

# WELLBEING WALKS

**Salford**

**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.**

[SALFORDCOMMUNITYLEISURE.CO.UK/BE-ACTIVE](http://SALFORDCOMMUNITYLEISURE.CO.UK/BE-ACTIVE)



## LOCATION

IRLAM & CADISHEAD

ROE GREEN

BOOTHSTOWN

MONTON GREEN

RHS GARDEN BRIDGEWATER

KERSAL WETLANDS

BLACKLEACH COUNTRY PARK

CLIFTON COUNTRY PARK

WORSLEY GREEN

MONTON GREEN

## DAY / TIME

MONDAY - 10 - 11am

MONDAY - 10 - 11am

MONDAY - 1.30 - 2.30pm

TUESDAY - 10 - 11am

TUESDAY - 10.30 - 11.30am

WEDNESDAY - 1 - 2pm

THURSDAY - 10 - 11am

THURSDAY - 10.15 - 11.15am

FRIDAY - 10 - 11am

SUNDAY - 10 - 11am

## MEETING PLACE

VARIOUS PLACES

WOODED TRIANGLE ON THE GREEN

BOOTHSTOWN COMMUNITY CENTRE

MONTON GREEN

FRONT OF THE WELCOME BUILDING

LITTLETON ROAD ENTRANCE

BLACKLEACH CP VISITORS CENTRE

CLIFTON CP VISITORS CENTRE

WORSLEY GREEN

MONTON GREEN



IF YOU WOULD LIKE TO COME ALONG ON A SALFORD WELLBEING WALK:

- No booking is required.
- Please arrive 10min before the start of the Wellbeing Walk, so the walk leader can collect some info.
- Please wear flat, grippy shoes or trainers and wear suitable clothing for the weather conditions.
- Bring a drink of water.
- All Salford Wellbeing Walks are no longer than 1 hour in length.

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

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