

STRIDE®

Trafford Health Walk Scheme

further walking opportunities

Timperley Trekkers:

The Timperley Trekkers meet on the 2nd and 4th Wednesdays of the month in Broomwood, Timperley. The walks are varied for all ages and abilities. For more information please contact Mary Eastwood on **0161 969 9931**.

Partington Walkers:

Partington Walkers meet outside Partington Community Centre on the 3rd Sunday of the month at 10am. Transport provided at the cost of £3. Walks are varied for all ages and abilities. For more information contact Annette Cowburn on **0161 775 3229**.

Trafford Walkers:

Walk areas are mainly concentrated within a radius of 40 miles of Manchester, but we do venture further a field to Trough of Bowland, North Lancashire, Yorkshire, Wales and the Lake District, from time to time. A car share programme is available for £3. The programme of walks alternates each week with the walk on Saturday one week and on Sunday the following week. In addition, during the Summer months various Coach trips, weekend camping, bunkhouse and hostel accommodation all with a walking theme, are arranged. Please Contact Mike Graves for further information on **0161 865 5252**.

The Mersey Valley and Sale Water Park

There are two marked out guided Health Walks in the Trafford Mersey Valley area, one in Sale Water Park starting from the Visitor's Centre and one in Urmston Meadows off Riverside Drive. There is also a network of footpaths, boardwalks and riverbank trails covering the Water Park and surrounding area. Three self guided trails around the park can be followed using maps available from the Visitor's Centre on Rifle Road. For information please contact the Mersey Valley Visitors Centre **0161 905 1100**.

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Dunham Massey:

There are several walks in Dunham Massey including a 2 ½ km nature walk and a 3 ½ km fallow deer walk. Maps can be picked up from the information point in the car park. There are also guided deer park walks on Monday, Wednesday and Friday at 1.30pm meeting at the clock tower. Please contact the visitor services centre on **0161 941 1025** for more information.

Bollin Valley

Available for walkers, it runs for approximately 25 miles from Partington to Macclesfield, sometimes along the river and never far from it. The Bollin Valley Partnership organises guided walks, but also has a set of map leaflets showing the footpaths throughout the valley. Maps 3, 4 & 5 cover the Trafford areas of Partington, Dunham Massey, Bowdon, Hale, Hale Barns, Altrincham and Timperley. For more information contact the Bollin Valley Partnership on **01625 534 790**.

Trans Pennine Trail

The TPT is a walking, cycling and horse riding route that stretches across the north of England. In the Trafford area most of the Trail is traffic free, with the route running along the old railway from Lymm to Altrincham, across Dainewell Woods and then following the Mersey Valley through to Manchester or Chorlton. With lots of local paths linking into the Trail there are lots of walks you can enjoy no matter how far you want to go. For more information contact the TPT Office on **01226 772574**.

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Autumn '08 / Winter '09



For more information on Health Walks in Trafford please contact the physical activity co-ordinator on **0161 912 3140**.

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Trafford **NHS**
Primary Care Trust

What is a Health Walk?

A **health walk** is a short 30-40 minute brisk walk, building up to 1 hour, in your local area. It has been designed to be suitable for people who don't normally walk very much and want to get started. All walks are risk assessed, with trained leaders leading the group walk. Most walks are suitable for people who have limited mobility or use a wheelchair.

Why Walk?

- It's free and easy.
- Everyone can do it.
- You can do it anywhere, anytime.
- No equipment is needed apart from comfortable shoes.
- It's a chance to meet new people and make friends.

The Benefits.

- It makes you feel good.
- It gives you more energy.
- It helps you sleep better.
- It helps to reduce stress.
- It keeps your heart strong.
- It helps reduce blood pressure.
- It helps with weight loss.



Health Walk Time Table

| Where | Day and time | Meeting point | Where | Day and time | Meeting point | Where | Day and time | Meeting point |
|--------------------------------------|---|--|--|---|---|--------------------------------------|---|---|
| SALE Worthington Park | Every Monday at 11.00 am | Bowls Pavilion near Broad Road entrance. | STRET福德 Longford Park | Last Sunday of the month at 10.30 am | Main entrance gate on Edge Lane at the junction with Cromwell Road. | PARTINGTON Cross Lane Park | Every Wednesday at 2 pm | Partington Healthy Living Centre Reception on Central Road. |
| SALE MOOR Moor Nook Park | Every Monday at 6.00 pm | Please contact SMCP offices, 0161 962 3636 | URMSTON Urmston Meadows | Every Monday at 2.00 pm | Meadowside Day Centre reception, bottom of Torbay Road | TRAFFORD CENTRE | mall walk every Wednesday at 9.45 am | The customer service desk in the main dome. |
| ALTRINCHAM John Leigh Park | 1st and 3rd Thurs. of the month at 11 am | Main entrance gate on Oldfield Road | OLD TRAFFORD Hullard/Seymour | Every Thursday at 11.30 am | St Johns Centre WOMEN ONLY | | | |