

# WELLBEING WALKS

**OUR WELLBEING WALKS ARE FREE  
LOCAL WALKS DESIGNED TO HELP  
YOU BECOME PHYSICALLY ACTIVE  
TO HELP IMPROVE YOUR HEALTH.**

They offer a safe, relaxed and sociable environment in which to walk and are designed to help you meet your 150 minutes of moderate intensity exercise each week.

Salford Wellbeing Walks are supported by Salford Community Leisure and form part of the Ramblers Walking for Health national programme. The walks are led by trained volunteers and are up to one hour in length, with some walks offering a 30 minute option if you would like a shorter walk.

**PERFECT FOR THOSE WHO WOULD LIKE TO BECOME MORE  
PHYSICALLY ACTIVE OR PERHAPS LACK THE CONFIDENCE  
AND KNOWLEDGE ABOUT WHERE TO WALK.**



## LOCATION

IRLAM & CADISHEAD

BOOTHSTOWN

MONTON GREEN

RHS GARDEN BRIDGEWATER

BLACKLEACH COUNTRY PARK  
WALKDEN

CLIFTON COUNTRY PARK

WORSLEY GREEN

MONTON GREEN

## DAY / TIME

MONDAY - 10 - 11am

MONDAY - 1.30 - 2.30pm

TUESDAY - 10 - 11am

TUESDAY - 10.30-11.30am

THURSDAY - 10 - 11am  
(30 min walk option)

THURSDAY - 10.15 - 11.15am

FRIDAY - 10 - 11am

SUNDAY - 10 - 11am

## MEETING PLACE

IRLAM & CADISHEAD LEISURE CENTRE  
*Re-starting 7 June*

BOOTHSTOWN COMMUNITY CENTRE

MONTON GREEN

RHS GARDEN BRIDGEWATER  
*New walk coming soon, date to be announced*

BLACKLEACH CP VISITORS CENTRE

CLIFTON CP VISITORS CENTRE

WORSLEY GREEN

MONTON GREEN



## COVID-19 GUIDANCE

- Please arrive 10 minutes before the start of the walk so we can collect information for track and trace.
- Start venues have changed slightly to allow social distancing.
- Social distancing will be maintained before, during and after the walk, 1 metre plus.
- No organised post walk refreshments will take place.
- Please do not come if you have any symptoms or have tested positive for Covid-19.

**FOR WALK LOCATIONS CONTACT JO BENNETT ON:  
0161 7780559 OR EMAIL [JO.BENNETT@SCLL.CO.UK](mailto:JO.BENNETT@SCLL.CO.UK)**