

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

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

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 2024/25

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: 1 (45mins- 1hr) , 2 (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

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TUESDAY- cont

Horsehay & Lawley Walk

Every Tuesday starting 2:00pm
HORSEHAY, TF4 3BT
Grade: 3
Meet at Horsehay Golf Club

Stirchley Walk

1st Tuesday starting 2.00pm
STIRCHLEY, TF3 1FA
Grade: 2
1st TUESDAY OF THE MONTH ONLY
Meet at Sambrook Centre, (Library) Stirchley

WEDNESDAY

Coalbrookdale Walk

1st and 3rd Wednesday starting 10.15 am
COALBROOKDALE, TF8 7DX
Grade: 3
1st & 3rd 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


3rd Thursday starting 1.30pm DAWLEY,
TF4 3NH
Grade: 2
3rd 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



Telford and Wrekin