Walking Week Winter 2018

17–25 February 2018
Over 100 free guided walks, suitable for all ages and abilities
It seems like only yesterday that we were wrapping up our autumn Walking Week but here we are again with another trekking treat for Greater Manchester. Winter Walking Week takes place from 17–25 February and our partners from groups across the region have once more pulled together to offer an incredible 100+ walks for us all to enjoy.

In this brochure, you will find each walk helpfully graded to help you choose which one is best suited to your needs. There are plenty of kiddie-focused trails to entertain the little ones over half term, difficult routes for those who like a challenge and many shorter walks on flat terrain for those who are less mobile. Keep an eye out for the key too and discover routes which are wheelchair friendly or find walks which will welcome your four-legged friend!

As always, we can promise a mix of urban and countryside walks with the beautiful parks of Greater Manchester thrown in for good measure! Take the opportunity to visit an area you haven’t been to before, learn something about your local surroundings or seek out spectacular views from higher ground.

We are hugely appreciative of our autumn Walking Week participants who took the time to complete the survey which followed. We noted your views that promotion could have been more widespread and we took this on board to ensure that we clearly promote where to find printed brochures across the districts for winter Walking Week.

You will all have the chance to give us your views and comments about the winter Walking Week too. Keep an eye out on social media after 25 February to complete the survey for this event.

A resounding thank you is due to the many groups and individuals who give up their time to plan these routes and submit them to us many weeks in advance so that this brochure can be put together in good time. Many of them are the same people who will be out and about leading you so expertly on these walks so do give a thanks in person when you meet them.

Without all their work behind the scenes, we wouldn’t have this winter Walking Week!

See you out there,

Carragh Teague
Walking Coordinator,
Transport for Greater Manchester
Be prepared

What to wear and bring
Please wear comfortable and sturdy shoes or boots for all walks.

Winter weather can be unpredictable so be prepared with a waterproof coat or jacket. Wearing a few layers is advisable so you can take one or two off if you warm up.

Be sure to bring water and a snack as not all walks offer opportunities for refreshments.

Health and safety
All walks are taken at your own risk. Walk leaders take care to ensure that the walks are undertaken in a safe manner. Transport for Greater Manchester and walk leaders are not responsible for any accidents or injuries that may occur.

Things to note
Some 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 be 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 number listed to make sure the walk is taking place.

It is advisable to check the meeting location in advance with the organiser.

Getting to and from the walks
We do our best to ensure that all walks are accessible by public transport and where possible give details under each listed walk. Why not go green and use public transport to get to a walk near you?

For more information, have a look at our journey planner—my.tfgm.com/#/planner

How to get involved
Please contact us if you are interested in finding out more about supporting or sponsoring walking events, or if you are a walking group who would like to get involved with future events.

0161 244 1145 | walking@tfgm.com

Walking key

- Car park*
- Wheelchair friendly
- Toilets
- Buggy friendly
- Cafe
- Dogs allowed (on a lead)

* Car parking may be on the street or there may be a charge
## Walking grades

- **EASY**
  - On well maintained flat surfaces
- **FAIRLY EASY**
  - On slight gradients and possibly some uneven paths
- **MEDIUM**
  - On uneven or unsurfaced paths with some steep gradients and possible steps or stiles
- **CHALLENGING**
  - Suitable for experienced walkers, longer distance with mixed terrain and gradients

## Walking - What’s on

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<td>Booths Reservoir</td>
<td>9:00am</td>
<td>Bolton</td>
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<tr>
<td>Nordic Technique Borsdane</td>
<td>9:00am</td>
<td>Wigan</td>
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<tr>
<td>Prestbury to Mottram</td>
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<td>Stockport</td>
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<tr>
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<td>10:00am</td>
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<td>Worsley Woods Winter Walk</td>
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<td>Walk and Talk</td>
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<td>Hollingworth Lake</td>
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<td>Mossley Health Walk</td>
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<tr>
<td>A Pootle Over the Pike</td>
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<td>Roger Worthington Grave</td>
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<td>Modern History of the Northern Quarter</td>
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<td>River Mersey and Chorlton Ees</td>
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<td>Peel Park Winter Walk</td>
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<td>Grains Bar</td>
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<td>Looplines in the Spring</td>
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<td>Chorlton and Sale Water Park Nordic Walk</td>
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**Freshwalks helps you feel and perform better. In life and in business. It does this by enhancing mental performance and wellbeing, improving physical fitness, collaboration with others, knowledge sharing and growing your network.**

Get involved:
[freshwalks.eventbrite.com](http://freshwalks.eventbrite.com)
[www.freshwalks.co.uk](http://www.freshwalks.co.uk)
[@Freshwalks](https://twitter.com/Freshwalks)

We look forward to welcoming you to our special GM Winter walking week event in Marple on 19 February 2018. Further details within this brochure.
**Booths Reservoir**
Bolton CHA Rambling Club
**Saturday 17 February, 9:00am**

This walk explores Booths Reservoir and the surrounding area including Stoney Bank, Wimberry Hill, Longworth Clough and Cross Guns public house.

**Distance**: 10 miles (CHALLENGING)
**Meeting point**: Aldi car park, Higher Bridge Street, BL2 4JS
**Contact**: Garth Aspden | 01204 452686 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

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**White Coppice**
Bolton CHA Rambling Club
**Saturday 17 February, 10:30am**

A walk from Rivington Hall Drive exploring White Coppice, Dean Brook, Alance Bridge, Anglezarke East and Grey Heights.

**Distance**: 9 miles (MEDIUM)
**Meeting point**: Rivington Hall Drive, BL6 7SB
**Contact**: Frank Atherton | 01204 480009 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

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**Lead Mines Clough**
Bolton CHA Rambling Club
**Saturday 17 February, 10:30am**

Discover the Lead Mines Clough area of Bolton, visiting sites such as Rivington Village, Yarrow East and West, and Rivington Castle.

**Distance**: 7 miles (MEDIUM)
**Meeting point**: Lower Derbyshires car park, BL6 7RU (opposite side to Rivington and Blackrod High School)
**Contact**: Mavis Taylor | 01204 845689 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

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**Breightmet Walk**
Get Active, Bolton Council
**Sunday 18 February, 10:30am**

This walk explores Leverhulme Park and surrounding areas including Star Mount and Moses Gate Country Park.

**Distance**: 2–3 miles (FAIRLY EASY)
**Meeting point**: Inside Leverhulme Park Community Leisure Centre, Long Lane, Breightmet, BL2 6EB
**Public transport**: 562 Bus - Breightmet, Bury Rd/St James Avenue
**Contact**: Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

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**Breightmet Walk**
Get Active, Bolton Council
**Tuesday 20 February, 10:00am**

Take a stroll with us in Seven Acres Country Park.

**Distance**: 2 miles (FAIRLY EASY)
**Meeting point**: Inside Lancashire Wildlife Centre, Bury Road, Breightmet, BL2 6DH
**Public transport**: 471 Bus - Roscow Fold, Bury Rd/The Black Horse
**Contact**: Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

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**Hulton Walk**
Get Active, Bolton Council
**Tuesday 20 February, 10:00am**

Discover the Hulton and Ladybridge areas of Bolton, taking in routes such as Haslam Park, Queens Park and the Middlebrook Trail.

**Distance**: 4–5 miles (FAIRLY EASY/MEDIUM)
**Meeting point**: Outside Hulton Lane Community Centre, Hulton Lane, Bolton, BL3 4JJ
**Public transport**: 540 Bus - Deane, Wigan Road/Hulton Lane
**Contact**: Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

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**Ladybridge Walk**
Get Active, Bolton Council
**Monday 19 February, 2:00pm**

Visit Ladybridge and take in routes such as the Middlebrook Trail and Deane Clough.

**Distance**: 2–3 miles (FAIRLY EASY)
**Meeting point**: Outside Ladybridge Surgery, Armadale Road/The Beaumont Arms
**Contact**: Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

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**Farnworth Progression Walk**
Get Active, Bolton Council
**Tuesday 20 February, 10:00am**

This walk explores Moses Gate Country Park and its surrounding areas such as the canal and gravel pits.

**Distance**: 5–6 miles (MEDIUM)
**Meeting point**: Outside Rock Hall by car park, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN
**Public transport**: 524 Bus - Moses Gate, Loxham Street/Whitley Street or Moses Gate train station
**Contact**: Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk
Farnworth Walk
Get Active, Bolton Council
Tuesday 20 February, 10:30am
Take a walk in Moses Gate Country Park and its surrounding areas such as Crompton Lodges and the canal.
**Distance:** 2–3 miles *(EASY/FAIRLY EASY)*
**Meeting point:** Outside Rock Hall by car park, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN
**Public transport:** 524 Bus - Moses Gate, Loxham Street/Whitley Street or Moses Gate train station
**Contact:** Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

Harwood Walk
Get Active, Bolton Council
Tuesday 20 February, 1:30pm
Explore Harwood and the surrounding areas including Jumbles Reservoir and Longsight Park.
**Distance:** 3–5 miles *(FAIRLY EASY/MEDIUM)*
**Meeting point:** Outside Morrisons, off Lea Gate, Harwood, BL2 3HN
**Public transport:** 507 Bus - Lea Gate/ Tottington Road or 480 Bus - Tottington Road
**Contact:** Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

Kearsley Walk
Get Active, Bolton Council
Wednesday 21 February, 10:00am
This walk explores Kearsley and the surrounding area including Blackleach Country Park and Ringley Woods.
**Distance:** 2–4 miles *(FAIRLY EASY)*
**Meeting point:** Outside Kearsley Mount Methodist Church, Manchester Road, Kearsley, BL4 8QL
**Public transport:** 8 bus - Manchester Road/ St Stephens
**Contact:** Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

Catternab
Bolton CHA Rambling Club
Wednesday 21 February, 10:30am
A walk from Belmont, exploring Hoarstones, Horden Stoops, Catternab, The Pike and Spring Reservoir.
**Distance:** 9 miles *(MEDIUM)*
**Meeting point:** Rear of the Belmont Bull Hotel, BL7 8AJ
**Contact:** Pete Murray | 07505 899349 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

Hollingshead Hall
Bolton CHA Rambling Club
Wednesday 21 February, 10:30am
Discover the Darwen Tower area, taking in Ryal Fold, Donkey Brow, Sunnyhurst Wood, Darwen Tower, Hollingshead Hall, Riddlesworth Reservoir and Witton Weavers Way.
**Distance:** 8.5 miles *(MEDIUM)*
**Meeting point:** Royal Arms car park, Ryal Fold, Tockholes Road, BB3 0PA
**Contact:** Gill Chivers | 07909 991267 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

Samuel Crompton Walk
Bolton CHA Rambling Club
Wednesday 21 February, 10:30am
A walk to honour local inventor Samuel Crompton, exploring Longsight Park, Oaks Lane, Bank Top, Hall’ith Wood and Firwood Fold.
**Distance:** 5 miles *(MEDIUM)*
**Meeting point:** Morrisons car park, Harwood, BL2 3HN
**Contact:** Olive Magee | 01204 384766 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

Smithills Progression Walk
Get Active, Bolton Council
Wednesday 21 February, 1:00pm
Take a trip to Moss Bank Park and the surrounding Smithills Estate.
**Distance:** 5–6 miles *(MEDIUM)*
**Meeting point:** Main car park, Moss Bank Park, off Moss Bank Way, Smithills, BL1 6NB
**Public transport:** 519 bus - Doffcocker, Chorley Old Road/Merlin Grove or 501 Bus - Church Road Nr Church Road/Captains Clough Road, Doffcocker
**Contact:** Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

Farnworth Walk
Get Active, Bolton Council
Thursday 22 February, 10:30am
This walk explores Moses Gate Country Park and its surrounding areas such as Crompton Lodges and the canal.
**Distance:** 2–3 miles *(FAIRLY EASY)*
**Meeting point:** Outside Rock Hall by car park, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN
**Public transport:** 524 Bus - Moses Gate, Loxham Street/Whitley Street or Moses Gate train station
**Contact:** Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk
Musbury Heights
Bolton CHA Rambling Club
Saturday 24 February, 9:00am
Walk starts from Clough Head and explores local sites such as Haslingden Grane, Musbury Heights, Rushy Leach, Tor End, Holden Wood and Jamestown Quarry
Distance: 12 miles (CHALLENGING)
Meeting point: Aldi car park, Higher Bridge Street, BL2 4JS
Contact: Chris Deacon | 01204 597663 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

High Rid
Bolton CHA Rambling Club
Saturday 24 February, 11:00am
Explore the High Rid area, visiting High Rid Reservoir, Fall Birch Road and Ox Hey Lane.
Distance: 5 miles (FAIRLY EASY)
Meeting point: Lostock Station, BL6 4JP
Contact: Stella Liversidge | 01204 841722 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

Roger Worthington Grave
Bolton CHA Rambling Club
Saturday 24 February, 10:30am
This walk takes you to the site of Roger Worthington's grave whilst also taking in Brooks Valley, Edgworth and Jumbles.
Distance: 9 miles (MEDIUM)
Meeting point: Jumbles Reservoir car park, BL2 4JS
Contact: Pat and Cliff Allen | 01204 576793 | stridingout@hotmail.co.uk
www.boltoncha.org.uk

Breightmet Walk
Get Active, Bolton Council
Sunday 25 February, 10:30am
Explore Leverhulme Park and surrounding areas including Star Mount and Moses Gate Country Park.
Distance: 2–3 miles (FAIRLY EASY)
Meeting point: Inside Leverhulme Park Community Leisure Centre, Long Lane, Breightmet, BL2 6EB
Public transport: 562 Bus - Breightmet, Bury Rd/St James Avenue
Contact: Melissa Taylor | 01204 331172 | melissa.taylor@bolton.gov.uk
www.getactivebolton.co.uk

Walking Week Winter 2018 – 17-25 February 2018

Bolton

www.getactivebolton.co.uk
Greenmount Community Health Walk
Bury Sport and Physical Activity Service
Tuesday 20 February, 10:30am
This walk is led near to the Kirklees trail which goes along a disused railway line. The walk often includes some marked footpaths and quiet roads. The walk is mainly on level terrain, with occasional cobbled areas/muddy paths if the group venture into the woods, so please wear appropriate footwear.
Distance: 2 miles (FAIRLY EASY)
Meeting point: Outside Greenmount Medical Centre, Brandlesholme Road, BL8 4DR
Public transport: Bus stops nearby
Contact: Eileen Robinson | Brian Marshall | 0161 2535893 | m.cranston@bury.gov.uk
www.walkingforhealth.org.uk/walkfinder/bury-walk-me

Family Nordic Walking
Bury Sport and Physical Activity Service
Tuesday 20 February, 10:30am
A free taster session for parents and children over eight years. A great way to introduce a new and effective form of aerobic exercise which all the family can enjoy together in the outdoors. Nordic poles are provided during the session, but places must be booked in advance. If this session is oversubscribed, a second will run at 11:30.
Booking required: See contact details below
Distance: 1–2 miles (FAIRLY EASY)
Meeting point: Outside the Old Ranger Base, Nuttall Park, Ramsbottom, BLO 9LU
Public transport: Bus stops nearby
Contact: Hamish Willis | 07967 318501 | m.cranston@bury.gov.uk
www.iwillifyouwill.co.uk

Macmillan Cancer Support Community Walk
Bury Sport and Physical Activity Service
Tuesday 20 February, 11:00am
This gentle parkland walk is aimed at beginner level for those who are either new to exercise or who haven’t been active in a while and are wishing to return to some gentle form of physical activity. The park offers a variety of walking routes with gentle climbs and descents. This walking includes a 15–20 minute rest/coffee break in one of the park’s cafes.
Distance: 3 miles (FAIRLY EASY)
Meeting point: Metrolink gate entrance to Heaton Park, Bury Old Road, Prestwich, M25
Public transport: Bus and Metrolink stops nearby
Contact: Brian Oseman | Brian Cooke | 0161 2535893 | m.cranston@bury.gov.uk
www.walkingforhealth.org.uk/walkfinder/bury-walk-me

Valleys and Hills of the West Pennine Way
Bury Sport and Physical Activity Service & Greenmount Village Walking Group
Wednesday 21 February, 8:45am
A lovely circular rural walk through, Redisher Wood, Hawkshaw, Greenmount, Hollymount, Affetside, Jumbles and returning through fields. Lots of interesting environmental and historical places to see on the way. Remember to bring a packed lunch!
Distance: 11 miles (CHALLENGING)
Meeting point: Outside Hare & Hounds, Holcombe Brook, BLO 9RY
Public transport: Bus stops nearby
Contact: Christine Taylor | 07854 260947 | m.cranston@bury.gov.uk
www.westpennineway.org
Radcliffe Community Health Walk
Bury Sport and Physical Activity Service
Thursday 22 February, 1:00pm
A gentle walk to get you up and moving around Radcliffe
Distance: 3 miles (FAIRLY EASY)
Meeting point: Radcliffe Metrolink stop car park, Radcliffe
Public transport: Bus stops and Metrolink stops nearby
Contact: Evan Parker | Jean Foster | 0161 2535893 | m.cranston@bury.gov.uk
www.walkingforhealth.org.uk/walkfinder/bury-walk-me

BEATS Community Health Walk
Bury Sport and Physical Activity Service
Friday 23 February, 10:30am
This circular walk follows the Irwell River wooded trail to the footbridge then crosses over the river and heads into Burrs Country Park, following the river to the Activity Centre. Walkers can enjoy a tea or coffee before heading back to Castle Leisure Centre.
Distance: 3 miles (FAIRLY EASY)
Meeting point: Outside Castle Leisure Centre, Bolton Street, BL9 0EZ
Public transport: Bus stops and Metrolink stops nearby
Contact: Siobhan Pimlott | Brian Oseman | 0161 2535893 | m.cranston@bury.gov.uk
www.walkingforhealth.org.uk/walkfinder/bury-walk-me

Prestwich Community Health Walk
Bury Sport and Physical Activity Service
Saturday 24 February, 10:30am
There are numerous pleasant walking routes around the park, many of which include passing by water, woodland and wildlife. The park also boasts two or three cafes should anyone wish to seek refreshments after the walk.
Distance: 3 miles (FAIRLY EASY)
Meeting point: Metrolink gate entrance to Heaton Park, Bury Old Road, Prestwich, M25
Public transport: Bus stops and Metrolink stops nearby
Contact: Ann Bowes | Brian Oseman | 0161 2535893 | m.cranston@bury.gov.uk
www.walkingforhealth.org.uk/walkfinder/bury-walk-me

Prestwich Community Health Walk
Bury Sport and Physical Activity Service
Saturday 24 February, 10:30am
There are numerous pleasant walking routes around the park, many of which include passing by water, woodland and wildlife. The park also boasts two or three cafes should anyone wish to seek refreshments after the walk.
Distance: 3 miles (FAIRLY EASY)
Meeting point: Metrolink gate entrance to Heaton Park, Bury Old Road, Prestwich, M25
Public transport: Bus stops and Metrolink stops nearby
Contact: Ann Bowes | Brian Oseman | 0161 2535893 | m.cranston@bury.gov.uk
www.walkingforhealth.org.uk/walkfinder/bury-walk-me
**Nordic Walking Taster Session**
NordicFit+
Saturday 17 February, 10:00am
Find out why Nordic Walking is much more than just ‘walking with poles’ during this 45 minute taster session. Nordic Walking is a whole-body activity that simulates cross-country skiing on dry ground and can be compared to working out on a cross-trainer. And it’s all enjoyed outdoors! Practice basic technique and learn about the health and fitness benefits of adding Nordic poles to your walk. Suitable for beginners. Nordic Walking poles will be provided.
Booking required: Via email address below.
Distance: 2 miles (EASY)
Meeting point: Didsbury Park, Pavilion Café, Gillbrook Road, M20 6WH
Public transport: Grange Lane bus stop on Wilmslow Road or Didsbury Village Metrolink stop
Contact: Marion Endt-Jones | 07445 829062 | nordicfitplus@gmail.com
www.nordicfitplus.co.uk

**Openshaw Community Canal Walk**
Manchester Settlement
Monday 19 February, 11:00am
The walk starts at the New Roundhouse then follows the tree-lined, disused canal route north to Ashton Canal. We then head east down the canal in the direction of Ashton, finally cutting back south through Fairfield arriving back at New Roundhouse for tea and cakes. This walk is wheelchair accessible with support.
Distance: 2.7 miles (FAIRLY EASY/MEDIUM)
Meeting point: Manchester Settlement, The New Roundhouse, 1328 -1330 Ashton Old Road, Openshaw, Manchester, M11 1JG
Public transport: Bus stops nearby. Gorton train station an eight-minute walk away
Contact: Joe Gavagan | 0161 9741300 | joegavagan@manchestersettlement.org.uk
www.manchestersettlement.org.uk

**Campus Tree Trail**
Lunchtime Strollers (University of Manchester)
Monday 19 February, 12:30pm
A one hour walk on our main campus following the University Tree Trail.
Booking required: Via contact details below
Distance: 1 mile (EASY)
Meeting point: University of Manchester John Owen’s Building front quad
Public transport: Bus stops nearby on Oxford Road
Contact: Vanessa Cowan | 0161 3061994 | lunchtimestrollers@manchester.ac.uk
www.uom.treetrail.co.uk

**Whitworth Park Tree Trail**
Lunchtime Strollers (University of Manchester)
Tuesday 20 February, 12:30pm
A one hour walk following the University Tree Trail of Withworth Park.
Booking required: Via contact details below
Distance: 1 mile (FAIRLY EASY)
Meeting point: University of Manchester John Owen’s Building front quad
Public transport: Bus stops nearby on Oxford Road
Contact: Vanessa Cowan | 0161 3061994 | lunchtimestrollers@manchester.ac.uk
www.uom.treetrail.co.uk

**Winter Wildlife Walk**
Friends of Fletcher Moss and RSPB
Wednesday 21 February, 10:00am
Join the Friends of Fletcher Moss and the RSPB to discover the birds and wildlife of Fletcher Moss Park in winter. Suitable for adults and families, we will explore the habitats within the park and learn more about the creatures that make their homes there. We can provide a few pairs of binoculars and nature discovery resources for families to get the most out of the walk. Refreshments will be available afterwards.
Distance: 2–3 miles (FAIRLY EASY)
Meeting point: The Visitor Centre, Fletcher Moss Park and Gardens. Use Millgate Lane entrance, M20 2SW
Public transport: Bus stops on Wilmslow Road. Nearest Metrolink stop is East Didsbury
Contact: Alan Hill | mersey.valley@rspb.org.uk
www.fletchermossgardens.org.uk | www.rspb.org.uk
Manchester BeeActive Walk
BeeActive Project
Wednesday 21 February, 11:30am
BeeActive in the city centre on the trail of Manchester’s bees.
Distance: 1.5 miles (FAIRLY EASY)
Meeting point: Outside the Entrance to Manchester Oxford Road Rail Station, Station Approach, Oxford Rd, M1 6FU
End point: Manchester Cathedral, Victoria Street, M3 1SX
Public transport: Bus stops outside Principal Hotel, Manchester Oxford Rd Rail Station, St Peter’s Square Metrolink stop
Contact: Pauline Lloyd | 07723 503702 | pauline.lloyd261@btinternet.com
www.cityverve.com

East Didsbury to Sale Water Park
Manchester and Salford Ramblers
Saturday 24 February, 10:30am
An interesting linear walk along the River Mersey and surrounding green areas.
Distance: 5 miles (EASY)
Meeting point: East Didsbury Metrolink stop, Kingsway, Parris Wood, M19 1TB
End point: Sale Water Park Metrolink stop, Rifle Road, M33 2LX
Public transport: Bus stops nearby
Contact: Phil Featherstone | 07753 682575 | phil55@gmail.com
www.manchesterandsalfordramblers.org.uk

Ashton Canal Wheelchair Walk
Experience Community CIC
Saturday 24 February, 11:00am
A wheelchair walk along the Ashton Canal from the National Cycling Centre towards Manchester City Centre, taking in the wildlife along the canal and returning to the Cycling Centre on the Metrolink from Manchester Piccadilly Train Station. This route is suitable for wheelchairs with a Freewheel and other mobility equipment. Please contact for further details.
Booking required: Via details below
Distance: 2.5 miles (FAIRLY EASY)
Meeting point: National Cycling Centre, Stuart Street, Manchester M11 4DQ
Public transport: VeloPark Metrolink stop nearby
Contact: Laura Vayro | 07894 572171 | laura@experiencecommunity.co.uk
www.experiencecommunity.co.uk

Modern History of the Northern Quarter
Skyliner
Saturday 24 February, 11:00am
Learn about the creation of the Northern Quarter as we know it today. Looking at its art trail from the 1990s, we’ll piece together its modern history. A walk looking not only at art but public space, active community groups, and gentrification.
Distance: 2 miles (EASY)
Meeting point: Afflecks Palace, 52 Church Street, M4 1PW
Public transport: Shudehill, Piccadilly Gardens or Piccadilly Metrolink stops
Contact: Hayley Flynn | 07542 002485 | theskyliner.org@gmail.com
www.theskyliner.org

Chorlton and Sale Water Park Nordic Walk
NordicFit+
Sunday 25 February, 1:00pm
Setting out from Chorlton Water Park, this route takes in both local nature reserves/parks in a ‘figure of 8’ loop. Circular Nordic walk that includes plenty of opportunities for wildlife sightings along the two lakes and the River Mersey. Nordic Walking poles can be provided.
Booking required: Via email address below.
Distance: 5 miles (FAIRLY EASY)
Meeting point: Chorlton Water Park, Visitor Information Point, Maitland Avenue, M21 7WH
Public transport: Bus stops along Barlow Moor Road or Barlow Moor Road Metrolink stop
Contact: Marion Endt-Jones | 07445 829062 | nordicfitplus@gmail.com
www.nordicfitplus.co.uk
**Pokémon and Potatoes in the Park**
Oldham Council Environmental Services
Saturday 17 February, 10:00am

Great fun for all the family, download the Pokémon Go app to your mobile device and come along to Oldham’s award winning Alexandra Park where we will search for the virtual creatures called Pokémon. We will use our game’s map to explore the park and collect the Pokémon creatures before returning to the Hub for jacket potatoes cooked on our outside oven.

**Booking required:** Via details below

**Distance:** 1–3 miles (FAIRLY EASY)

**Meeting point:** The Growing Hub, Alexandra Park, Kings Road, Oldham, OL8 2BH

**Public transport:** Bus - 180 Union St/The Link Ctr (Nr) is 1km away, 14 min walk

Oldham Mumps Interchange (A) is 1.1km away, 15 min walk

**Contact:** Alan Keane | 0161 7704067 | alan.keane@oldham.gov.uk

[www.oldham.gov.uk](http://www.oldham.gov.uk)

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**Let’s Go for a Walk and Get Moving**
Oldham Council and Walking for Health
Monday 19 February, 11:30am

Meeting at the Barker Street Community centre, we will stroll through the town centre down to the historic Alexandra Park. The route passes through the park exploring its features before coming back along through the newly refurbished town centre to the community centre for a brew.

**Distance:** 2–3 miles (FAIRLY EASY)

**Meeting point:** Barker Street Community Centre, off Eden Street, OL1 2XA

**Public transport:** Bus station nearby and Metrolink stop in town centre

**Contact:** Alan Keane | Anita Lee | 0161 7704067 | alan.keane@oldham.gov.uk

[www.oldham.gov.uk](http://www.oldham.gov.uk)

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**Greenfield Diggle Circular**
Saddleworth Pedestrians
Sunday 18 February, 10:15am

Fairly easy walk along the canal and round the back of Diggle and Uppermill. Very enjoyable even in bad weather!

**Distance:** 6 miles (FAIRLY EASY)

**Meeting point:** Greenfield Station, Oldham Road, Greenfield, OL3 7JZ

**Public transport:** Greenfield train station or buses nearby 184, 350, 352 & X84

**Contact:** Dorothy Pemberton | 07713 478562 | jim12@crow5ther.plus.com

[www.saddleworthpeds.org](http://www.saddleworthpeds.org)

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**Waterhead Park to Strinesdale**
Oldham Council and Walking for Health
Tuesday 20 February, 10:00am

Starting with a short walk through Waterhead Park, we will then visit the Strinesdale Countryside Park located in the Medlock Valley. The site was created in the 1990s when the drinking water reservoirs were decommissioned and two smaller lakes and woodland wildflower meadows were created.

**Distance:** 3–4 miles (MEDIUM)

**Meeting point:** The Car Park, Waterhead Park, Oldham, Greater Manchester, OL4 2QX

**Public transport:** 350 bus from Oldham

**Contact:** Alan Keane | Michelle de Main | 0161 7704067 | alan.keane@oldham.gov.uk

[www.oldham.gov.uk](http://www.oldham.gov.uk)

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**Greenfield Trek**
Oldham Ramblers
Wednesday 21 February, 11:00am

A short walk heading over to Dovestones Reservoir along the Oldham Way and back.

**Distance:** 5 miles (EASY)

**Meeting point:** Clarence Pub, 180 Chew Valley Road, Greenfield, Oldham, OL3 7FH

**Public transport:** Bus 180 Greenfield – Manchester, 350 Oldham- Ashton

**Contact:** Tony Blair | 07473 646649

[www.ramblers.org.uk/oldham](http://www.ramblers.org.uk/oldham)
Crompton Moor
Oldham Council and Walking for Health
Wednesday 21 February, 1:30pm
A walk across Crompton Moor, a diverse landscape and habitat for much flora and fauna, with panoramic views of the surrounding area. Crompton Moor has been designated a site of biological importance, providing habitat for a variety of wild creatures including red grouse, snipe, weasels and curlew.
Distance: 2 miles (MEDIUM)
Meeting point: Brushes Clough car park, off Buckstones Road, OL2 8LS
Public transport: 408 and 435 stop on Buckstones Road near Hillside Avenue, reasonably close to the entrance to Brushes Clough
Contact: Anita Lee | 0161 6205658 | ms.anitalee@yahoo.co.uk
www.oldham.gov.uk

Leesbrook
Oldham Council and Walking for Health
Thursday 22 February, 10:00am
A short walk along Leesbrook Nature Park, following the river Medlock. Once renowned as the Spa of the North when a local doctor proclaimed the virtues of the Lees Fountain of Health.
Distance: 3–4 miles (MEDIUM)
Meeting point: Lees Library, Thomas Street, Lees, Oldham, OL4 5DA
Public transport: Buses - 180, 184, 343, 418
Contact: Alan Keane | Trish Castledine | 0161 7704067 | alan.keane@oldham.gov.uk
www.oldham.gov.uk

Chadderton Hall Park and Foxdenton Park
Oldham Council and Walking for Health
Friday 23 February, 10:00am
We will start with a stroll through the lovely Chadderton Hall Park before taking the Rochdale canal towpath to Foxdenton Park. Both parks are an oasis away from the hustle and bustle of modern Chadderton life. We will retrace our route back to the start along the canal.
Distance: 4–5 miles (MEDIUM)
Meeting point: The Pavilion Café, Chadderton Hall Park, Chadderton Hall Road, Oldham, OL9 0QP
Public transport: Bus - 58 and 59 stop on Middleton Road near Chadderton Hall Road. It is a short walk from there to the park. The nearest rail station is Mills Hill
Contact: Alan Keane | 0161 7704067 | alan.keane@oldham.gov.uk
www.oldham.gov.uk

A Pootle Over the Pike
Uprojects and Oldham Council
Saturday 24 February, 9:30am
Starting at Alexandra Park we will walk a hilly route with 1000ft of ascent that will take us to the historic park bridge heritage site. From here we pick up The Oldham Way to Hartshead Pike, once an ancient beacon site possibly lit through times of unrest. Returning to Alexandra Park via the Lees area we will pass through the Glodwick Lows area.
Distance: 8 miles (CHALLENGING)
Meeting point: Alexandra Park main car park, Park Road, Oldham, OL4 1SH
Public transport: Bus - 180 Union St/The Link Ctr (Nr) is 1km away, 14 min walk
Oldham Mumps Interchange (A) is 1.1km away, 15 min walk
Contact: Alan Keane | 07715 078239 | alan.keane@uprojects.co.uk
www.uprojects.co.uk
Let’s go for a Walk in Chadderton

Chadderton Park Steppers and Walking for Health
Sunday 25 February, 9:50am

We will start with a stroll through the lovely Chadderton Hall Park before taking the Rochdale canal towpath toward Rochdale. Take a stroll or ‘step out’ with our faster walkers as we enjoy the peace along the canal. We will retrace our route back along the canal, up to the top of the park and along back to the club house where we can end our outing with a lovely cuppa.

Distance: 4 miles (EASY)
Meeting point: Kiln Hill Lane, Oldham, OL1 2RR

Public transport: Buses - 58 and 59 stop on Middleton Road near Chadderton Hall Road. It is a short walk from there to the park. The nearest rail station is Mills Hill

Contact: Helen Grochowina | 07861 226373 | helen@chaddypark.co.uk
www.chaddertonparkfc.co.uk

Grains Bar

Oldham Ramblers
Sunday 25 February, 10:00am

We will cross Crompton Moor over to Ogden Reservoir and then head over the hills towards Dowry Reservoir and back via Castleshaw.

Distance: 10–11 miles (MEDIUM)
Meeting point: Grains Bar golf car park, Ripponden Road, Grains Bar, Oldham, OL4 2JZ

Public transport: Bus 407 - Bus stops along Ripponden Road

Contact: Deborah Duffy | 07745 556517 | debed67@hotmail.com
www.ramblers.org.uk/oldham
Ogden
Saddleworth Pedestrians
Sunday 18 February, 9:30am
A circular walk from Ogden (quite rugged in places) taking us along sections of the Rochdale and Pennine Ways, and visiting Readycon Dean, Castleshaw and New Year’s Bridge Reservoirs. Returning via Denshaw and Clough Manor.
Distance: 13 miles (CHALLENGING)
Meeting point: Ogden Reservoir car park, Near Newhey, Rochdale OL16 3TQ
Public transport: Metrolink & Buses 58, 181, 182 - 1 mile away
Contact: Maurice Walker | 07813 362245 | mwa1284344@aol.com
www.saddleworthpeds.org

Milnrow Library
Living Well
Monday 19 February, 10:00am
A walk from Milnrow Library with a variety of different walking areas from Tunshill to Ogden and even up to Hollingworth Lake. There are two walks available for different levels of ability.
Distance: 2–4 miles | 4–6 miles (FAIRLY EASY/MEDIUM)
Meeting point: 57 Newhey Rd, Milnrow, Rochdale, OL16 3NP
Public transport: Bus stops and Metrolink stop nearby
Contact: Danny Smith | 01706 751190 | danny.smith@biglifecentres.com
www.walkingforhealth.org.uk/content/milynrow-library

Hollin and Hopwood Woods Walk
Living Well
Monday 19 February, 10:30am
A walk through the stunning Hopwood Woods along canals and commons will have you feeling great.
Distance: 2–4 miles (FAIRLY EASY/MEDIUM)
Meeting point: Hollin Estates Management Board, Nowell Road, Manchester, M24 6FL
Public transport: Bus stops nearby
Contact: Danny Smith | 01706 751190 | danny.smith@biglifecentres.com
www.walkingforhealth.org.uk/content/hollin-and-hopwood-woods-walk-hollin-shopping-precinct

Syke Circular
Living Well
Monday 19 February, 1:00pm
A walk from Syke chapel around the Syke area of Rochdale. Walking opportunities in Lobden, Whitworth and Brown Wardle Hill. Two walks available for different levels of ability.
Distance: 2–4 miles | 4–6 miles (FAIRLY EASY/MEDIUM)
Meeting point: 206 Syke Rd, Rochdale, OL12 9TF
Public transport: Bus stops nearby
Contact: Danny Smith | 01706 751190 | danny.smith@biglifecentres.com
www.walkingforhealth.org.uk/content/syke-monday-walk-syke-chapel-syke-road
**Cutgate Walk**
Living Well  
**Tuesday 20 February, 10:00am**

Come and join our 60 minute walk and if you are feeling adventurous, go for the 90 minute walk. The choice is yours. These walks include some beautiful countryside areas and are very popular with our walking community.

**Distance:** 3–5 miles  
**Meeting point:** Cutgate Shopping Precinct, Rochdale, OL11 5AQ  
**Public transport:** Bus stops nearby  
**Contact:** Danny Smith | 01706 751190 | danny.smith@biglifecentres.com  
[www.walkingforhealth.org.uk/content/cutgate-walk-edenfield-road-surgery](http://www.walkingforhealth.org.uk/content/cutgate-walk-edenfield-road-surgery)

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**Hollingworth Lake**
Living Well  
**Wednesday 21 February, 2:00pm**

This walk follows local tracks and trails, footpaths and hillsides. Enjoy the stunning views and pleasant company.

**Distance:** 3–5 miles  
**Meeting point:** Hollingworth Lake Visitors Centre, Rakewood Road, Littleborough, OL15 0AQ  
**Public transport:** Bus stops and train station nearby  
**Contact:** Danny Smith | 01706 751190 | danny.smith@biglifecentres.com  
[www.walkingforhealth.org.uk/content/hollingworth-lake-walk-visitors-centre](http://www.walkingforhealth.org.uk/content/hollingworth-lake-walk-visitors-centre)

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**Castleton Community Centre**
Living Well  
**Wednesday 21 February, 10:00am**

A walk that utilises countryside, canals and even golf courses to make for some very eye-pleasing exercise.

**Distance:** 2–4 miles (FAIRLY EASY/MEDIUM)  
**Meeting point:** Castleton Community centre, Manchester Road, Rochdale, OL11 3AF  
**Public transport:** Bus stops nearby  
**Contact:** Danny Smith | 01706 751190 | danny.smith@biglifecentres.com  
[www.walkingforhealth.org.uk/content/castleton-community-centre-walk](http://www.walkingforhealth.org.uk/content/castleton-community-centre-walk)

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**Queens Park Walk**
Living Well  
**Thursday 22 February, 10:00am**

A walk around the beautiful Queens Park. The routes used incorporate the landscape of the park itself. Queens Park has wonderful winding paths, lakes that host lots of wildlife and historical mills as well as excellent company from the walkers in the group. If you want to join us after Walking Week, this walk takes place every Thursday at 10:00am.

**Distance:** 2–4 miles (FAIRLY EASY/MEDIUM)  
**Meeting point:** Queens Park Cafe, Queens Park Road, Heywood, OL10 4UY  
**Public transport:** Bus stops nearby  
**Contact:** Danny Smith | 01706 751190 | danny.smith@biglifecentres.com  
[www.walkingforhealth.org.uk/content/queens-park-walk-heywood](http://www.walkingforhealth.org.uk/content/queens-park-walk-heywood)

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**Spotland Library Walk**
Living Well  
**Thursday 22 February, 10:00am**

This walk allows you to take in views of Alkrington Hall and experience the wildlife inhabiting the lodges that surround the many walkways through the woods. Why not return to the cafe with the group for refreshments?

**Distance:** 2–3 miles (EASY/FAIRLY EASY)  
**Meeting point:** Comple@t Internet Cafe, Middleton, M24 1AF  
**Public transport:** Bus stops nearby  
**Contact:** Danny Smith | 01706 751190 | danny.smith@biglifecentres.com  
[www.walkingforhealth.org.uk/content/alkrington-woods-walk](http://www.walkingforhealth.org.uk/content/alkrington-woods-walk)

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**Lighthouse Project**
Living Well  
**Friday 23 February, 12:00pm**

We have teamed up with the Lighthouse Project to bring you a new walk that focuses on Alkrington Wood, Wince Brook and Middleton heritage walks. Join us after the walk for refreshments.

**Distance:** 2–4 miles (FAIRLY EASY/MEDIUM)  
**Meeting point:** Unit S6b/c Middleton Shopping Centre, Limetrees Road, Middleton, M24 4EL  
**Public transport:** Bus stops nearby  
**Contact:** Danny Smith | 01706 751190 | danny.smith@biglifecentres.com  
[www.walkingforhealth.org.uk/content/light-house-project-walk](http://www.walkingforhealth.org.uk/content/light-house-project-walk)
Syke Circular
Living Well
Friday 23 February, 10:00am
A walk from Syke chapel around the Syke area of Rochdale. Walking opportunities in Lobden, Whitworth and Brown Wardle Hill. Two walks available for different levels of ability.
Distance: 2–4 miles | 4–6 miles (FAIRLY EASY/MEDIUM)
Meeting point: 206 Syke Rd, Rochdale, OL12 9TF
Public transport: Bus stops nearby
Contact: Danny Smith | 01706 751190 | danny.smith@biglifecentres.com
www.walkingforhealth.org.uk/content/syke-monday-walk-syke-chapel-syke-road

Rooley Moor
Saddleworth Pedestrians
Sunday 25 February, 9:30am
A moorland ramble covering some rough terrain, taking in Greenbooth and Ashworth Moor reservoirs.
Distance: 9 miles (CHALLENGING)
Meeting point: Bridge Terminus car park, Edenfield Road, Norden, Rochdale, OL11 5TT
Public transport: Bus stops nearby - 162, 442, 443, 444, 461
Contact: Mike Lawton | 07762 794607 | michaellawton1@live.co.uk
www.saddleworthpeds.org

Littleborough Sunday Walk
Living Well
Sunday 25 February, 11:00am
What better way to spend a Sunday than to soak up the stunning views around the Littleborough countryside.
Distance: 3–5 miles (FAIRLY EASY/MEDIUM)
Meeting point: The Coach House, The Heritage Centre, Lodge Street, Littleborough, OL15 9AE
Public transport: Bus stops and train station nearby
Contact: Danny Smith | 01706 751190 | danny.smith@biglifecentres.com
www.walkingforhealth.org.uk
Worsley Woods Winter Walk
Salford Ranger Team
Saturday 17 February, 12:30pm
Join the Ranger for this refreshing walk in the woods and looplines.
Booking required: Via contact details below
Distance: 5–6 miles (MEDIUM)
Meeting point: Beesley Green Community Centre, Greenleach Lane, Worsley, M28 2QW
Public transport: Bus stops nearby
Contact: Joseph Palframan | 0161 7934219 | joseph.palframan@salford.gov.uk | rangers@salford.gov.uk

Irwell Valley
Salford Ranger Team
Wednesday 21 February, 10:00am
Explore the wilderness of the Irwell Valley, with lots of great views and a spectacular viaduct! Come prepared for mud and rough ground.
Distance: 4–5 miles (MEDIUM)
Meeting point: Clifton Country Park Visitor Centre, Clifton House Road, M27 6NG
Public transport: No 8 bus from Shudehill stops at Clifton Cricket Ground
Contact: Gale Blackburn | 0161 7934219 | rangers@salford.gov.uk

Walk Two of the Salford Trail
Manchester and Salford Ramblers
Thursday 22 February, 10:30am
A lovely walk through Peel Park, along the River Irwell and through the new flood catchment area and onto to Kersal Dale and return.
Distance: 5 miles (FAIRLY EASY)
Meeting point: Salford Museum and Art Gallery, The Crescent, Salford, M5 4WW
Public transport: Bus stops nearby
Contact: Mags Metcalf | 0161 8393865 | 07947 864534 | margaretemetcalf58@hotmail.com
www.manchesterandsalfordramblers.org.uk

I Spy the Bridgewater Canal
Est.1761 Salford Council
Thursday 22 February, 10:00am
Can you see a church spire, a horse or an orange bottomed duck? Join us for a family walk with a spotter sheet to see what you can ‘I Spy’ along the Bridgewater Canal in Salford.
Booking required: www.est1761.eventbrite.co.uk
Distance: 3 miles (EASY)
Meeting point: Duke’s Drive car park, Monton
Public transport: Bus stops at Monton Green or Parrin Lane. Buses 33, 61 and 68
Contact: Jill Tyson | Katherine Rice | 0161 9251179 | 07872 808003 | jill.tyson@salford.gov.uk | katherinerice@salford.gov.uk
www.est1761.org

Clifton Country Park
Salford Ranger Team
Friday 23 February, 10:15am
A ramble around the lake at Clifton Country Park, taking in some of the fairy tale sculptures, feeding the ducks and jumping in muddy puddles, suitable for adults with young children, including pushchairs.
Distance: 1 mile (EASY)
Meeting point: Clifton Country Park Visitor Centre, Clifton House Road, M27 6NG
Public transport: No 8 bus from Shudehill stops at Clifton Cricket Ground
Contact: Gale Blackburn | 0161 7934219 | rangers@salford.gov.uk

Looplines in the Spring
Salford Ranger Team
Sunday 25 February, 10:00am
A spring walk discovering Salford’s rich array of converted footpaths.
Booking required: Via contact details below
Distance: 7 miles (FAIRLY EASY)
Meeting point: Blackleach Country Park, John Street, Walkden, Salford, M28 3TD
Public transport: Bus stops nearby on Bolton Road, train station 1 mile away in Walkden
Contact: Richard Marshall | 0161 7907746 | richard.marshall@salford.gov.uk
www.salford.gov.uk

Peel Park Winter Walk
Salford Ranger Team
Saturday 24 February, 12:30pm
Join the Park Keeper for this walk through the park, along the River Irwell and to the Meadows.
Booking required: Via contact details below
Distance: 5 miles (FAIRLY EASY)
Meeting point: Park Keeper base behind the Maxwell Building, M5 4PD
Public transport: Bus stops nearby – Salford Crescent stop
Contact: Joseph Palframan | 0161 7934219 | joseph.palframan@salford.gov.uk | rangers@salford.gov.uk
www.peelparksalford.info/events

Looplines in the Spring
Salford Ranger Team
Sunday 25 February, 10:00am
A spring walk discovering Salford’s rich array of converted footpaths.
Booking required: Via contact details below
Distance: 7 miles (FAIRLY EASY)
Meeting point: Blackleach Country Park, John Street, Walkden, Salford, M28 3TD
Public transport: Bus stops nearby on Bolton Road, train station 1 mile away in Walkden
Contact: Richard Marshall | 0161 7907746 | richard.marshall@salford.gov.uk
www.salford.gov.uk
Stockport

Prestbury to Mottram
Manchester CHA Rambling and Social Club
Saturday 17 February, 9:30am
A walk from the pretty village of Prestbury along the Bollin Valley before passing Mottram Hall, Legh Hall and Spittle House. Then returning by fields, woods and riverbank to Prestbury.
Distance: 6 miles (EASY)
Meeting point: Dep. Manchester Piccadilly 09:46 (Stoke-on-Trent train) arr. Prestbury 10.11. Alternatively, at Springfields Car Park, Prestbury SK10 4DW
Public transport: Prestbury train station
Contact: John Booth | 0161 4395464 | manchesterchacclub@gmail.com
www.manchesterchacclub.com

Marple Locks and Brabyns Park
Freshwalks
Monday 19 February, 2:00pm
Welcome to Freshwalks, bringing together business people in the great outdoors. This time, as part of GM Walking week we are hosting a special free taster event. We are walking from Marple station along the Peak Forest Canal, River Goyt and then back through Brabyns Park to where we started.
Booking required: Via website listed below
Distance: 4 miles (FAIRLY EASY)
Meeting point: Marple Station, Brabyns Brow, Marple, SK6 7DA
Public transport: Marple train station
Contact: Michael Di Paola | 07786 960301 | michael@freshwalks.co.uk
www.freshwalks.co.uk

Macmillan Connections – Jane’s Walk
Macmillan Cancer Information and Support
Wednesday 21 February, 10:20am
An interesting walk through the woods around the Quarry Bank Mill, exploring the local area and scenery.
Distance: 2 miles (MEDIUM)
Meeting point: Quarry Bank Mill Yard, Styal, Wilmslow, SK9 4LA
Public transport: Bus stops nearby or Styal train station
Contact: Helen Adamson | 0161 2914876 | helen.adamson@mft.nhs.uk

Macmillan Connections – Bramhall Park
Macmillan Cancer Information and Support
Saturday 24 February, 10:20am
A lovely walk through Bramhall Park, exploring the local area and scenery.
Distance: 2–3 miles (FAIRLY EASY)
Meeting point: Ladybrook Hotel car park, Fir Road, Bramhall, SK7 2NP
Public transport: Bus stops nearby
Contact: Helen Adamson | 0161 2914876 | helen.adamson@mft.nhs.uk

Marple Bridge
Stockport Ramblers
Sunday 25 February, 11:00am
A countryside walk around the Marple area, including fields, lanes and possibly parkland. Please wear clothing suitable to deal with wet weather and possible muddy areas. If you would like to bring your dog, please contact the walk leader in advance.
Distance: 8–9 miles (MEDIUM)
Meeting point: Marple Bridge car park, opposite the station (Purple Pakora Restaurant), SK6 7DA
Public transport: Buses through Marple, or train - Manchester to Sheffield line
Contact: Alan Jerrold | 07506 647626 | aistamps999@gmail.com
www.stockportramblers.org.uk
Longdendale Valley
Footprints Walking Club
Saturday 17 February, 10:30am
Longdendale Valley from Hadfield Station following the route of the old Woodhead railway. Returning along reservoir paths under the slopes of Bleaklow and Black Hill. Pub stop at the end.
Distance: 9 miles (MEDIUM)
Meeting point: Hadfield Station, SK13 2AQ
If travelling by train, 9:46 from Manchester Piccadilly arr. Hadfield 10:26
Public transport: Hadfield train station
Contact: Julian Mitchell | Helen Killick | 07528 380196 | chairman@footprintswalkingclub.org.uk
www.footprintswalkingclub.org.uk

Droylsden Health Walk
Tameside Health Walks
Saturday 17 & 24 February, 10:30am
A walk exploring Ashton Moss, the Medlock Valley and the Hollinwood Branch Canal with a coffee break at Daisy Nook along the way.
Distance: 3 miles (FAIRLY EASY)
Meeting point: Medlock Leisure Centre, Droylsden, M43 7XU
Public transport: Bus Stop nearby, Droylsden Metrolink stop 0.75 miles
Contact: George Cope | 07855 984586 | gccope@ntlworld.com
www.walkingforhealth.org.uk

Stamford Park Health Walk
Tameside Health Walks
Saturday 17 & 24 February, 1:00pm
A short health walk around the award winning Stamford Park and the little known Silver Springs area.
Distance: 1 mile (FAIRLY EASY)
Meeting point: The Cafe, Stamford Park, Ashton-Under-Lyne, OL7 0PG
Public transport: Bus stops on Stamford Street
Contact: Joan Drummond | 07855 984586 | gccope@ntlworld.com
www.walkingforhealth.org.uk

Hyde Park Health Walk
Tameside Health Walks
Monday 19 February, 10:30am
A short health walk around the tranquil Hyde Park.
Distance: 1 mile (EASY)
Meeting point: The Grafton Centre, Grafton Street, Hyde, SK14 2AX
Public transport: Hyde bus station is nearby - Hyde Central station 0.25 miles
Contact: Eddie Schofield | 07855 984586 | gccope@ntlworld.com
www.walkingforhealth.org.uk

Littlemoss and Hollinwood Canal
Manchester and Salford Ramblers
Monday 19 February, 11:00am
Easy walking along canal towpaths.
Distance: 4 miles (FAIRLY EASY)
Meeting point: Ashton West Metrolink stop, Lord Sheldon Way, Ashton-under-Lyne, OL7 0PG
Public transport: Bus stops nearby
Contact: Steve Saxton | 0161 8607857 | saxton_sg@yahoo.co.uk
www.manchesterandsalfordramblers.org.uk

Churchgate Practice Walk and Talk
Active Tameside
Monday 19 February, 11:00am
Gentle 30 minute circular walk suitable for all abilities.
Distance: 1.5 miles (EASY)
Meeting point: Millgate Medical Practice, 119 Manchester Road, Denton, M34 3RA
Public transport: Bus stop on Manchester Road
Contact: Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Stalybridge Health Walk
Tameside Health Walks
Monday 19 February, 1:00pm
A health walk around the little known beauty of Stalybridge Country Park or the historic Huddersfield Narrow Canal and Micklehurst Loop railway line.
Distance: 3 miles (FAIRLY EASY)
Meeting point: Copley Leisure Centre, Huddersfield Road, Stalybridge, SK15 3ET
Public transport: Bus stop on Huddersfield Road
Contact: George Cope | 07855 984586 | gccope@ntlworld.com
www.walkingforhealth.org.uk

Denton Pool Walk and Talk
Active Tameside
Tuesday 20 February, 10:00am
Gentle 30 minute circular walk from Active Denton. The walk goes through Victoria Park and passes Denton’s famous ‘Black and White’ church. This walk is suitable for all abilities.
Distance: 1.5 miles (EASY)
Meeting point: Active Denton, Victoria Street, Denton, M34 3GU
Public transport: Bus stop on Manchester Road
Contact: Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com
Active Medlock Welly Walk
Active Tameside
Wednesday 21 February, 9:30am
Fun 30 minute walk around Active Medlock. Come along and meet Maddie the Monkey. Welly walkers can come and play in iPlay for just £1 after the walk.
**Distance:** 1 mile (EASY)
**Meeting point:** Active Medlock, Gardenfoldway, Droylsden, M43 7XU
**Public transport:** Bus stop on Market Street
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Oxford Park Walk and Talk
Active Tameside
Wednesday 21 February, 10:00am
Gentle 30-45 minute walk from Oxford Park community gym. Takes in part of the Ashton canal. Suitable for all abilities. There are some steps to access the canal.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Oxford Park Community Gym, Pottinger Street, Ashton-under-Lyne, OL7 0PW
**Public transport:** Bus stop on Stockport Road
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Mossley Health Walk
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** Roaches Lock Inn, Manchester Road, Mossley, OL5 9BB
**Public transport:** Bus stops nearby
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Ashton Health Walk, Park Bridge
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** BroadOak Centre, BroadOak Road, Ashton-Under-Lyne, OL6 8RS
**Public transport:** Bus stop on Broad Oak Road
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Audenshaw Community Winter Walk
Audenshaw Community Association
Thursday 22 February, 10:00am
Heading for Guide Bridge, we then join the Ashton Canal and make our way to Portland Basin. Time will be allocated for a visit to the museum and Bridge Café before we make our way back along the Dukenfield Canal returning to the Hub.
**Distance:** 4 miles (MEDIUM)
**Meeting point:** Community Hub, Rowcon Close, Stanhope Estate, Audenshaw, M34 5AS
**Public transport:** Bus - 347 Ashton to Haughton Green
**Contact:** Brian Horsfall | 0161 3363530 | brianhorsfall@virginmedia.com
www.facebook.com/AudenshawCommunityAssociation

Stalybridge Walk and Talk
Active Tameside
Thursday 22 February, 11:00am
30 minute walk out and back from Tesco café along Huddersfield Narrow Canal. There are some slight gradients on this walk.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Stalybridge Tesco, Trinity Street, Stalybridge, SK15 2BJ
**Public transport:** Bus stop on Acres Lane
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Portland Basin Museum Circular
Be Well Tameside CIC
Sunday 25 February, 10:00am
Circular walk from the Site of Special Scientific Interest which contains Portland Basin, along the Peak Forest Canal and back along the River Tame.
**Booking required:** See contact details below
**Distance:** 4–5 miles (MEDIUM)
**Meeting point:** Portland Basin Museum (front entrance), 1 Portland Place, Ashton-under-Lyne, OL7 0QA
**Public transport:** See museum website for full listing
**Contact:** Mick Owen | 0759 0839421 | mick.owen@bewellglossop.co.uk
www.tameside.gov.uk/museumsgalleries/portland

Ashton Health Walk, Park Bridge
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** BroadOak Centre, BroadOak Road, Ashton-Under-Lyne, OL6 8RS
**Public transport:** Bus stop on Broad Oak Road
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Portland Basin Museum Circular
Be Well Tameside CIC
Sunday 25 February, 10:00am
Circular walk from the Site of Special Scientific Interest which contains Portland Basin, along the Peak Forest Canal and back along the River Tame.
**Booking required:** See contact details below
**Distance:** 4–5 miles (MEDIUM)
**Meeting point:** Portland Basin Museum (front entrance), 1 Portland Place, Ashton-under-Lyne, OL7 0QA
**Public transport:** See museum website for full listing
**Contact:** Mick Owen | 0759 0839421 | mick.owen@bewellglossop.co.uk
www.tameside.gov.uk/museumsgalleries/portland

Stalybridge Walk and Talk
Active Tameside
Thursday 22 February, 11:00am
30 minute walk out and back from Tesco café along Huddersfield Narrow Canal. There are some slight gradients on this walk.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Stalybridge Tesco, Trinity Street, Stalybridge, SK15 2BJ
**Public transport:** Bus stop on Acres Lane
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Ashton Health Walk, Park Bridge
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** BroadOak Centre, BroadOak Road, Ashton-Under-Lyne, OL6 8RS
**Public transport:** Bus stop on Broad Oak Road
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Portland Basin Museum Circular
Be Well Tameside CIC
Sunday 25 February, 10:00am
Circular walk from the Site of Special Scientific Interest which contains Portland Basin, along the Peak Forest Canal and back along the River Tame.
**Booking required:** See contact details below
**Distance:** 4–5 miles (MEDIUM)
**Meeting point:** Portland Basin Museum (front entrance), 1 Portland Place, Ashton-under-Lyne, OL7 0QA
**Public transport:** See museum website for full listing
**Contact:** Mick Owen | 0759 0839421 | mick.owen@bewellglossop.co.uk
www.tameside.gov.uk/museumsgalleries/portland

Stalybridge Walk and Talk
Active Tameside
Thursday 22 February, 11:00am
30 minute walk out and back from Tesco café along Huddersfield Narrow Canal. There are some slight gradients on this walk.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Stalybridge Tesco, Trinity Street, Stalybridge, SK15 2BJ
**Public transport:** Bus stop on Acres Lane
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Ashton Health Walk, Park Bridge
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** BroadOak Centre, BroadOak Road, Ashton-Under-Lyne, OL6 8RS
**Public transport:** Bus stop on Broad Oak Road
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Stalybridge Walk and Talk
Active Tameside
Thursday 22 February, 11:00am
30 minute walk out and back from Tesco café along Huddersfield Narrow Canal. There are some slight gradients on this walk.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Stalybridge Tesco, Trinity Street, Stalybridge, SK15 2BJ
**Public transport:** Bus stop on Acres Lane
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Ashton Health Walk, Park Bridge
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** BroadOak Centre, BroadOak Road, Ashton-Under-Lyne, OL6 8RS
**Public transport:** Bus stop on Broad Oak Road
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Stalybridge Walk and Talk
Active Tameside
Thursday 22 February, 11:00am
30 minute walk out and back from Tesco café along Huddersfield Narrow Canal. There are some slight gradients on this walk.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Stalybridge Tesco, Trinity Street, Stalybridge, SK15 2BJ
**Public transport:** Bus stop on Acres Lane
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com

Ashton Health Walk, Park Bridge
Tameside Health Walks
Wednesday 21 February, 11:00am
A health walk along the old railway line to the historic park bridge ironworks.
**Distance:** 3 miles (FAIRLY EASY)
**Meeting point:** BroadOak Centre, BroadOak Road, Ashton-Under-Lyne, OL6 8RS
**Public transport:** Bus stop on Broad Oak Road
**Contact:** George Cope | 07855 984586 | gc cope@ntlworld.com
www.walkingforhealth.org.uk

Stalybridge Walk and Talk
Active Tameside
Thursday 22 February, 11:00am
30 minute walk out and back from Tesco café along Huddersfield Narrow Canal. There are some slight gradients on this walk.
**Distance:** 1.5 miles (FAIRLY EASY)
**Meeting point:** Stalybridge Tesco, Trinity Street, Stalybridge, SK15 2BJ
**Public transport:** Bus stop on Acres Lane
**Contact:** Sean Vickers | 0161 3664860 | sean.vickers@activetameside.com
www.livewelltameside.com
**Walk and Talk**
Alzheimer’s Society  
**Tuesday 20 February, 10:30am**  
A gentle walk for people with dementia and their families or friends, followed by a cuppa and a chat.  
**Distance:** 1 mile (EASY)  
**Meeting point:** Broad Road entrance of Worthington Park, Sale, M33 2DQ  
**Public transport:** Bus stops nearby  
**Contact:** Karen Bridge | 0161 9624769 | elizabeth.bridge@alzheimers.org.uk  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)  

**Davyhulme Nordic Walk**  
Trafford Leisure CiC  
**Tuesday 20 February, 11:00am**  
This walk has two routes which we alternate weekly. The first takes in a couple of circuits of the nature reserve which is beautiful come spring. The second we pad the pavements around Davyhulme.  
**Booking required:** See contact details below.  
**Distance:** 3 miles (MEDIUM)  
**Meeting point:** Davyhulme Millenium Nature Reserve, Urmston, Manchester, M41 8GL  
**Public transport:** Bus stops nearby – 255 bus  
**Note:** Cost £1.50  
**Contact:** Rachael Forde | 0161 8263958 | rachael.forde@traffordleisure.co.uk  
[www.traffordleisure.co.uk](http://www.traffordleisure.co.uk)  

**Boundary House Health Walk**  
Boundary House Practice  
**Tuesday 20 February, 1:30pm**  
Join us for a winter walk from the surgery—we have some lovely parks and green spaces close by. The route varies week to week and new walkers are always welcome!  
**Distance:** 2–3 miles (EASY)  
**Meeting point:** Boundary House Medical Centre, 462 Northenden Road, Sale Moor, M22 3RH  
**Public transport:** Two minutes’ walk from Northern Moor Metrolink stop.  
**Contact:** John Stretton | 07548237613 | strettj@aol.com  
[www.walkingforhealth.org.uk/walkfinder/walk-trafford](http://www.walkingforhealth.org.uk/walkfinder/walk-trafford)  

**Dunham and the Bollin**  
Ramblers Trafford Group  
**Thursday 22 February, 10:30am**  
The walk will take us through Bowdon and the Devisdale along the Bollin Valley before we visit the grounds of Dunham Massey Hall.  
**Distance:** 7 miles (MEDIUM)  
**Meeting point:** Bowdon Parish Church gates, WA14 2TR  
**Public transport:** Bus stops nearby  
**Contact:** Sheila Kabbani | 07930 320923 | rtgmembership@yahoo.co.uk  
[www.ramblers-trafford.co.uk](http://www.ramblers-trafford.co.uk)  

**Dunham and the Bollin**  
Ramblers Trafford Group  
**Thursday 22 February, 10:30am**  
The walk will take us through Bowdon and the Devisdale along the Bollin Valley before we visit the grounds of Dunham Massey Hall.  
**Distance:** 7 miles (MEDIUM)  
**Meeting point:** Bowdon Parish Church gates, WA14 2TR  
**Public transport:** Bus stops nearby  
**Contact:** Sheila Kabbani | 07930 320923 | rtgmembership@yahoo.co.uk  
[www.ramblers-trafford.co.uk](http://www.ramblers-trafford.co.uk)  

**River Mersey and Chorlton Ees**  
Ramblers Trafford Group  
**Saturday 24 February, 11:00am**  
Starting from the visitor centre, the walk takes us on easy paths along the River Mersey before crossing over at the footbridge by Jacksons Boat to explore Chorlton Ees Nature Reserve and Water Park.  
**Distance:** 4.5 miles (FAIRLY EASY)  
**Meeting point:** Mersey Valley Visitor Centre car park, Rifle Road, Sale, M33 2LX  
**Public transport:** Bus stops and Metrolink stop nearby  
**Contact:** Sheila Kabbani | 07930 320923 | rtgmembership@yahoo.co.uk  
[www.ramblers-trafford.co.uk](http://www.ramblers-trafford.co.uk)  

**Nordic Walk Stretford**  
Trafford Leisure CiC  
**Friday 23 February, 9:30am**  
This walk starts at Stretford leisure centre and advances in to Longford Park.  
**Booking required:** See contact details below.  
**Distance:** 3–4 miles (MEDIUM)  
**Meeting point:** Chester Centre, Greatstone Road, Stretford, Manchester, M32 0ZS  
**Public transport:** Bus stops nearby and Metrolink stop nearby  
**Note:** Cost £1.50  
**Contact:** James Jackson | 07919 043114 | james.jackson@traffordleisure.co.uk  
[www.traffordleisure.co.uk](http://www.traffordleisure.co.uk)  

**Nordic Walk Sale**  
Trafford Leisure CiC  
**Friday 23 February, 12:15pm**  
Enjoy a variety of routes around Sale and Chorlton Water Park.  
**Booking required:** See contact details below.  
**Distance:** 3–4 miles (MEDIUM)  
**Meeting point:** Mersey Valley Visitors Centre, Rifle Rd, Sale, M33 2LX  
**Public transport:** Metrolink stop nearby  
**Note:** Cost £1.50  
**Contact:** Joshua Matthews | 07912 280899 | joshua.matthews@traffordleisure.co.uk  
[www.traffordleisure.co.uk](http://www.traffordleisure.co.uk)
Waggy Tails Walk
Inspiring Healthy Lifestyles
Sunday 18 February, 11:00am
Come and enjoy Haigh Woodland Park with your furry four-legged friends. Have a lovely walk around the grounds with breath-taking views. All dogs must be on non-extendable leads for the duration of the walk but there will be doggy playtime at the end. Well-behaved owners only!
Distance: 4 miles (MEDIUM)
Meeting point: Copperas Lane, Wigan, WN2 1PE. Meet in the court yard. Small charge for car park
Public transport: See local bus routes
Contact: Tracy Morris | 07943 840259 | tracy.morris@ihlmail.org
www.inspiringhealthylifestyles.org/walking

Rivington Hill Walk
Inspiring Healthy Lifestyles
Monday 19 February, 10:30am
A challenging two-hour walk taking in the scenery of Rivington Pyke and surrounding areas. Panoramic views at the top. Fabulous photo opportunities.
Distance: 6 miles (CHALLENGING)
Meeting point: Outside the top barn, Rivington Lane, Horwich, BL6 7SB
Public transport: See local bus routes
Contact: Tracy Morris | 07943 840259 | tracy.morris@ihlmail.org
www.inspiringhealthylifestyles.org/walking

Kirklees Inn Walk
Inspiring Healthy Lifestyles
Tuesday 20 February, 11:00am
Join our social, friendly health walk. Suitable for all beginners and those returning to walking.
Distance: 3 miles (EASY)
Meeting point: Outside Kirkless Inn pub, Albion Drive, New Springs, WN2 1JL
Public transport: See local bus routes
Contact: Tracy Morris | 07943 840259 | tracy.morris@ihlmail.org
www.inspiringhealthylifestyles.org/walking
Nordic Walk, Three Sisters
Inspiring Healthy Lifestyles
Friday 23 February, 10:00am
Fancy a new and exciting way of walking? Come along and give Nordic walking a try. Our Nordic coaches will help you with the technique. Suitable for those wanting to try a new activity. If it’s your first time, please arrive at 9:40am.

Distance: 3 miles (MEDIUM)
Meeting point: Car park by the lake, Three Sisters Road, WN4 8DD
Public transport: See local bus routes
Contact: Tracy Morris | 07943 840259 | tracy.morris@ihlmail.org
www.inspiringhealthylifestyles.org/walking

Pig Trail Family Walk
Inspiring Healthy Lifestyles
Saturday 24 February, 10:00am
Learn all about the pigs living in the grounds of Haigh Woodland Park on this family fun walk.
Booking required: Via number listed below
Distance: 3 miles (EASY)
Meeting point: Copperas Lane, Wigan, WN2 1PE. Meet in the court yard. Small charge for car park.
Public transport: See local bus routes
Contact: Haigh Woodland Park | 01942 828280
www.inspiringhealthylifestyles.org/walking

Haigh Woodland Park Explorer
Inspiring Healthy Lifestyles
Sunday 25 February, 12:00pm
The staff of Haigh Woodland Park will take you on an informative stroll around the grounds. They will be talking about future plans and all Haigh related information.
Booking required: Via number listed below
Distance: 5 miles (EASY)
Meeting point: Copperas Lane, Wigan, WN2 1PE. Meet in the court yard. Small charge for car park.
Public transport: See local bus routes
Contact: Haigh Woodland Park | 01942 828280
www.inspiringhealthylifestyles.org/walking