Greater Manchester Walking Festival 2015

1 May – 30 May
Take your pick from over 100 free, guided walks.
From towns and cities to countryside, canals and parks, Greater Manchester offers a diverse and exciting landscape. There’s so much to see – and what better way to explore than by foot.

The Greater Manchester Walking Festival 2015 has worked to create an exciting programme of walks in all ten districts – Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Tameside, Trafford and Wigan. Taking place throughout May, there’s something to suit all interests and abilities.

The Festival has been put together by Transport for Greater Manchester, which recently launched the Walking Works project with the aim of getting more people active and healthy.

This programme highlights the very best of the walks that Transport for Greater Manchester, and others, organise week in and week out, throughout the year. While they may vary in style and location, all highlight that Walking Works when it comes to improved health and wellbeing.

Each of the walks are led by experts and are completely free. It’s the perfect time to put your best food forward and see what walking more can offer you…
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<td>Fairly easy on slight gradients and possibly some uneven paths</td>
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<td>Nature &amp; Wildlife</td>
<td>Medium on uneven or unsurfaced paths with some steep gradients and possible steps or stiles</td>
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<td>Local Community</td>
<td>Challenging suitable for experienced walkers, longer distance with mixed terrain and gradients</td>
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**Walk grading**

1. **Easy**
   - on well-maintained flat surfaces
2. **Fairly easy**
   - on slight gradients and possibly some uneven paths
3. **Medium**
   - on uneven or unsurfaced paths with some steep gradients and possible steps or stiles
4. **Challenging**
   - suitable for experienced walkers, longer distance with mixed terrain and gradients

**Other**

- **Car parking**
- **Toilets**
- **No parking**
- **Café**
- **Dogs allowed**
- **Information centre**
- **Wheelchair friendly**
- **Picnic area**

If you’re interested in any of the walks, please contact the organiser.
What to wear and bring?
For all walks please wear comfortable and sturdy shoes or boots. We cannot guarantee the weather so bring a coat / jacket just in case it rains.
If it’s sunny bring a sun hat and sun cream, especially for those longer walks. It’s also a good idea to bring some water with you as not all of the walks offer opportunities for refreshments.

Health and Safety
All walks are undertaken at your own risk. Walk leaders take every care to ensure that the walk is undertaken in a safe manner. Transport for Greater Manchester and walk leaders are not responsible for any accidents or injury that might occur.

Things to note
Many of the walks in this brochure are accessible to people with limited mobility. However, it is recommended that you check with the walk organiser prior to a walk if you have any specific requirements including wheelchair access, or if you are unable to step over stiles.
Please arrive 10 minutes before a walk begins so that you can locate the group and are ready to start the walk at the right time.
Walks may also be cancelled or modified due to adverse weather conditions, so please ring the contact telephone listed to make sure the walk is taking place.
Please check the meeting location in advance with the organiser.

Feedback and contact
Let us know what you think – we are keen to have your feedback on the walks. Please send your comments to us at walking.works@tfgm.com

Living Streets’ #WalkThisMay

Discover where walking can take you this May
Not only does May play host to the Greater Manchester Walking Festival, it’s also National Walking Month! Living Streets, a national charity that works to make walking safer and easier, is setting the nation a challenge to take to their feet and feel the benefits of walking during their flagship event, #WalkThisMay. During National Walking Month you can get involved with:

Living Streets’ Walk to Work Week (11–15 May)
Walk to Work Week is a free, week-long, online walking challenge aimed at workplaces across the UK. It’s a great way to encourage some fun competition going between colleagues and can motivate people to fit a bit of walking into their working day.
Sign up at www.walktoworkweek.org.uk

Living Streets’ Walk to School Week (18–22 May)
Walk to School Week brings together nearly one million schoolchildren, teachers and parents every year in a bid to encourage them to walk to school every day for a week. This year, Walk to School Week is focusing on five key healthy benefits of walking, as Walk to School mascot, Strider, encourages children to take his Five-Day Walking Challenge.
Find out more at www.livingstreets.org.uk/wtsw

Living Streets in Greater Manchester
Living Streets is actively working with schools, workplaces and communities within Greater Manchester to get people walking and enjoying their vibrant streets and public places.
Find out more at www.livingstreets.org.uk
Greater Manchester Walking Festival 2015

Salford City Council

Irwell Amble
Salford City Council – Ranger Service
Saturday 2 May, 10.00am
6 miles
A ramble up the River Irwell, observing wildlife and history throughout the town and countryside.
Contact: Jo Regan, 0161 793 4219
Email: rangers@salford.gov.uk
Meet at: Salford Crescent Train Station

Woodland Wander
Salford City Council – Ranger Service
Saturday 9 May, 10.30am
4 miles
Everyone is welcome on this gentle stroll through the woods and along the canal.
Contact: Jo Regan, 0161 793 4219
Email: rangers@salford.gov.uk
Meet At: Beesley Green Community Centre
Booking is essential (via contact)

Rivers, Cloughs & Canals
Salford City Council – Ranger Service
Saturday 23 May, 10.00am
5 miles
A walk along the River Irwell to its confluence with the River Croal and return along the canal towpath.
Contact: Jo Regan, 0161 793 4219
Email: rangers@salford.gov.uk
Meet At: Clifton Country Park

Worsley Ramble
Salford City Council – Ranger Service
Sunday 17 May, 10.00am
7 miles
A seasonal spring walk that will explore canals, reservoirs, heritage and wildlife.
Contact: Jo Regan, 0161 793 4219
Email: rangers@salford.gov.uk
Meet At: Blackleach Country Park

Canal, Camera, Action
(Beginners)
Salford City Council – Bridgewater Canal Project
Sunday 17 May, 10.00am
1.5 miles
Join professional photographer Chris Mattison on a journey along the Bridgewater Canal, capturing urban wildlife in unexpected places. You’ll learn how to get the best out of your camera, with lots of hints and tips to help you take a great shot. This walk is perfect for beginners.
Contact: Kate Charnock, 0161 793 2208
Email: kate.charnock@salford.gov.uk
Meet At: Barton Pocket Park, Old Barton Road, Barton, Salford
Booking is essential, visit www.est1761.eventbrite.co.uk

Bridgewater Bat Walk
Salford City Council – Bridgewater Canal Project
Thursday 7 May, 8.15pm
2.5 miles
Join this night-time bat walk along the Bridgewater Canal from Monton to Worsley and use a bat detector to hear the sounds they make whilst on the hunt for insects. Please bring a torch.
Contact: Jill Tyson, 07872 808 003 or 0161 793 3178
Email: bridgewatercanal@salford.gov.uk
Meet At: Entrance to the Bridgewater Canal, Parrin Lane
Booking is essential, visit www.est1761.eventbrite.co.uk

Booking is essential, visit www.est1761.eventbrite.co.uk
Canal, Camera, Action  
(Advanced)

Salford City Council – Bridgewater Canal Project

Sunday 17 May, 2.00pm  
1.5 miles

Grab your camera and join professional photographer Chris Mattison on a journey along the Bridgewater Canal, capturing urban wildlife in unexpected places. This walk is suitable for the more advanced photographer.

Contact: Kate Charnock, 0161 793 2208  
Email: kate.charnock@salford.gov.uk  
Meet At: Barton Pocket Park, Old Barton Road, Barton, Salford

Booking is essential, visit www.est1761.eventbrite.co.uk

Industrial Ingenuity – Iron, Coal & Canal

Salford City Council – Bridgewater Canal Project

Thursday 21 May, 10.00am  
4 miles

Explore the stories of two men who transformed the industrial world. Visit the site of James Nasmyth’s Foundry and see the foundations of James Brindley’s Bridgewater Canal aqueduct and the current Barton Swing Aqueduct.

Contact: Shaun Clydesdale, 0161 793 3178  
Email: bridgewatercanal@salford.gov.uk  
Meet At: Winton Library, Old Parrin Lane, Winton, Salford, M30 8BY

Est.1761 – the Bridgewater Canal in Salford

Established in 1761, the Bridgewater Canal sparked a golden age of canal building. The original stretch of the canal in Salford, and the great green spaces next to it, offer lots of opportunities for walkers of all abilities. Join in weekly health walks, tackle a heritage trail or book on one of the many themed walks throughout the year – including foraging, bat detecting, photography, identifying birdsong or fungi spotting.

With the support of funding from the Heritage Lottery Fund, Salford City Council is working in partnership with the Bridgewater Canal Company to revitalise the original stretch of the canal in Salford. The next few years will see improved towpaths, more welcoming green spaces, better access to the canal, restoration of inspiring heritage sites, new signage and lots of engaging activities and events. Our Bridgewater Volunteers programme also offers many different opportunities to be part of the regeneration of this inspiring local waterway.

Over 250 years after it opened, there has never been a better time to rediscover Salford’s Bridgewater Canal – and walking is the perfect way to explore all it has to offer. Find out more at www.salford.gov.uk/bcc or follow us on Twitter @SalfordCanal or Facebook facebook.com/est1761

EST1761.ORG
Greater Manchester Walking Festival 2015

Bury Council

Prestwich District
Health Walk
Bury Council – Walk With Me
2, 9, 16, 23 & 30 May, 11.00am
Approx. 5 miles

Lasting a little over an hour, this woodland, water and lake circular walk involves a journey through areas of Prestwich Clough, Drinkwater Park and Waterdale Park. The route may vary depending on weather conditions so please bring suitable footwear.

Contact: Lee Buggie, 0161 253 5122
Email: walkwithme@bury.gov.uk
Meet At: St Mary’s Church, Church Lane, M25 1AJ

Summerseat District
Health Walk
Bury Council – Walk With Me
4, 11, 18 & 25 May 2015, 11.00am
Approx. 5 miles

Lasting just over an hour, this walk involves climbing out of the valley on quiet country roads and footpaths of mixed terrain. The route can be a little muddy at times, so please wear suitable footwear.

Contact: Lee Buggie, 0161 253 5122
Email: walkwithme@bury.gov.uk
Meet at: Summerseat Garden Centre, Railway Street, BL9 5QD

Bury Sport & Physical Activity Service

Bury’s Walk With Me programme was created by the Bury Sport and Physical Activity Service to provide a variety of guided walking opportunities throughout Bury. As part of our commitment to the National Walking for Health scheme, Walk With Me has already established weekly Health Walks in Summerseat, Greenmount and Prestwich and has been awarded full accreditation status for its dedication and commitment to this nationally recognised scheme.

The next 12 months promises to be an exciting time for the Walk With Me programme. We’ll be working hard to extend our walking offer through additional health led walks across Bury, catering for a variety of fitness levels, ranging from short 30 minute strolls to longer walks lasting up to 90 minutes.

Whether you’re a complete beginner who wants to get more active, or feel that you would benefit from walking in a group with like-minded people, our weekly health walks could be just what you’ve been looking for – keep an eye out for one of our health walks in your area.

For an up-to-date programme of walks, go to our webpage through the National Walking for Health Scheme website at www.walkingforhealth.org.uk/walkfinder/north-west/bury-walk-me or email walkwithme@bury.gov.uk
Breast Cancer Care’s Best Foot Forward

Our Best Foot Forward walks are short health walks for people of all abilities who have been affected by breast cancer. Our free, low-impact walks take place at beautiful locations across Greater Manchester and last 30 to 60 minutes. The scenic settings provide the ideal backdrop for walking and talking with others who understand. There’s always a trained volunteer on hand to lead the way and after each walk we gather in a local café for refreshments.

“The walks are a great chance to be more active and meet people who have also been affected by breast cancer in a friendly and supportive environment. It’s also a lovely way to explore the local area and there’s always time after the walk to pop into a local café to relax, chat and share experiences,” Hil, walk leader.

For further information visit our website www.breastcancercare.org.uk/bestfootforward, email us at bestfootforward@breastcancercare.org.uk or phone 0345 077 1893.
Breightmet Walk – Leverhulme
Bolton Council – Walk This Way
3, 10, 17, 24 & 31 May, 10.30am
Approx. 3 miles
This picturesque walk explores Leverhulme Park and the surrounding areas including Star Mount and Moses Gate Country Park.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Leverhulme Park Community Leisure Centre, Long Lane, Breightmet, BL2 6EB

Harwood Walk
Bolton Council – Walk This Way
5, 12, 19 & 26 May, 1.30pm
Approx. 4-6 miles
This scenic walk explores Harwood and the surrounding areas including Jumbles Reservoir and Longsight Park.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: The entrance to Morrisons, Lee Gate, Harwood, BL2 3HN

Breightmet Walk – Seven Acres
Bolton Council – Walk This Way
5, 12, 19 & 26 May, 10.00am
Approx. 3 miles
This walk explores Seven Acres Country Park.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Lancashire Wildlife Centre, Bury Road, Breightmet, BL2 6DH

Hulton Walk
Bolton Council – Walk This Way
5, 12, 19 & 26 May, 10.00am
Approx. 4-5 miles
This walk explores the Hulton and Ladybridge areas of Bolton including Haslam Park, Queens Park and the Middlebrook Trail.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Outside Hulton Lane Community Centre, Hulton Lane, BL3 4JJ

Farnworth Walk (2-4 miles)
Bolton Council – Walk This Way
5, 7, 12, 14, 19, 21, 26 & 28 May, 10.30am
Approx. 2-4 miles
Explore Moses Gate Country Park and the surrounding areas on this walk, including the canal and gravel pits. Wheelchair users should get in touch in advance to ensure that a suitable route is available.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN
Farnworth Walk (4-6 miles)
Bolton Council – Walk This Way
5, 12, 19 & 26 May, 10.00am
Approx. 4-6 miles
Explore Moses Gate Country Park and the surrounding areas on this walk, including the canal and gravel pits.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Rock Hall Visitor Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN

Smithills Walk
Bolton Council – Walk This Way
6, 13, 20 & 27 May, 1.00pm
Approx. 2-4 miles
This walk explores Moss Bank Park and the surrounding Smithills Estate and countryside.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Main Car Park for Moss Bank Park (just off Moss Bank Way)

Ladybridge Walk
Bolton Council – Walk This Way
11 & 18 May, 2.00pm
Approx. 2-3 miles
Explore the local area of Ladybridge on this walk along the Middlebrook Trail and around Deane Clough. Wheelchair users should get in touch in advance to ensure that a suitable route is available.
Contact: Melissa Taylor, 01204 488 202
Email: melissa.taylor@bolton.gov.uk
Meet At: Ladybridge Surgery, Broadgate, Ladybridge, BL3 4PZ

Bolton: Walk This Way
If you live in or around Bolton, the Walk This Way led walks are suitable for all ages and abilities, so you are sure to find one that suits you. Every week, our team of fully trained walk leaders are there to guide you – come along, meet new people and get active.

Our Walking for Health Walks are short, fairly flat walks over easy terrain. Each one takes between 30 and 90 minutes, with the shorter walks being at a gentler pace. Our longer walks are suitable for those who are used to walking and would like to go that little bit further. They range from 1.5 to 2.5 hours at a brisk pace, with some challenging hills, steps or stiles.

For all walks please wear comfortable and sturdy shoes or boots with good grip and support. With the great British weather, it’s also a good idea to bring waterproofs or other suitable clothing or, if the weather is forecast to be warm, you should bring water, a sun hat and sun cream.

To find out more about the our walks and find the one that’s right for you, please go to www.walkingforhealth.org.uk/walkfinder/north-west/bolton-walk-way or get in touch with Melissa Taylor, Health Walks Co-ordinator on 01204 488202 or melissa.taylor@bolton.gov.uk
Greater Manchester Walking Festival 2015

Wigan Leisure Community Trust

Bridgewater Medical Centre
Wigan Leisure Community Trust – Active Living
6, 13, 20 & 27 May, 1.30pm
Approx. 3 miles
A one-hour walk around Leigh with a friendly group. Each week the route is moderated to explore all that Leigh has to offer, including the towpath on the Leeds to Liverpool Canal and the scenic views around Lilford Park.
Contact: Tracy Morris, 07943 840 259
Email: t.morris@wlct.org
Meet At: Outside main reception

Pennington Flash Health Walk
Wigan Leisure Community Trust – Active Living
4, 11, 18 & 25 May, 11.00am
Approx. 3 miles
A one-hour walk around the beautiful grounds of Pennington Flash with a friendly group. If walkers would like tea or coffee afterwards, it is available for a small price.
Contact: Tracy Morris, 07943 840 259
Email: t.morris@wlct.org
Meet At: Near the Ranger’s hut / toilets in Pennington Flash Country Park, St Helen’s Road, Leigh, WN7 3PA

Pennington Flash Health Walk
Wigan Leisure Community Trust – Active Living
4, 11, 18 & 25 May, 11.00am
Approx. 3 miles
A one-hour walk around the beautiful grounds of Pennington Flash with a friendly group. If walkers would like tea or coffee afterwards, it is available for a small price.
Contact: Tracy Morris, 07943 840 259
Email: t.morris@wlct.org
Meet At: Near the Ranger’s hut / toilets in Pennington Flash Country Park, St Helen’s Road, Leigh, WN7 3PA

Wigan Leisure Community Trust

Wigan Leisure Community Trust (WLCT) Active Living Health Walks are ideal for people who want to improve their general health and wellbeing. All walks are led by our team of dedicated and experienced volunteers and local partners to offer a varied, accessible and diverse programme of health walks to encourage people to walk more in their local area.

Our walks provide a great opportunity to explore the glorious green space in and around Wigan in a safe and sociable atmosphere, with many groups arranging refreshments after the walk.

WLCT Active Living Health Walks are suitable for beginners and those with medical conditions. The programme is suitable for all ages and abilities, with walks ranging from 30 minute short walks, one-hour health walks and longer 90 minute walks. We also organise Nordic Walking and longer progression walks, which can include more challenging terrain and intensity but which do not form part of Walking for Health’s accredited programme of Health Walks. There are also specific 12-week walking programmes for existing groups that can be tailored to your needs.

Please come prepared with suitable sturdy footwear and clothing and bring a drink. There is no need to book in advance, just turn up and you'll be made to feel very welcome. Please visit www.getactivewiganandleigh.co.uk for more information.
Greater Manchester Walking Festival 2015

Ramblers

Rochdale Canal Walk
Ramblers –
Manchester & Salford Branch
Saturday 16 May, 10.30am
Approx. 6 miles
A flat walk along the Rochdale Canal and around several parks, returning by bus to Manchester City Centre.
Contact: Salle Dare, 0161 861 8491
Email: salle_e_dare@yahoo.co.uk
Meet At: Newton Heath and Moston Metrolink Station

Chorlton Water Park & Area
Ramblers –
Manchester & Salford Branch
Monday 18 May, 11.00am
Approx. 3-4 miles
A relaxed walk around Chorlton Water Park, along the River Mersey and through surrounding areas.
Contact: Steve Saxton, 0161 860 7857
Email: saxton_s@yahoo.co.uk
Meet At: Chorlton Water Park Visitor Area, Maitland Ave, M21 7WH

Manchester and Salford Ramblers
Manchester and Salford Ramblers is a Ramblers group, organising regular walks in the local area. Most of our walks are in Manchester and Salford, you’d be surprised how many green spaces and interesting walks there are in and around the two cities.
We go at a steady pace and most of our walks are about five miles long. We also do some very short walks of about two to three miles and some longer walks in the summer of 10-12 miles. On most of our walks you can choose to drop out along the route and get a bus or tram back to where you started if you don’t want to do the whole walk. You can usually get to and from our walks by public transport, if not we organise car shares to make sure everyone can come along.
Our walks are a great way to meet people and get some exercise. As well as our regular walks, we also go away for a weekend twice a year, where we stay in a youth hostel and organise some longer walks in new places.
The Manchester and Salford Ramblers don’t just organise walks. Some of our members also join a working party to cut back weeds and overgrown vegetation on paths across our cities so that everyone can enjoy the benefits of walking.
If you would like to know more about the walks organised by the Manchester and Salford Ramblers, please go to: www.manchesterandsalfordramblers.org.uk or call Salle Dare on 0161 861 8491 or Mags Metcalf on 0161 839 3865.
Greater Manchester Walking Festival 2015

Active Oldham Outdoors Project

Family Fun, Trail & Adventure Walk – Alexandra Park
Active Oldham Outdoors Project
Saturday 23 May, 11.00am
1, 2 and 3 mile options
Everyone is welcome to take part in this family adventure walk. Suitable for all ages, there are three routes available, with options for beginners and more advanced walkers.

Contact: Chris Cordwell, 0161 624 9418
Email: activeoldhamoutdoors@gmail.com
Meet At: Alexandra Park Main Entrance

Family Fun, Trail & Adventure Walk – Waterhead Park
Active Oldham Outdoors Project
Monday 25 May, 11.00am
1, 2 and 3 mile options
Everyone is welcome to take part in this family adventure walk. Suitable for all ages, there are three routes available, with options for beginners and more advanced walkers.

Contact: Chris Cordwell, 0161 624 9418
Email: activeoldhamoutdoors@gmail.com
Meet At: Waterhead Park Main Entrance

Family Fun, Trail & Adventure Walk – Werneth Park
Active Oldham Outdoors Project
Friday 29 May, 11.00am / 1, 2 and 3 mile options
Everyone is welcome to take part in this family adventure walk. Suitable for all ages, there are three routes available, with options for beginners and more advanced walkers.

Contact: Chris Cordwell, 0161 624 9418
Email: activeoldhamoutdoors@gmail.com
Meet At: Werneth Park Main Entrance

Greater Manchester Walking Festival 2015

Canal and River Trust

Buggy Walk – Miles Platting
Canal and River Trust
7, 14, 21 & 28 May, 12.15pm
Approx. 3 miles
This brisk walk along the canal invites those with small children and / or prams to come along and meet new friends.

Contact: Rhys Wynne, 0161 244 1340
Email: rhys.wynne@tfgm.com
Meet At: Outside café at National Cycling Centre

Second Saturday Stroll
Canal and River Trust
Saturday 9 May, 11.00am
Approx. 5 miles
This brisk health walk begins and ends at the National Cycling Centre and is expected to last for a couple of hours.

Contact: Rhys Wynne, 0161 244 1340
Email: rhys.wynne@tfgm.com
Meet At: Outside café at National Cycling Centre

Trees, Myths and Magic
Canal and River Trust
Friday 29 May, 11.00am
Approx. 2 miles
Explore the beauty and majesty of trees on this fascinating walk.

Contact: Rhys Wynne, 0161 244 1340
Email: rhys.wynne@tfgm.com
Meet At: Outside Newton Heath library
Wild Food Forage
Canal and River Trust

Wednesday 27 May, 11.00am / Approx. 2 miles

Follow an expert on this fascinating walk along the canal as you work together to identify the wide variety of plants growing there.

Contact: Rhys Wynne, 0161 244 1340
Email: rhys.wynne@tfgm.com
Meet At: Outside café at National Cycling Centre

Canal and River Trust – East Manchester Moving

The East Manchester Moving project is an exciting partnership between Canal and River Trust and Transport for Greater Manchester to help local people get active and healthy. As part of the project, we are delivering a diverse range of exciting walks along the towpaths of the Ashton and Rochdale Canals in East Manchester, Oldham and Tameside.

These walks include regulars like the popular Pram Walk in Miles Platting organised with Adactus Housing Association, and one-off specials such as the Wild Food Forage or Nature Photography Walk. Every second Saturday of the month we take a brisk health walk from the National Cycling Centre down a circular route that takes in green spaces and both local canals.

Our walks are informal and friendly with a warm welcome for new people. The canals are great places to walk – traffic free, mostly flat and jam-packed with history and wildlife. We organise walks over a range of distances and walking speeds, so hopefully there’s something for everyone!

For more information, please email Rhys Wynne on rhys.wynne@tfgm.com or visit our Eventbrite site www.walking-works-tfgm.eventbrite.co.uk or Facebook page www.facebook.com/emmoving

Greater Manchester Walking Festival 2015

Haughton Green Healthy Walking Group

Broadbottom Circular (via Mottram)
Haughton Green Healthy Walking Group

Thursday 22 May, 10.45am / Approx. 6 miles

This scenic walk passes through the historic township of Mottram in Longendale, along field paths, old track ways and quiet country lanes.

Contact: Derrick Lack, 07472 940 089
Email: contact@hghwg.org.uk
Meet At: Broadbottom Railway Station
Booking is advised (via contact)

Haughton Green Healthy Walking Group

Haughton Green Healthy Walking Group was founded in 2005 with fewer than 15 members. Today, the Group has 80+ members who meet every Thursday. There are two walks on offer, both aimed at promoting a healthier lifestyle for walkers aged 50+ of varying abilities.

All the walks are accessible by public transport – be it bus, train or tram – and are within a 30-mile radius of Haughton Green. We also arrange a number of social events each year, including a weekend away and day trips by coach. Find out more at www.hghwg.uk
Greater Manchester Walking Festival 2015

Trafford Community Leisure Trust

Altrincham Walk
Trafford Community Leisure Trust
5, 12, 19 & 26 May, 10.00am
Approx. 2 miles
Everyone is welcome to join this regular, weekly walk around the Altrincham area with a friendly and sociable group.

Contact: Active Living Team, 0161 826 3967
Email: jenny.burton@traffordleisure.co.uk
Meet At: Altrincham Leisure Centre Reception

Worthington Park Walk
Trafford Community Leisure Trust
11 & 18 May, 11.00am
Approx. 2 miles
A regular, weekly walk around Worthington Park and the surrounding areas. The route is suitable for all ages and abilities.

Contact: Active Living Team, 0161 826 3967
Email: jenny.burton@traffordleisure.co.uk
Meet At: The bowls pavilion near the Broad Road entrance

Trafford Centre Walk
Trafford Community Leisure Trust
6, 13, 20 & 27 May, 09.45am / Approx. 1 mile
A regular, weekly walk around the Trafford Centre’s ground and upper floors. The walk is held at a quiet time of the day and offers a friendly, sociable atmosphere.

Contact: Active Living Team, 0161 826 3967
Email: jenny.burton@traffordleisure.co.uk
Meet At: Customer Service Desk in the main dome of the Trafford Centre, ground floor

Trafford Community Leisure Trust

Trafford Community Leisure Trust’s Active Living Team provides the opportunity for people to move from doing no physical activity to doing something, however small.

We work with various sectors and members of the community that do not usually come to our leisure centres. For many, leisure centres are a daunting prospect, so providing alternative opportunities in the community helps to overcome this significant barrier.

Health walks are a simple, local and cheap way of undertaking physical activity in a social and fun setting. Trafford has several regular walking opportunities for all ages and abilities across the borough. The walks are well attended and we will soon be adding some more regular walks to the timetable.

For some this will be the start of their physical activity journey, for others it will encourage them to carry on getting more active.
**Heritage Trees Walk**
*Red Rose Forest*
**Thursday 14 May, 11.00am**
Approx. 2 miles
A guided walk exploring Trafford’s green spaces and natural tree heritage.
**Contact:** Janie Burrage, 0161 872 1660
**Email:** janie@redroseforest.co.uk
**Meet At:** Seymour Grove, entrance to Seymour Park
**Booking is advised (via contact)**

**Heritage Trees Walk**
*Red Rose Forest*
**Saturday 23 May, 10.00am**
Approx. 2-3 miles
A guided walk exploring Trafford’s green spaces and natural tree heritage.
**Contact:** Janie Burrage, 0161 872 1660
**Email:** janie@redroseforest.co.uk
**Meet At:** Seymour Grove, entrance to Seymour Park
**Booking is advised (via contact)**

**Nature Trail – Sale Water Park**
*Red Rose Forest*
**Saturday 9 May, 10.00am**
2 miles
A guided nature trail around Sale Water Park, exploring the nature reserve and the wildlife that lives there.
**Contact:** Janie Burrage, 0161 872 1660
**Email:** janie@redroseforest.co.uk
**Meet At:** Sale Water Park Visitor Centre
**Booking is advised (via contact)**

**River Nature Trail – Sale Water Park**
*Red Rose Forest*
**Sunday 31 May, 10.00am**
3 miles
This walk involves a stroll along the River Mersey and will explore the wonders of the nature reserve including the wild birds and trees that live there.
**Contact:** Janie Burrage, 0161 872 1660
**Email:** janie@redroseforest.co.uk
**Meet At:** Sale Water Park Visitor Centre
**Booking is advised (via contact)**

**The Big Bat Walk**
*Red Rose Forest*
**Thursday 28 May, 8:45pm**
Approx. 2 miles
A guided walk around the meadows with bat detectors. Walkers will be able to listen to the different bat calls and watch as they fly above in search of food.
**Contact:** Janie Burrage, 0161 872 1660
**Email:** janie@redroseforest.co.uk
**Meet At:** Urmston Meadows, Riverside Drive
**Booking is advised (via contact)**
Greater Manchester Walking Festival 2015

Manchester Community Giants

Green Giants – Clayton Vale
Manchester Community Giants
Thursday 7 May, 12.00pm
Up to 6 miles depending on group ability
A gentle walk around the stunning nature reserve of Clayton Vale, suitable for walkers of all abilities and led by the Manchester Giants Community Team.
Contact: Don Johnson, 07445 259 420
Email: djohnson@manchestergiants.com
Meet At: Clayton Park

Green Giants – Wythenshawe Park
Manchester Community Giants
Thursday 14 May, 12.00pm
Approx. 4 miles
A gentle walk around Wythenshawe Park, suitable for walkers of all abilities and led by the Manchester Giants Community Team.
Contact: Don Johnson, 07445 259 420
Email: djohnson@manchestergiants.com
Meet At: Wythenshawe Park

Green Giants – Whitworth Park
Manchester Community Giants
Thursday 21 May, 12.00pm
Approx. 2 miles
A gentle walk around Whitworth Park and Alexandra Park, suitable for walkers of all abilities and led by the Manchester Giants Community Team.
Contact: Don Johnson, 07445 259 420
Email: djohnson@manchestergiants.com
Meet At: Whitworth Park

Red Rose Forest
The Active Trafford Greenspace project aims to help people to explore and enjoy Trafford’s parks and countryside on foot. Throughout 2015, we’re going to be delivering a series of public walking activities and themed events right across Trafford. The idea behind the Greenspace project is to connect people living and working in North Trafford, Broomwood, and Carrington Moss with their local greenspaces and the Mersey Valley.

The current network of paths and trails will be improved and signs installed to promote both new and familiar routes around Trafford. We’re also producing maps to help people explore new areas of Trafford and supporting community groups to organise their own walks.

The initiative is being led by Red Rose Forest on behalf of Trafford Sport and Physical Activity Partnership and Trafford Countryside Management Partnership. As part of the project, GP surgeries will pilot ‘walk prescribing’ as part of healthier lifestyles, while local businesses develop a series of Workplace Walks.

The Visitor Centre at Sale Water Park is the main base for walking and training events, so why not come along, take a walk with us and explore Trafford’s greenspaces? Grab your boots and see you soon!

redroseforest
Manchester Community Giants

In May 2015 Manchester Community Giants will launch their Green Giants walking project to coincide with the Greater Manchester Walking Festival.

There are 14 walks around Greater Manchester that form the Green Belt Corridor. Our aim is to bring together small, friendly and informal groups of all ages, backgrounds and abilities. We want to help people to lead a healthier lifestyle by enjoying frequent gentle health walks at their own pace in a sociable environment with qualified leaders.

Physical activity can help you make a positive change to your life. We are also working alongside Macmillan Cancer Support Groups to run a series of health walks across the area.

For more information, get in touch with Don Johnson:
djohnson@manchestergiants.com

Greater Manchester Walking Festival 2015
Active Tameside Trust

Hyde Health Walk
Active Tameside Trust
Monday 11 & 18 May, 10.30am
1 mile
A short, scenic walk around Hyde Park.
Contact: George Cope, 07855 984 586
Email: gjcope@ntlworld.com
Meet At: Grafton House, Grafton Street, Hyde

Droylesden Health Walk
Active Tameside Trust
Saturday 16 May, 10.30am
3 miles
A walk to Daisy Nook with a friendly group, followed by a coffee break and return walk.
Contact: George Cope, 07855 984 586
Email: gjcope@ntlworld.com
Meet At: Active Medlock Droylesden

Ashton Health Walk – Knott Hill
Active Tameside Trust
Wednesday 13 May, 11.00am
Approx. 3 miles
A walk around the picturesque Knott Hill Reservoir and back again.
Contact: George Cope, 07855 984 586
Email: gjcope@ntlworld.com
Meet At: Broadoak Centre, Broadoak Street, Ashton

Ashton Health Walk – Portland Basin
Active Tameside Trust
Wednesday 20 May, 11.00am
Approx. 3 miles
A walk along the canal to Dunkirk Farm and return journey through Audenshaw Cemetery.
Contact: George Cope, 07855 984 586
Email: gjcope@ntlworld.com
Meet At: Portland Basin Museum
Greater Manchester Walking Festival 2015
Sustrans Stockport

Project Wild Thing
Sustrans Stockport
9 May, 2.00pm film screening followed by a walk at 4.00pm / Approx. 1 mile

The film, Project Wild Thing, aims to encourage families to explore and play outdoors. After the film, several organisations and local groups invite you to the Walking Treasure Hunt with exciting activities en route, like sack races and a cardboard labyrinth.

Contact: Julieta Duran, 07717 348 094
Email: julieta.duran@sustrans.org.uk
Meet At: Stockport Plaza, Mersey Square, Stockport SK1 1SP

Tameside Health Walks
Looking for a free fitness activity, with pleasant company, in our beautiful countryside? Then look no further than Tameside Health Walks.

We run six walks every week in Ashton, Droylsden, Hyde, Mossley, Stalybridge, and at Stamford Park. The walks are all short, between one and three miles, and relatively flat, making them suitable for beginners.

All our walks are led by friendly, experienced volunteers who will make sure that you don’t get lost. All our volunteers are trained to national Walking For Health standards and the walks themselves are part of an accredited scheme under the National Walking For Health organisation. Find out more at www.walkingforhealth.org.uk

Everyone who comes along really enjoys the walks and you can be sure that they’ll be ready to welcome you if you join us. Lots of people have made new friendships and found themselves feeling fitter and healthier. And lots of people have said that they never realised what lovely countryside we have in Tameside. So give it a go – come and join us.
Poles and Souls Nordic Walking is the perfect pursuit for everyone who loves the outdoors. We are passionate about walking in rural Rochdale, finding new tracks and passing on the word... walking works!

Poles and Souls was set up by Pauline Cooper, a trained fitness walking instructor, after walking the Spanish Camino. There are regular weekly walks and everyone is welcome – all you need is a good pair of boots and a little time for yourself. There are four groups running in Rochdale at the moment, but more will be introduced soon. Find out more on Facebook, www.facebook.com/polesandsoulsnordicwalking, or on the MeetUp page, www.meetup.com/poles-and-souls-nordic-walking

Greater Manchester Walking Festival 2015

Poles and Souls

Norden Nordics
Poles and Souls
Sunday 3 May, 2.00pm
4 miles
Come along and learn the basic techniques of Nordic Walking, a total body version of walking performed with specially designed walking poles that can be enjoyed by everyone as a health-promoting physical activity. This walk will explore the beauty of rural Rochdale.

Contact: Pauline Cooper, 07929 479 681
Email: pauline.cooper2@virgin.net
Meet At: Horse and Farrier Public House

Booking is essential. Visit: www.facebook.com/polesandsoulsnordicwalking

Knowl Hill Circular
Poles and Souls
Saturday 16 May, 2.00pm
Approx. 4 miles
A rural, hilly walk around Rochdale and up the iconic Knowl Hill, which offers spectacular views of Manchester.

Contact: Pauline Cooper, 07929 479 681
Email: pauline.cooper2@virgin.net
Meet At: Owd Betts Public House

Lees Health Walks
Lees Health Walks meets every Tuesday morning at Lees Library on Thomas Street, Oldham. You can take your pick of two walks – one easy, the other a little more challenging – both last for around 60 to 90 minutes.

If you fancy something a little different, why not head along to Dunwood Park for the Nordic Walkers group? Whether you’re a beginner or more experienced, we offer free loan of walking poles for approximately one and a half hours of Nordic walking. Come along to the Community Building on Small Brook Road in Shaw at 11am on the second Sunday of the month. All you need is sturdy footwear. Find out more: www.facebook.com/dunwoodparknordicwalkers
### Greater Manchester Walking Festival 2015

#### Lees Health Walks

**Gladwick Lows**  
**Lees Health Walks**  
**Tuesday 5 May, 10.20am**  
**Approx. 2.5 miles**  
A walk along a disused railway line to open moorland with views of the Cheshire Planes and beyond.  
**Contact:** John K Norman, 01706 565 621  
**Email:** johnknorman@hotmail.com  
**Meet At:** Community Building, Dunwood Park, Shaw, Oldham, OL2 7UR

**Clock House**  
**Lees Health Walks**  
**Tuesday 26 May, 10.20am / 3 miles**  
A walk out of Lees Village through woodland and out into farmland with magnificent views of Oldham. The return route winds through Holts Estate to the River Medlock and Nature Reserve before arriving back in Lees.  
**Contact:** John K Norman, 01706 565 621  
**Email:** johnknorman@hotmail.com  
**Meet At:** Lees Library, Thomas Street, OL4 5DA

**Stonebreaks**  
**Lees Health Walks**  
**Tuesday 19 May, 10.20am**  
**Approx. 3 miles**  
A walk along a disused railway track and through a valley that leads to open farmland. Ascending down the opposite side of the valley, the walk leads past a house where unusual breeds of chickens may be spotted!  
**Contact:** John K Norman, 01706 565 621  
**Email:** johnknorman@hotmail.com  
**Meet At:** Lees Library, Thomas Street, OL4 5DA

**Two Bridges Walk**  
**Dunwood Park Nordic Walkers**  
**Sunday 10 May, 11.00am / 3 miles**  
A walk through woodland, farmland and open moorland, descending back to Dunwood Park via Higher Park.  
**Contact:** John & Jean Norman, 01706 565 621  
**Email:** jeannorman1@talktalk.net / johnknorman@hotmail.com  
**Meet At:** Outside the Community Building, Dunwood Park, OL2 8UR

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#### Stockport Council – Walkaday

**Rose Hill Station Walk**  
**Stockport Council – Walkaday**  
**Tuesday 5 May, 1.30pm**  
**Approx. 4 miles**  
A circular walk on paths and along the canalside through partly wooded areas, with some slight gradients and a number of stiles.  
**Contact:** Ernest Nama, 0161 474 4595  
**Email:** ernest.nama@stockport.gov.uk  
**Meet At:** Rose Hill Railway Station, Marple

**Marple Walk**  
**Stockport Council – Walkaday**  
**Tuesday 12 May, 1.30pm**  
**4 miles**  
A steady walk along footpaths and country lanes.  
**Contact:** Ernest Nama, 0161 474 4595  
**Email:** ernest.nama@stockport.gov.uk  
**Meet At:** Marple Library

**Woodley / Romiley Circular**  
**Stockport Council – Walkaday**  
**Thursday 7 May, 1.30pm**  
**4 miles**  
A walk with a few gentle ascents, through fields and along woodland tracks.  
**Contact:** Ernest Nama, 0161 474 4595  
**Email:** ernest.nama@stockport.gov.uk  
**Meet At:** Woodley Shopping Precinct
Stockport Town Centre & Beyond
Stockport Council – Walkaday
Thursday 14 May, 1.30pm
4 miles
A mostly flat walk with occasional inclines through the town centre to the Knightsbridge confluence of the Rivers Goyt, Tame and Mersey, then along the banks of the River Tame and the Trans Pennine Trail.

Contact: Ernest Nama, 0161 474 4595
Email: ernest.nama@stockport.gov.uk
Meet At: Stockport Bus Station, just outside the Travel Shop

Poynton Pool & Norbury Hollow
Stockport Council – Walkaday
Thursday 21 May, 1.15pm
4 miles
A pleasant walk through Norbury Hollow, then down Princes Incline and back to Poynton Pool.

Contact: Ernest Nama, 0161 474 4595
Email: ernest.nama@stockport.gov.uk
Meet At: Angesey Drive, next to Poynton Pool

Heaton Mersey & Parsonage Gardens
Stockport Council – Walkaday
Tuesday 26 May, 1.30pm
Approx. 4 miles
This walk features an urban start along pavements before joining the Trans Pennine Trail along the River Mersey towards Millgate Fields and Stenner Woods, then on to Fletcher Moss Park and Parsonage Gardens.

Contact: Ernest Nama, 0161 474 4595
Email: ernest.nama@stockport.gov.uk
Meet At: The War Memorial, St. John’s Road, Heaton Mersey

High Lane Walk
Stockport Council – Walkaday
Tuesday 19 May, 1.30pm
4 miles
A circular walk around High Lane and Windlehurst, then along a long stretch of the Macclesfield Canal and the Middlewood Way.

Contact: Ernest Nama, 0161 474 4595
Email: ernest.nama@stockport.gov.uk
Meet At: Car park adjacent to the Village Hall, Windlehurst Road

Rochdale, Healey Dell & Moors
Stockport Council – Walkaday
Wednesday 27 May, 12.15pm at Manchester Victoria Rail Station for the 12.21pm train to Rochdale
Approx. 8 miles
A challenging walk through woodland and across moorlands over rough terrain.

Contact: Ernest Nama, 0161 474 4595
Email: ernest.nama@stockport.gov.uk
Meet At: Manchester Victoria Rail Station, on the platform for the 12.21pm train to Rochdale

Walkaday
Walkaday is a programme of friendly walks that explores the parks, public footpaths and green spaces across Stockport.

Walking is one of the best ways to improve your health and fitness. So, why not start with our walks to see how your fitness improves weekly? Each walk is paced to suit the needs of everyone in the group, so don’t worry about having to keep up.

Walkaday is a great starting point for people who are new to walking, with an opportunity to enjoy the footpaths and surroundings of Stockport in friendly company. Children are always welcome, but must be accompanied by a responsible adult.
Walking Works

Transport for Greater Manchester is currently developing a Walking Works programme, which makes everyday walking, walking for leisure and walking for health easier for all.

Greater Manchester has some of the highest areas of health inequality and physical inactivity in England. With funding from the Department of Health, Walking Works aims to get more people active and healthier.

There are many benefits of walking. A fast walk burns almost as many calories as running for the same distance, and it increases your heart and lung capacity. It’s also been proven that walking at a slow pace for just 20 minutes a day can give you major health benefits.

Of course, walking is also the ultimate in sustainable transport – by taking to your feet you’ll be reducing your CO₂ to zero. And when you walk, getting from A to B doesn’t cost you a penny.

Working with existing services, community groups and healthcare providers Transport for Greater Manchester is running a programme of leisure walks and structured health walks right across the area, including the Greater Manchester Walking Festival 2015.

Find out more by visiting tfgm.com/walking