

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. 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



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. Tel: 0207 339 8541, or e-mail: wellbeingwalks@ramblers.org.uk

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, 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.

For more information contact us at:
info@walkingforhealthtelfordandwrekin.org.uk
or phone: 07512 123995

To check the latest details on available walks, please visit our website at:
www.walkingforhealthtelfordandwrekin.org.uk



or

www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-telford-wrekin



WELLBEING WALKS

Telford and Wrekin

(Formerly Walking for Health - Telford & Wrekin)

Walks programme 2026/27

www.walkingforhealthtelfordandwrekin.org.uk

Supported by:



Please arrive 10-15 mins before start times

 : Wheelchair and pushchair friendly

 : Café after the walk

MONDAY

Leegomery – 2 Walks

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

Grade: 1 (45mins- 1hr) & 2

Meet at the Postbox by the Community Centre, Leegomery

Apley Castle Park Walk

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

Grade: 2

Meet at the Postbox by the Community Centre, Leegomery


TUESDAY

Donnington Wood – 2 Walks

Every Tuesday starting 10:15am
ASDA DONNINGTON WOOD, TF2 7RX
Grade: 2 (90 mins) & 3

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

Donnington Wood Walk

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

Horsehay & Lawley Walk

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

TUESDAY cont.

Madeley 'LADIES ONLY' Walk

Every Tuesday starting 6:30pm
MADELEY, TF7 5HX

Grade: 3

Meet in the Abraham Darby Leisure Centre car park

Inspired Striders Walk (Cancer Peer Support Group)

Last Tuesday starting 6:30pm
HORSEHAY, TF4 3BT

Grade: 3

LAST TUESDAY OF THE MONTH ONLY

Meet at Horsehay Golf Club

WEDNESDAY

Admaston – 2 Walks

Every Wednesday starting 10:00am
ADMASTON, TF5 0BN
Grade: 1 (45 mins) & 2/3 (up to 90 mins)
Meet at Admaston House car park,
Wellington Road, Admaston

Coalbrookdale Walk

Every Wednesday starting 10:15am
COALBROOKDALE, TF8 7DX
Grade: 3
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 Pavilion

WEDNESDAY cont.

Wellington – 3 Walks

Every Wednesday starting 2:00pm
WELLINGTON, TF1 1LX
Grade: 1, 2 & 3
Meet outside Wellington Leisure Centre

THURSDAY

St Georges & Priorslee Walk

Every Thursday starting 10:30am
ST GEORGES, TF2 9LU
Grade: 3
Meet at the car park behind the cricket club. (Go down to the end of the lane by the church.)

Madeley Walk

Every Thursday starting 11:00am
The Anstice, TF7 5BD
Grade: 2
Start at the Anstice, finish at a nearby café

Sutton Hill Walk

Every Thursday starting 1:45pm
SUTTON HILL, TF7 4HG
Grade: 2
Meet at The Hub on the Hill

Dawley Walk

Every 2nd Thursday starting 2:00pm
DAWLEY, TF4 3NH
Grade: 2
2nd THURSDAY OF THE MONTH ONLY
Meet at Holy Trinity Church Car Park


THURSDAY cont.

Lilleshall Walk

Every Thursday starting 6:00pm
LILLESBALL, TF10 9EJ
Grade: 3
Meet in The Last Inn car park

FRIDAY

Shawburch – 2 Walks

Every Friday starting 10:15am
SHAWBIRCH, TF5 0LW
Grade: 1 (45 mins) 
Grade: 2
Meet at The Woolpack car park

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.

**To check the latest details on available walks, please visit our website.
Link on back cover.**