

ASDA DONNINGTON WOOD, TF2 7RX

Grade: 2 (90 mins) & 3 (2 walks)

Meet in the overflow car park beyond the petrol station at ASDA Donnington Wood

### ASDA Donnington Wood

Every Tuesday starting 10:30am

ASDA DONNINGTON WOOD, TF2 7RX

Routes to Renewal Grade: 1  

Meet in the overflow car park beyond the petrol station at ASDA Donnington Wood

..... Tues Continued in next column

## TUESDAY- cont

### Horsehay & Lawley Walk

Every Tuesday starting 2:00pm

HORSEHAY, TF4 3BT

Grade: 3

Meet at Horsehay Golf Club

### Stirchley Walk

1<sup>st</sup> Tuesday starting 2.00pm

STIRCHLEY, TF3 1FA

Grade: 2

*\*1<sup>st</sup> TUESDAY OF THE MONTH ONLY\**

Meet at Sambrook Centre, (Library) Stirchley

## WEDNESDAY

### Coalbrookdale Walk

1<sup>st</sup> and 3<sup>rd</sup> Wednesday starting 10.15 am

COALBROOKDALE, TF8 7DX

Grade: 3

*\*1<sup>st</sup> & 3<sup>rd</sup> WEDNESDAYS OF THE MONTH ONLY\**

Meet at the Community Centre, Darby Rd, Coalbrookdale

### Hollinswood & Randlay Walk

Last Wednesday starting 10.30am

HOLLINSWOOD, TF3 2DN

Grade: 3 (60 mins)

*\*LAST WEDNESDAY OF THE MONTH ONLY\**

Meet at Hollinswood Pavillion

### Wellington Walk

Every Wednesday starting 2.00pm

WELLINGTON, TF1 1LX

Grade: 1, 2 & 3 (3 walks)

Meet outside Wellington Leisure Centre

## THURSDAY

### St Georges

Every Thursday starting 10:30am

ST GEORGES, TF2 9LU

Grade: 3

Meet at the car park behind the cricket club

### Dawley Walk

3<sup>rd</sup> Thursday starting 1.30pm DAWLEY,

TF4 3NH

Grade: 2

*\*3<sup>rd</sup> THURSDAY OF THE MONTH ONLY\**

Meet at Holy Trinity Church Car Park

### Lilleshall Walk

Every Thursday starting 6.00pm

LILLESBALL, TF10 9EJ

Grade: 3

Meet in The Last Inn car park

## FRIDAY

### Shawbirch Walk

Every Friday starting 10.15am

SHAWBIRCH, TF5 0LW



Grade: 1 (45 mins)



Grade: 2

Meet at The Woolpack car park

**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, steps & uneven ground. Brisk walk. 60 - 90 mins.

**\*\*\*Please call us on 07512 123995 to check this walk is running**

**For more information**

**contact us at:**

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

**For the latest details on available walks, please visit our website at:**

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

 **RAMBLERS**

**WELLBEING  
WALKS**

**Telford and Wrekin**