



Greater Manchester Walking Festival

1 May – 31 May 2016

Over 200 free, guided walks in and around
Manchester and districts

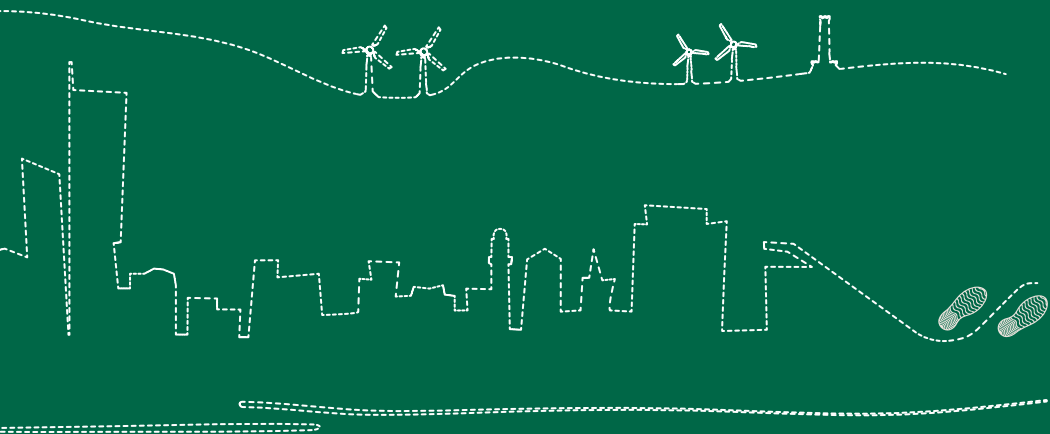




Image courtesy of Jim Barrott www.jimbarrottphotography.co.uk

Welcome

Welcome to the 2016 Greater Manchester Walking Festival! With over 200 walks taking place throughout May, this year's festival is all set to be even bigger and better than last.

If you took part in the Walking Festival last year we hope you enjoyed it – perhaps you even joined a local group, and are considering participating this year. Whether you're a seasoned walker or a relative newbie, within this guide you'll find an exciting programme of walks, appealing to all ages, abilities and interests and covering the ten districts of Greater Manchester – Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Tameside, Trafford and Wigan.

Each of the walks are led by experts and, with the exception of one or two specialist walks, are completely free, although some groups may ask for a membership fee if you want to walk with the group on a regular basis after you have given it a try. Remember to check out the many public transport options available by bus, tram or train – this is a great opportunity to explore areas further afield than your own doorstep.

Transport for Greater Manchester coordinates the Walking Festival but it doesn't deliver the walks itself – that's all down to our enthusiastic walking partners, whether that's local branches of the Ramblers, Walking for Health groups, community groups or walking groups linked to charitable organisations. We'd like to say a huge thank you to all our partners as obviously we couldn't run this festival without you.

With walking being increasingly seen as one of the most effective exercises for improving your health, apart from being a great way to meet new people and explore new places, now's the time to put your best foot forward and see what walking can offer you!

Find out more information:



0161 244 1145



Walking.Works@tfgm.com



www.tfgm.com/walking



www.facebook.com/GMwalkingfestival



#GMwalkfest



Safety and Guidance

What to wear and bring

For all walks please wear comfortable and sturdy shoes or boots. We cannot guarantee the weather so bring a water-proof coat or 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 injuries 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 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 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 hear your feedback on this year's festival. Please send your comments to us at: walking.works@tfgm.com

**PLEDGE TO
#TRY20**



Walking is the easiest and cheapest way to improve your health. Walk 20 minutes a day this May during National Walking Month and we'll add you into a draw to win a £50 shopping voucher.

Take the pledge at www.livingstreets.org.uk/nwm

MEET OUR GIRLS...



TABSUM



SONIA & GEORGIA



CHARLOTTE



KYLIE



ANN

WE KNOW WOMEN AND GIRLS FACE BARRIERS WHICH STOP THEM BEING ACTIVE. SIX LOCAL WOMEN HAVE SHARED THEIR STORY WITH I WILL IF YOU WILL TO SHOW HOW THEY OVERCAME THEIRS.

JOIN IN    @I_WILL_IF



What's on

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Sunday 1 May 2016		
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Tiny Tots ramble	Salford Ranger Team	40
Sale Water park nordic walk	Trafford Leisure	53

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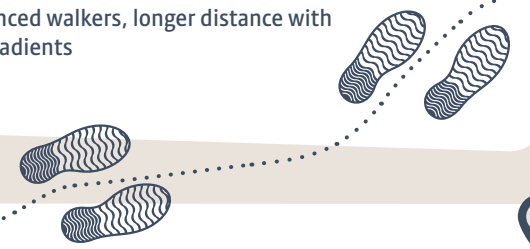
Walk name	Walking group	Page
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Walking key

-  Buggy accessible
-  Cafe on site
-  Car parking available
-  Cycle parking available
-  Dogs permitted
-  Families with children
-  Information centre
-  Payment required
-  Picnic area
-  Playground
-  Toilet facilities
-  Wheelchair accessible
-  Nordic walking
-  Walking for health

Walking grading

- 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



Bolton

Brightmet walk

Bolton Walk This Way

Sunday 1, 8, 15, 22 and 29 May

Start of walk: 10.30am

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

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Inside Leverhulme Park Community Leisure Centre, Long Lane, Brightmet, BL2 6EB.

Public transport: Bolton or Hall I' Th' Wood train station; bus stop nearby.

Contact: Melissa Taylor 01204 488202 or email: Melissa.taylor@bolton.gov.uk



Bolton Council – Macmillan short walk

Macmillan Cancer Information
and Support

Friday 6 May. Start of walk: 1pm

This 30 minute walk offers a support network for anyone who has been affected by cancer, either being treated or recovering, including carers, family and friends.

Distance: 1.25 miles (EASY) 

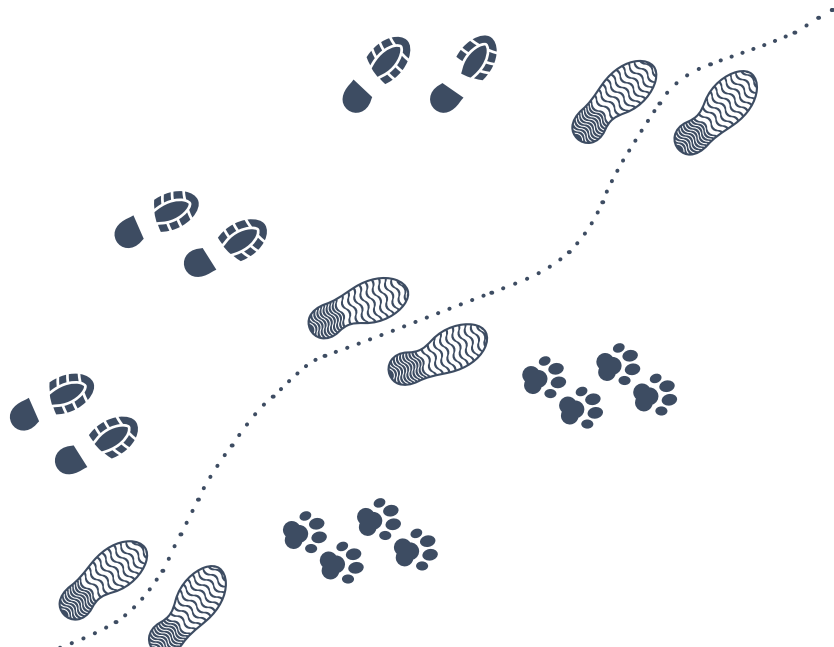
Meeting point: Main reception Bolton Arena, Arena Approach, Horwich, BL6 6LB.

Public transport: Horwich Parkway; bus stop nearby.

Contact: Jodie Ormesher 01204 663059 or email: jodie.ormesher@boltonhospice.org



Macmillan short walk – 6 May



Bury

Summerseat district community health walk

Bury Sport & Physical Activity Service – Bury 'Walk with me'

Monday 2, 9, 16, 23 and 30 May
Start of walk: 11am

Several pleasant country walking routes which involve climbing out of the valley using footpaths. During particular bad weather, walks will stay close to the village along quiet country roads.

Distance: 2–3 miles (MEDIUM)



Meeting point: Summerseat Garden Centre car park, Railway Street, BL9 5QD.

Public transport: Bury Metrolink stop; bus stop nearby.

Contact: Maria Cranston 0161 253 6396 or email: walkwithme@bury.gov.uk



Macmillan Cancer support community health walk

Bury Sport & Physical Activity Service – Bury 'Walk with me'

Tuesday 3, 10, 17, 24 and 31 May
Start of walk: 11am

This gentle parkland walk is aimed at beginner level. The park offers a variety of walking routes, through woodland and by water with some gentle climbs and descents.

Distance: 2–3 miles (FAIRLY EASY)



Meeting point: Heaton Park Metrolink entrance.

Public transport: Heaton Park Metrolink stop; bus stop nearby.

Contact: Maria Cranston 0161 253 6396 or email: walkwithme@bury.gov.uk



Bury 'Walk with Me' Group

Prestwich district community health walk

Bury Sport & Physical Activity Service – Bury 'Walk with me'

Saturday 7, 14, 21 and 28 May
Start of walk: 10.30am

This woodland, water and lakeside circular walk usually includes walking through areas of Prestwich Clough, Drinkwater Park and Waterdale Park, although the route may vary depending on conditions.

Distance: 3 miles (MEDIUM)



Meeting point: St Mary's Church, Church Lane, Prestwich M25 1AN.

Public transport: Prestwich Metrolink stop; bus stop nearby.

Contact: Maria Cranston 0161 253 6396 or email: walkwithme@bury.gov.uk



Bury 'Walk with Me' Group

Nordic walking

Bury Sport & Physical Activity Service – Bury 'Walk with me'

Wednesday 18 May
Start of walk: 12 noon

This will be a Nordic Walking taster session which will go around the park, giving you an opportunity to find out what Nordic walking is about. Booking required, please use the contact details below to book a place.

Distance: 2 miles (MEDIUM)

Meeting point: Nuttall Park by the Rangers' hut/car park.

Public transport: Ramsbottom train station; bus stop nearby.

Contact: Hamish Willis 07967 318501 or email: walkwithme@bury.gov.uk



Manchester

30-minute miracle

Lunchtime Strollers,
University of Manchester

Tuesday 3, 10, 17 and 24 May
Start of walk: 12.15pm

This medium/brisk walk will be invigorating and is designed to set you up for a productive afternoon: a good step to reaching your recommended 150 minutes of activity a week.

Distance: 1.5 miles (FAIRLY EASY)



Meeting point: Entrance to Zochonis Building, Manchester University.

Public transport: Bus stop nearby.

Contact: Betty-Ann Bristow-Castle
0161 275 0464 or email:
lunchtime-strollers@manchester.ac.uk



For the love of Chorlton

Beginners' Walking Group

Thursday 5, 12, 19 and 26 May
Start of walk: 9.50am

A gentle stroll from Chorlton library every Thursday morning, lasting for no more than an hour (usually about 45 minutes) in whatever direction we fancy. Come as little or often as you like. This is an informal group of friends, neighbours and local residents.

Booking required.

Distance: 2 miles (EASY)

Meeting point: Chorlton library, Manchester Road, Chorlton, M21.

Public transport: Chorlton Metrolink stop, bus stop nearby.

Contact: Mary R Crumpton 07751 696055 or email: Mary@HartleyRoad.com



Green health walk

Manchester Community Giants

Thursday 5 May
Start of walk: 10.30am

Friendly walk welcoming all abilities.
Booking required.

Distance: 2.5 miles (FAIRLY EASY)

Meeting point: The Northern, Palatine Road, West Didsbury, Manchester, M20 3YA.

Public transport: West Didsbury Metrolink stop, bus stop nearby.

Contact: Ambokile Bell 07745 259419 or email: abell@manchestergiants.com



Green health walk

Manchester Community Giants

Thursday 5 May. Start of walk: 10.30am

Friendly walk welcoming all abilities.
Booking required.

Distance: 2.5 miles (FAIRLY EASY)

Meeting point: Clayton Vale main entrance.

Public transport: Clayton Metrolink stop, bus stop nearby.

Contact: Ambokile Bell 07745 259419 or email: abell@manchestergiants.com



Thursday tread

Lunchtime Strollers,
University of Manchester

Thursday 5, 19 and 26 May
Start of walk: 12.15pm

This medium/brisk walk will be invigorating and is designed to set you up for a productive afternoon: a good step to reaching your recommended 150 minutes of activity a week.

Distance: 2 miles (FAIRLY EASY)



Meeting point: John Owens Quad, Bench by the arch, Manchester University.

Public transport: Bus stop nearby.

Contact: Betty-Ann Bristow-Castle
0161 275 0464 or email:
lunchtime-strollers@manchester.ac.uk



Walk and talk – Heaton Park

Red Rose Forest

Thursday 5, 12, 19 and 26 May
Start of walk: 10.30am

Come along to our weekly walking group at Heaton Park, for people living with dementia, and carers. Join us for a cup of tea too.

Booking required.

Distance: 1.5 miles (EASY)

Meeting point: Heaton Park, Sheepfoot Lane entrance, M25 ODL.

Public transport: Heaton Park Metrolink Stop; bus stop nearby.

Contact: Jane 0161 342 0797 or email: manchester@alzheimers.org.uk



Foot it Fridays

Lunchtime Strollers,
University of Manchester

Friday 6, 13, 20 and 27 May
Start of walk: 12noon

This medium/brisk walk will be invigorating and is designed to set you up for a productive afternoon: a good step to reaching your recommended 150 minutes of activity a week.

Distance: 2 miles (FAIRLY EASY)



Meeting point: John Owens Quad, Bench by the arch, Manchester University.

Public transport: Bus stop nearby.

Contact: Betty-Ann Bristow-Castle
0161 275 0464 or email:
lunchtime-strollers@manchester.ac.uk



Manchester (continued):

Up the Ashton Canal and down the Rochdale Canal

Lunchtime Strollers,
University of Manchester

Friday 6 May. Start of walk: 12.30pm

This medium/brisk walk will be invigorating and is designed to set you up for a productive afternoon: a good step to reaching your recommended 150 minutes of activity a week.

Distance: 2 miles (FAIRLY EASY)



Meeting point: Vimto Statue, Granby Row,,
Manchester University.

Public transport: Bus stop nearby.

Contact: Betty-Ann Bristow-Castle
0161 275 0464 or email:
lunchtime-strollers@manchester.ac.uk



Navigation walk: Learn to use a map and compass

Map & Compass: Walk your own way

Saturday 7 May. Start of walk: 10am

A short walk on clear footpaths introducing you to how to use a map and compass to navigate yourself around the countryside. As well as walking we will be standing for some time so wear appropriate clothing. Maps and compasses provided. **Booking required.**

Distance: 1.5 miles (EASY)

Meeting point: Chorlton Ees car park,
Brookburn Road, M21 9ES.

Public transport: Chorlton Metrolink stop;
bus stop nearby.

Contact: Cath Dyson 07411 165058 or email:
mapandcompassol21@gmail.com



Talk a walk on the wild side

The friends of Blackley Forest

Monday 9 May. Start of walk: 2pm

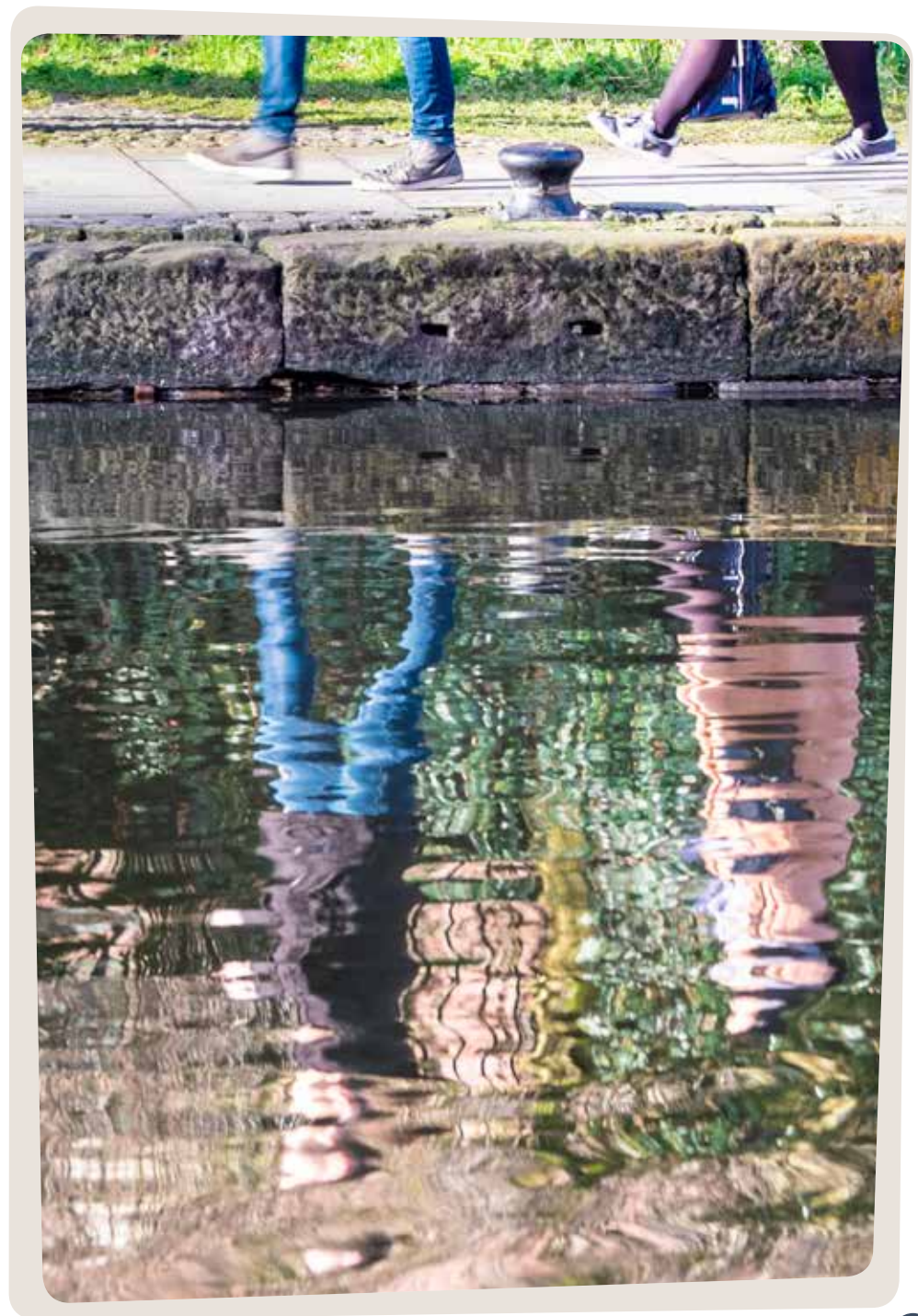
A leisurely walk through Blackley Forest looking at the flora and fauna

Distance: 2–3 miles (MEDIUM)

Meeting point: Victoria entrance of Blackley
Forest.

Public transport: Bowker Vale Metrolink stop;
bus stop nearby.

Contact: Dot Keller 0161 795 0900 or
email: info@blackleyforest.com



Up the Ashton Canal – 6 May

Manchester (continued)

Kill or cure

Manchester Guided Tours

Tuesday 10 May. Start of walk: 2pm

The medic with a mummy, maternity home in a pub, the doctor who penned a thesaurus... these and more in this history of healthcare in Georgian and Victorian Manchester.

Distance: 1.6 miles (FAIRLY EASY)

Meeting point: Outside National Football Museum entrance, Cathedral Gardens, Manchester, M4 3BG.

Public transport: Victoria Metrolink stop, bus stop nearby.

Contact: Pauline Lloyd 07723 503702 or email: pauline.lloyd261@btinternet.com



Wonder-ful Wednesday

Lunchtime Strollers, University of Manchester

Wednesday 11 May

Start of walk: 12.30pm

This walk is a pleasant stroll, and can be increased to a medium or brisk walk depending on the ability of the walkers in attendance.

Distance: 1.5 miles (FAIRLY EASY)



Meeting point: Entrance to Zochonis Building, Manchester University.

Public transport: Bus stop nearby.

Contact: Betty-Ann Bristow-Castle 0161 275 0464 or email: lunchtime-strollers@manchester.ac.uk



Green health walk

Manchester Community Giants

Thursday 12 May.

Start of walk 10.30am

Friendly walk welcoming all abilities.
Booking required.

Distance: 2.5 miles (FAIRLY EASY)

Meeting point: Courtyard café, Wythenshawe Park, Wythenshawe Road, Manchester, M23 0AB.

Public transport: Wythenshawe Park Metrolink stop, bus stop nearby.

Contact: Ambokile Bell 07745 259419 or email: abell@manchestergiants.com



Manchester music walk – 17 May

Manchester music walk

Manchester Guided Tours

Thursday 17 May. Start of walk: 11am

'Manchester kids have the best record collections', so said Tony Wilson. On the fiftieth anniversary of Bob Dylan's infamous 'Judas' Free Trade Hall gig, when he was booed for playing electric guitar we'll explore Manchester's passion for music from the best clubs, punk, Factory, to the Halle Orchestra and more.

Distance: 2 miles (EASY)

Meeting point: Manchester Visitor information centre, 1 Piccadilly Gardens, Manchester, M1 1RG.

Public transport: Piccadilly Gardens Metrolink stop, bus stop nearby.

Contact: Emma Fox 07500 774200 or email: showmemanchester@yahoo.co.uk



Walkabout the city?

Meandering the Medlock

Ecology in Practice, Manchester Metropolitan University

Thursday 19 May. Start of walk: 10am

From climate change to the Airport, the Northern Powerhouse to biodiversity, creatively walking the River Medlock reveals Manchester's history, while prompting questions about its future as a life support system.

Booking required.

Distance: 4 miles (FAIRLY EASY)

Meeting point: Courtyard café, Oxford Road train station concourse, M1 6FU.

Public transport: Oxford Road train station, bus stop nearby.

Contact: David Haley 0161 247 1093 or email: d.haley@mmu.ac.uk



Walkabout the city? – 19 May

Manchester (continued)

Monday meander

Lunchtime Strollers,
University of Manchester

Monday 23 May. Start of walk: 12.15pm

This medium/brisk walk will be invigorating and is designed to set you up for a productive afternoon: a good step to reaching your recommended 150 minutes of activity a week..

Distance: 2 miles (FAIRLY EASY) 

Meeting point: Entrance to Zochonis Building, Manchester University.

Public transport: Bus stop nearby.

Contact: Betty-Ann Bristow-Castle
0161 275 0464 or email:

lunchtime-strollers@manchester.ac.uk



Tree ID and food foraging

Red Rose Forest

Sunday 29 May. Start of walk: 10.30am

A guided walk looking at the trees and edible bounty growing in Nutsford Vale Park. Walkers will have the opportunity to sample foraged items. **Booking required.**

Distance: 1 mile (FAIRLY EASY)

Meeting point: Nutsford Vale Park, Bickerdike entrance, Gorton, M12 5SZ.

Public transport: Belle Vue train station; bus stop nearby.

Contact: Lucy Holland 0161 872 1660 or email: lucy@redroseforest



Lunch Time Strollers – 23 May

Oldham

Historic hunting ground – Crompton Moor

Dunwood Park Nordic Walkers

Sunday 8 May. Start of walk: 11am

You are invited to walk with Nordic walking poles to Pingot Quarry waterfall, onto Crompton Moor and glean information about historic Crow Knowl. Panoramic views of Oldham, Rochdale and Manchester.

Distance: 3.3 miles (MEDIUM)

Meeting point: Bowling Pavilion Dunwood Park, Smallbrook Road, Shaw, Oldham, OL2 7UR.

Public transport: Shaw and Crompton Metrolink stop, bus stop nearby.

Contact: Jean Norman 01706 565621 or email: jeannormanhealthtrainer@gmail.com



Alexandra Park walk

Active Oldham Outdoors

Tuesday 10 May. Start of walk: 2pm

Follow the clues on this 'crispy' circular walk around the park and discover some interesting characters along the way. A fun family walk that involves a little bit of detective work.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Meet at the boathouse, Park Road, OL8 2BN.

Public transport: Bus stop nearby.

Contact: Chris Cordwell
email: activeoldhamoutdoors@gmail.com



Tandle Hill park

Active Oldham Outdoors

Wednesday 11 May. Start of walk: 2pm

Tandle Hill was used as a meeting area in the 19th century by political activists and the woodland was planted to prevent this. Join us on a stroll through history.

Distance: 1 mile (MEDIUM)

Meeting point: Meet at the park entrance on Tandle Hill Road.

Public transport: Bus stop nearby.

Contact: Chris Cordwell
email: Activeoldhamoutdoors@gmail.com



Werneth Park walk

Active Oldham Outdoors

Thursday 12 May. Start of walk: 2pm

This park was created in 1936 from a 19th century estate featuring a hall with gardens and small park. Join us on a circular walk around this newly renovated park.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Main entrance on Frederick Street.

Public transport: Bus stop nearby.

Contact:
email: activeoldhamoutdoors@gmail.com

Oldham (continued)

Waterhead Park walk

Active Oldham Outdoors

Friday 13 May. Start of walk: 2pm

Join active Oldham Outdoors for a leisurely stroll around the newly refurbished Waterhead Park and also the lower Strineside Reservoir.

Distance: 1.5 miles (MEDIUM)

Meeting point: Meet at the main entrance on Peach Road, OL4 2HX.

Public transport: Bus stop nearby.

Contact: Chris Cordwell
email: Activeoldhamoutdoors@gmail.com



Goldwick Lows –

Once part of the equator

Lees Health Walks

Tuesday 17 May. Start of walk: 10.20am

A walk along a disused railway line to open moorland where goats are kept. On a good day offering views to the Cheshire Plain and beyond.

Distance: 2.6 miles (MEDIUM)



Meeting point: Lees Library, Thomas Street, Lees, Oldham, OL4 5DA.

Public transport: Oldham Mumps Metrolink stop, bus stop nearby.

Contact: John Norman 01706 565621 or
email: johnknorman@hotmail.com



Mountain Trike ramble –

Dove Stone Reservoir

Experience Community CIC

Saturday 21 May. Start of walk: 11am

Mountain Trike ramble at Dove Stone Reservoir, Greenfield, Oldham.

Distance: 5 miles (on trikes)

Meeting point: Main car park, Dove Stone Reservoir, Greenfield, Oldham, OL3 7NE

Public transport: Greenfield train station, bus stop nearby.

Contact: Laura Vayro 07894 572171 or
email laura@experiencecommunity.co.uk



Saddleworth edges

Oldham Community Leisure

Saturday 21 May. Start of walk: 9.45am

A walk around the edges of Chew Valley in Saddleworth, ascending Alphin Pike and following the edges passing Wimberry Stones, Chew Reservoir and descending at the Fox Stone returning through Chew Plantation.

Distance: 9 miles (CHALLENGING)

Meeting point: The Clarence Pub, Chew Valley Road, Greenfield, OL3 7DD.

Public transport: Bus stop nearby.

Contact: Alan Keane 0161 207 7000 or
email: alan.keane@ocll.co.uk



Image courtesy of Ray Green. www.raygreenphotography.co.uk

Oldham (continued)

Stonebreaks – A favourite walk

Lees Health Walks

Tuesday 24 May. Start of walk: 10.20am

A walk along a disused railway line leading to open farmland down a valley to a stream. Ascend the opposite side of the valley and look for unusual breeds of chickens.

Distance: 3.3 miles (MEDIUM) 

Meeting point: Lees Library, Thomas Street, Lees, Oldham, OL4 5DA.

Public transport: Oldham Mumps Metrolink stop, bus stop nearby.

Contact: John Norman 01706 565621 or email: johnknorman@hotmail.com



Tandle Hill two parks family walk

Oldham Ramblers

Saturday 28 May. Start of walk: 11am

Meander through fields, country lanes and woodland, including short break in Chadderton Hall Park, ending with a picnic near the information centre, café and adventure playground at Tandle Hill. **Booking required.**

Distance: 4.5 miles (FAIRLY EASY)

Meeting point: Tandle Hill Country Park, Tandle Hill Road, Oldham, OL2 5UX.

Public transport: Bus stop nearby.

Contact: Marion Shannon 07837 833767 or email: marshan1231@hotmail.com



Werneth Park walk – 12 May

Rochdale

A stroll around Hollingworth Lake

Link4Life

Tuesday 3 May. Start of walk: 5pm

A gentle easy stroll around the lake, with the option to have a look round the nature reserve.

Distance: 2.1 miles (FAIRLY EASY)

Meeting point: Hollingworth Lake activity centre.

Public transport: Littleborough or Smithy Bridge train station, bus stop nearby.

Contact: Simon Duczak 01706 922148 or email: Simon.Duczak@link4life.org



Cutgate, Bamford and Norden

Living Well Rochdale

Tuesday 3, 10, 17, 24 and 31 May

Start of walk: 9.45am

If you are feeling adventurous then feel free to join this walk. This walk includes some beautiful countryside areas and is very popular with our walking community.

Distance: 1–2 miles (MEDIUM)

Meeting point: Edenfield Road surgery, Cutgate shopping precinct, OL11 5AQ.

Public transport: Bus stop nearby.

Contact: Danny Smith 07773 078426 or email: Danny.Smith@BigLifeCentres.com



Littleborough library

Living Well Rochdale

Tuesday 3, 10, 17, 24 and 31 May

Start of walk: 9.45am

Take in the canals, railway lines and beautiful countryside that Littleborough has to offer, then head back to the library for a well deserved cuppa.

Distance: 1–2 miles (FAIRLY EASY)

Meeting point: Littleborough library, Hare Hill Park, Littleborough OL15 9HE.

Public transport: Bus stop nearby.

Contact: Danny Smith 07773 078426 or email: Danny.Smith@BigLifeCentres.com



Castleton

Living Well Rochdale

Wednesday 4, 11, 18 and 25 May

Start of walk: 9.45am

A lovely walk that uses the countryside, canals and even golf courses to make for some very eye pleasing exercise.

Distance: 1–2 miles (FAIRLY EASY)

Meeting point: Castleton community centre, Manchester Road, Rochdale, OL11 3AF.

Public transport: Rochdale train station, bus stop nearby.

Contact: Danny Smith 07773 078426 or email: Danny.Smith@BigLifeCentres.com





Mountain Trike ramble – Dove Stone Reservoir 21 May

Rochdale (continued)

Hollingworth Lake

Living Well Rochdale

Wednesday 4, 11, 18 and 25 May

Start of walk: 1.45pm

A lovely walk that uses the countryside, canals and even golf courses to make for some very eye pleasing exercise.

Distance: 1–2 miles (FAIRLY EASY) 

Meeting point: Hollingworth Lake visitor centre. Off Lake Road, Littleborough, OL15 0AQ.

Public transport: Bus stop nearby.

Contact: Danny Smith 07773 078426 or email: Danny.Smith@BigLifeCentres.com



Alkrington wood

Living Well Rochdale

Friday 5, 12, 19 and 26 May

Start of walk: 9.45am

Meet Jack inside Comple@t internet café. This walk allows you to take in views of Alkrington Hall and experience the wildlife inhabiting the lodges that surround the many walk ways through the woods.

Distance: 1–2 miles (FAIRLY EASY)

Meeting point: Comple@t internet café, Midway House, 5 Long Street, Middleton, M24 6TE.

Public transport: Bus stop nearby.

Contact: Danny Smith 07773 078426 or email: Danny.Smith@BigLifeCentres.com



Mindfulness walk introduction

Red Rose Forest/Rochdale Rangers

Friday 6 May. Start of walk: 10.30am

Join us for an introduction to practicing mindfulness during a guided nature walk. Learn techniques to help you become more aware and conscious of the trees and nature around you.

Booking required.

Distance: 3 miles (MEDIUM)

Meeting point: Hollingworth Lake activity centre.

Public transport: Smithy Bridge train station, bus stop nearby.

Contact: Lucy Holland 0161 872 1660 or email: lucy@redroseforest.co.uk



Both sides of the valley

Rochdale Ramblers

Saturday 7 May. Start of walk: 10.30am

A walk in Todmorden on both sides of the Calder Valley with far reaching views. You will pass through the hamlets of Mankinholes and Lumbutts under the ever present gaze of Stoodley Pike Monument.

Distance: 8 miles (MEDIUM)

Meeting point: Lobb Mill Car Park, Halifax Road, Todmorden, Nearest postcode OL14 6BX.

Public transport: Todmorden train station, bus stop nearby.

Contact: Richard Gibbons 07889 466157 or email: rl-gibbons@sky.com



Rochdale (continued)

Leisurely Saturday walk in Littleborough

Rochdale Ramblers

Saturday 7 May. Start of walk: 1pm

A leisurely paced walk in the South Pennine area of Littleborough taking in the Rochdale Canal and the picturesque Hollingworth Lake.

Distance: 5 miles (FAIRLY EASY)

Meeting point: Littleborough train station, Station Road, Littleborough, OL15 8AF.

Public transport: Littleborough train station, bus stop nearby.

Contact: Richard Gibbons 07889 466157 or email: rl-gibbons@sky.com



Hollin, Boarshaw and Hopwood woods

Living Well Rochdale

Monday 9, 16 and 23 May

Start of walk: 10.15am

Come and meet the group at Hollin estate management board every Monday at 10.15. This nice walk through the stunning Hopwood woods, along canals and commons will have you feeling great.

Distance: 1–2 miles (FAIRLY EASY)

Meeting point: Hollin Estate management board, Hollin, Middleton, M24 6FL.

Public transport: bus stop nearby.

Contact: Danny Smith 07773 078426 or email: Danny.Smith@BigLifeCentres.com



Littleborough area

Manchester and Salford Ramblers

Tuesday 10 May

Start of walk: 9.56am Victoria Station, 10.30am Littleborough Station

A rural walk taking in the lovely area of Littleborough and surrounding area. **Booking required.**

Distance: 7 miles (MEDIUM)

Meeting point: Victoria train station, Manchester, M3 1WY or Littleborough train station, OL15 8AR.

Public transport: Littleborough train station, bus stop nearby.

Contact: Margaret Metcalf 0161 839 3865 or email: margaretmetcalf58@hotmail.com



Photograph workshop

Link4Life

Sunday 15 May. Start of walk: 11am

Take out your digital camera and head out around the lake with Nigel to get some of his best tips for taking pictures. **Booking required.**

Distance: 4 miles (FAIRLY EASY)

Meeting point: Hollingworth Lake activity centre.

Public transport: Smithy Bridge train station, bus stop nearby.

Contact: Simon Duczak 01706 922148 or email: Simon.Duczak@link4life.org



Lakeside to hillside navigation introduction

Link4Life

Saturday 21 May. Start of walk: 11am

Head out with a mountain leader instructor, go through some of the basic skills of map reading and compass work. **Booking required.**

Distance: 10 miles (CHALLENGING)

Meeting point: Hollingworth Lake activity centre.

Public transport: Smithy Bridge train station, bus stop nearby.

Contact: Simon Duczak 01706 922148 or email: Simon.Duczak@link4life.org



Navigation walk

Map & Compass: Walk your own way

Sunday 29 May. Start of walk: 10am

A short walk on clear footpaths introducing you to how to use a map and compass to navigate yourself around the countryside. As well as walking we will be standing for some time so wear appropriate clothing. Maps and compasses provided. **Booking required.**

Distance: 1.5 miles (FAIRLY EASY)

Meeting point: Hollingworth Lake visitors centre, Rakewood Road, Littleborough, OL15 0AQ.

Public transport: Littleborough train station, bus stop nearby.

Contact: Jak Radice 07712 858471 or email: mapandcompassol21@gmail.com



Ramsbottom war weekend

Rochdale Ramblers

Sunday 29 May. Start of walk: 10.30am

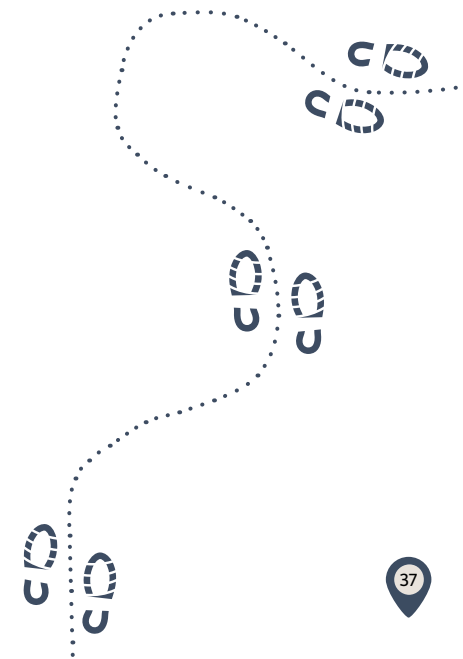
A pleasant walk around the hills and historic landscape of the pretty village of Ramsbottom which features the River Irwell, East Lancashire Railway and Peel Tower. You can experience the 1940s nostalgia in Ramsbottom after the walk.

Distance: 7 miles (MEDIUM)

Meeting point: Nuttall Park Car Park, Nuttall Hall Road, Ramsbottom, BLO 9LU.

Public transport: Ramsbottom train station (East Lancashire Railway), bus stop nearby.

Contact: Richard Gibbons 07889 466157 or email: rl-gibbons@sky.com



Salford

Health walk on Salford Quays

Salford Community Leisure

Tuesday 3 May. Start of walk: 12.50pm

A stroll around Salford Quays taking in Media City, Imperial War Museum, Old Trafford stadium and the docks. **Booking required.**

Distance: 2.5 miles (FAIRLY EASY) 

Meeting point: The Helly Hansen Watersport Centre, 15 The Quays, Salford Quays, M50 3SQ.

Public transport: Salford Quays Metrolink stop, bus stop nearby.

Contact: Jo Bennett 0161 778 0559 or email: jo.bennett@scll.co.uk



Wednesday walk

Salford Ranger Team

Wednesday 4, 11, 18 and 25 May

Start of walk: 10am

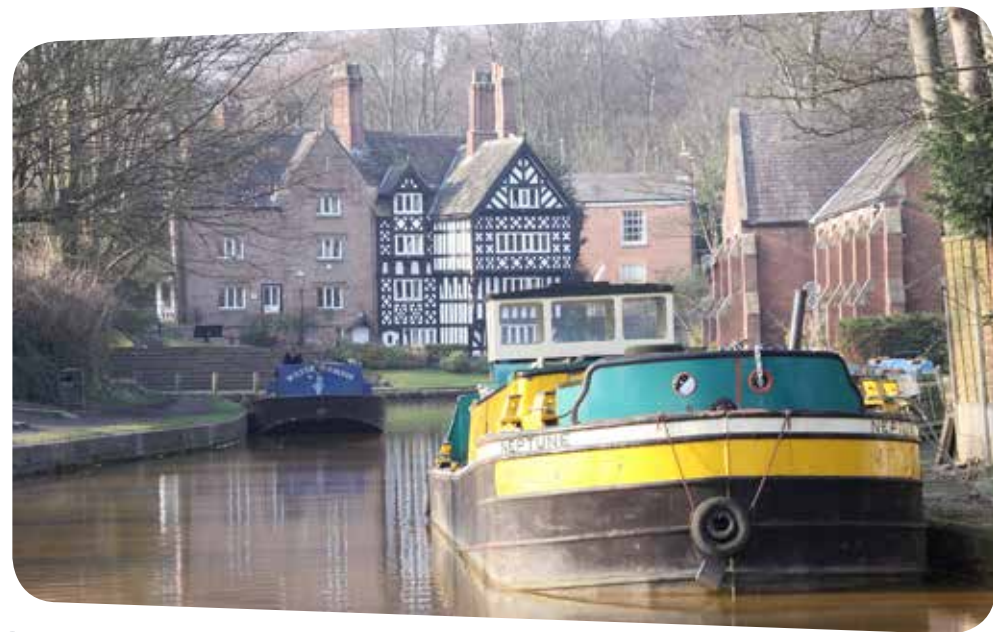
A two hour walk around the lovely countryside in the Irwell Valley starting and finishing in Clifton Country Park

Distance: 5–6 miles (MEDIUM)

Meeting point: Clifton Country Park visitors centre, Clifton House Road, Salford, M27 6NG.

Public transport: Clifton train station, bus stop nearby.

Contact: Gale Blackburn 0161 793 4219 or email: rangers@salford.gov.uk



Worsley Packet House – Bridgewater Canal Bat Walk – 6, 13 May

Blackleach Country parks health walks

Salford Ranger Team

Thursday 5, 12, 19 and 26 May

Start of walk: 10am

A sociable brisk health walk around a picturesque country park and surrounding countryside.

Distance: 2–3 miles (FAIRLY EASY) 

Meeting point: Blackleach Country Park, John Street, Walkden, Salford, M28 3TD.

Public transport: Walkden train station, bus stop nearby.

Contact: Richard Marshall 0161 790 7746 or email: Richard.marshall@salford.gov.uk



Bridgewater bat walk

Est. 1761 – The Bridgewater Canal

Friday 6 and 13 May. Start of walk: 8pm

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 they hunt for insects.

Please bring a torch. Booking required, visit www.est1761.eventbrite.co.uk

Distance: 3.5 miles (EASY)

Meeting point: Old Fold Park, entrance to the Bridgewater Canal, Parrin Lane, Monton.

Public transport: Patricroft train station; bus stop nearby.

Contact: Jill Tyson
email: bridgewatercanal@salford.gov.uk



Tree Goblin Hunt – 14 May

Salford (continued)

Tiny Tots ramble

Salford Ranger Team

Friday 6, 13, 20 and 27 May
Start of walk: 10.15am

A ramble around Clifton Park for parents and young children. We might feed the ducks, jump in puddles, or hide in dens on our way round, there's always something new to see. Join us in the centre at the end for a cup of tea and a healthy snack.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Clifton Country Park visitors centre, Clifton House Road, Salford, M27 6NG.

Public transport: Clifton train station, bus stop nearby.

Contact: Gale Blackburn 0161 793 4219 or email: rangers@salford.gov.uk



Blackleach Country Parks toddler walks

Salford Ranger Team

Monday 9, 16 and 23 May
Start of walk: 10.30am

A gentle 45 minute buggy- friendly walk around the country park for children under 5 followed by fruit and juice in the visitor centre.

Distance: 1 mile (EASY)

Meeting point: Blackleach Country Park, John Street, Walkden, Salford, M28 3TD.

Public transport: Walkden train station, bus stop nearby.

Contact: Richard Marshall 0161 790 7746 or email: Richard.marshall@salford.gov.uk



Tree Goblin Hunt

Red Rose Forest

Saturday 14 May. Start of walk: 10.30am

Join Professor Jigget the expert goblin hunter and tree explorer to find tree goblins around the park. After the goblin hunt, we'll make clay tree boggarts. **Booking required.**

Distance: 1 mile (EASY)

Meeting point: Green Grosvenor Park, Clarence Street, Lower Broughton, M71QZ.

Public transport: Bus stop nearby.

Contact: Lucy Holland 0161 872 1660 or email: lucy@redroseforest.co.uk



Bridgewater Discovery walk

Est. 1761 – The Bridgewater Canal

Saturday 14 May. Start of walk: 2pm

'Tow-the-line' walking tour around historic Monton village, the disused railway loopline and into the Dukes village of Worsley. This circular walk will time travel via science and engineering breakthroughs. **Booking required**, visit www.est1761.eventbrite.co.uk

Distance: 3 miles (FAIRLY EASY)

Meeting point: Dukes Drive, Parrin Lane, Monton.

Public transport: Patricroft train station, bus stop nearby.

Contact: Katherine Rice
email: bridgewatercanal@salford.gov.uk

Moses Gate spring walk

Salford Ranger Team

Sunday 15 May
Start of walk: 10am

A circular spring walk taking in two country parks, the Irwell River Valley, canals and plenty of wildlife.

Distance: 7 miles (MEDIUM)

Meeting point: Blackleach Country Park, John Street, Walkden, Salford, M28 3TD.

Public transport: Walkden train station, bus stop nearby.

Contact: Richard Marshall 0161 790 7746 or email: Richard.marshall@salford.gov.uk



Salford Trail – Route 8

Manchester and Salford Ramblers

Monday 16 May. Start of walk: 11am

This short walk is the final stage of the Salford trail which passes under the Bridgewater Canal and parallels the Manchester Ship Canal. Walking through Eccles to finish at Media City.

Distance: 3.5 miles (EASY)

Meeting point: Barton Bridge, next to Barton Bridge Pocket Park, Barton Road, Eccles, M30 OHX.

Public transport: Bus stop nearby.

Contact: Margaret Metcalf 07947 864534 or email: margaretmetcalf58@hotmail.com



Bridgewater discovery walk

Est. 1761 – The Bridgewater Canal

Tuesday 17 May. Start of walk: 10am

Following the Bridgewater Canal we will visit Worsley, where the canal began and boats bought coal from underground, and continue to Boothstown. After a short rest (please bring a packed lunch) we will cross the canal and return to Dukes Drive, Monton. **Booking required**, visit www.est1761.eventbrite.co.uk

Distance: 6 miles (MEDIUM)

Meeting point: Dukes Drive, Parrin Lane, Monton, M30.

Public transport: Patricroft train station, bus stop nearby.

Contact: Katherine Rice
email: bridgewatercanal@salford.gov.uk



Salford (continued)

Evening walk in Pendlebury area

Manchester and Salford Ramblers
Tuesday 24 May. Start of walk: 7pm

Evening walk along uneven and some well maintained paths around fields and reclaimed mining lands. Lots of wild flowers and history and some stunning views.

Distance: 4 miles (FAIRLY EASY)

Meeting point: Isis restaurant car park or Alice Street opposite. Near St Augustine's Pendlebury.

Public transport: Bus stop nearby.

Contact: Margaret Metcalf 07947 864534 or email: margaretmetcalf58@hotmail.com



Clifton Country Park heritage walk

Salford Ranger Team

Sunday 29 May. Start of walk: 11am

A walk around Clifton Country Park, stopping to look at some of its heritage and wildlife features.

Distance: 2–3 miles (MEDIUM)

Meeting point: Clifton Country Park visitors centre, Clifton House Road, Salford, M27 6NG.

Public transport: Clifton train station, bus stop nearby.

Contact: Gale Blackburn 0161 793 4219 or email: rangers@salford.gov.uk



Clifton Country Park heritage walk – 29 May

Stockport

Walkaday

Stockport Metropolitan Council

Tuesday 3 May. Start of walk: 1.30pm

Pleasant walks in the countryside with varied landscapes and beauty.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Bramall Hall Courtyard.

End point: Cheadle.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Walkaday

Stockport Metropolitan Council

Thursday 5 May. Start of walk: 1.30pm

Pleasant walks in the countryside with varied landscapes and beauty.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Village Hall, Windlehurst Road, High Lane.

End point: To be decided on the day.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Woodbank/Vernon Park walk

Walk Stockport (Walking for Health)

Monday 9, 16 and 23 May

Start of walk: 10.15am

The walk starts on a flat area around Woodbank Park and then moves into Vernon Park. There are some gradients. Ends at the café.

Booking required.

Distance: 1–2 miles (MEDIUM)



Meeting point: Vernon Park Café, Turncroft Lane, Offerton, Stockport, SK1 4JR.

Public transport: Stockport train station, bus stop nearby.

Contact: Dawne Fawcett-Tandy 07800 618575
email: dawne.fawcett-tandy@stockport.gov.uk



Walkaday

Stockport Metropolitan Council

Tuesday 10 May. Start of walk: 1.30pm

Pleasant walks in the countryside with varied landscapes and beauty.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Brinnington Park, Northumberland Road.

End point: Romiley.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Stockport (continued)

Walkaday

Stockport Metropolitan Council

Wednesday 11 May. Start of walk: 11am

Pleasant walks in the countryside with varied landscapes and beauty.

Distance: 7 miles (FAIRLY EASY)

Meeting point: Broadbottom train station.

Public transport: Broadbottom train station, bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Walkaday

Stockport Metropolitan Council

Thursday 12 May. Start of walk: 1.30pm

Pleasant walks in semi-urban areas with plenty of green spaces.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Woodley Shopping Centre/ Precinct.

End point: To be decided on the day.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Navigation Walk: Learn to use a map and compass

Map & Compass: Walk your own way

Saturday 14 May. Start of walk: 10am

A short walk on clear footpaths introducing you to how to use a map and compass to navigate yourself around the countryside. As well as walking we will be standing for some time so do wear appropriate clothing. Maps and compasses provided. **Booking required.**

Distance: 1.5 miles (FAIRLY EASY)

Meeting point: Reddish Vale visitors centre, Mill Lane, Reddish, Stockport, Cheshire, SK5 7HE.

Public transport: Bus stop nearby.

Contact: Cath Dyson 07411 165058 or
email: mapandcompassol21@gmail.com



Walkaday

Stockport Metropolitan Council

Tuesday 17 May. Start of walk: 1.30pm

Pleasant walks in the countryside with varied landscapes and beauty.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Etherow Country Park, Visitor Centre café, Compstall.

End point: To be decided on the day.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Green health walk

Manchester Community Giants

Thursday 19 May. Start of walk: 10.30am

Friendly walk welcoming all abilities.
Booking required.

Distance: 2.5 miles (FAIRLY EASY)

Meeting point: Beechwood cancer care centre, Chelford Grove, Stockport, SK3 8LS.

End point: To be decided on the day.

Public transport: Stockport train station, bus stop nearby.

Contact: Ambokile Bell 07745 259419 or
email: abell@manchestergiants.com



Walkaday

Stockport Metropolitan Council

Thursday 19 May. Start of walk: 1.30pm

Pleasant walks in the countryside with varied landscapes and beauty.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Shiloh Road in Mellor.

End point: Strines.

Public transport: Marple train station, bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Walkaday

Stockport Metropolitan Council

Tuesday 24 May. Start of walk: 1pm

Pleasant walks in semi-urban areas with plenty of green spaces.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: Reddish Bridge, McDonalds.

End point: The Donkey Sanctuary at Gorton.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Walkaday

Stockport Metropolitan Council

Thursday 26 May. Start of walk: 1.30pm

Pleasant walks in semi-urban areas with plenty of green spaces.

Distance: 3–4 miles (FAIRLY EASY)

Meeting point: War Memorial, St Johns Road, Heaton Mersey.

End point: To be decided on the day.

Public transport: Bus stop nearby.

Contact: Ernest Nama 0161 474 4595
email: Ernest.nama@stockport.gov.uk

Stockport (continued)

Kinder Downfall and Kinder Low

Manchester and Salford Ramblers

Monday 28 May. Start of walk: 10.30am

This walk celebrates the Mass Trespass of 1932. Walking over the Kinder Downfall and Kinderlow.

Distance: 7 miles (CHALLENGING)

Meeting point: Bowden Bridge Car Park, Kinder Road, Hayfield, SK22 2LH.

Public transport: No public transport nearby.

Contact: Cath Dyson 07411 165058 or email: margaremetcal58@hotmail.com



Tameside

Walk and talk – Anthony Seddon

Active Tameside

Tuesday 3, 10, 17 and 31 May

Start of walk: 12.30pm

A gentle 30 minute circular walk through Ashton. Suitable for all abilities.

Distance: 1 mile (EASY)

Meeting point: The Anthony Seddon Fund Centre, 140 Stamford Street, Ashton-under-Lyne, OL6 6AD.

Public transport: Ashton Metrolink stop, bus stop nearby.

Contact: Sean Vickers 0161 366 4860 or email: sean.vickers@activetameside.com



Walk and talk – Denton Pool

Active Tameside

Tuesday 3, 10, 17, 24 and 31 May

Start of walk: 10am

A gentle 30 minute circular walk from Active Denton. The walk goes through Victoria Park and passes Denton's famous 'Black and White' church. Suitable for all abilities.

Distance: 1 mile (EASY)

Meeting point: Active Denton, Victoria Street, Denton, M34 3GU.

Public transport: Denton train station, bus stop nearby.

Contact: Sean Vickers 0161 366 4860 or email: sean.vickers@activetameside.com



Walk and talk – Oxford Park

Active Tameside

Tuesday 3, 10, 17, 24 and 31 May

Start of walk: 10.30am

A gentle 30 minute circular walk from Active Oxford Park community gym. Takes in part of the Ashton Canal. Suitable for all abilities.

Distance: 1 mile (EASY)

Meeting point: Active Oxford Park, Pottinger Street, Ashton-under-Lyne, OL7 0PW.

Public transport: Guide Bridge train station, bus stop nearby.

Contact: Sean Vickers 0161 366 4860 or email: sean.vickers@activetameside.com



Ashton health walk – Park Bridge

Tameside Health Walks

Wednesday 4 May. Start of walk: 11am

A health walk along the old railway line to the historic Park Bridge Ironworks site.

Distance: 3 miles (FAIRLY EASY)

Meeting point: Broadoak Centre, Broadoak Road, Ashton, OL6 8RS.

Public transport: Ashton-under-Lyne Metrolink stop, bus stop nearby.

Contact: George Cope 07855 984586 or email: gjcope@ntlworld.com



Tameside (continued)

Fair Daisy Nook – Ashton to Woodhouses via Daisy Nook circular

Tameside Ramblers

Wednesday 4 May. Start of walk: 11am

Mainly flat walk suitable for all family and dogs, can be muddy in parts and some narrow paths.

Distance: 5.5 miles (FAIRLY EASY)

Meeting point: Ashton under Lyne train station, Wellington Road, Ashton-under-Lyne, OL6 6JP.

Public transport: Ashton-under-Lyne train station, bus stop nearby.

Contact: Peter Summers 0161 339 0346 or email: pgsummers@googlemail.com



Walk and Talk – Dukinfield library

Active Tameside

Thursday 5, 12, 19, 26 and 31 May
Start of walk: 11am

A gentle 30 minute circular walk from Active Dukinfield library, through Dukinfield Park. Suitable for all abilities.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Dukinfield Library, Concord walk, Dukinfield, SK16 4DB.

Public transport: Stalybridge train station, bus stop nearby.

Contact: Sean Vickers 0161 366 4860 or email: sean.vickers@activetameside.com



Bottoms up to the Hague – Broadbottom and Hurst Clough circular

Tameside Ramblers

Saturday 7 May. Start of walk: 11am

An easy walk along quiet lanes, woodland and farmland. Good views from higher ground.

Distance: 4 miles (FAIRLY EASY)

Meeting point: Broadbottom station, Lower Market Street, Broadbottom.

Public transport: Broadbottom train station, bus stop nearby.

Contact: Lynda Chandler 07974 275668 or email: Lynda_charlie@yahoo.co.uk



Hyde health walk

Tameside Health Walks

Monday 9, 16 and 23 May.
Start of walk: 10.30am

A short health walk round the tranquil Hyde Park.

Distance: 1 mile (EASY)

Meeting point: The Grafton Centre, Grafton Street, Hyde.

Public transport: Hyde Central train station, bus stop nearby.

Contact: George Cope 07855 984586 or email: gjcope@ntlworld.com



Walk and Talk – Sunnybank Vale

Active Tameside

Monday 9, 16, and 23 May
Start of walk: 11am

A gentle 30 minute circular walk through Droylsden. Suitable for all abilities. Sunnybank Vale is a unique area of urban countryside. It's that little bit of green space on your doorstep. A gentle circular walk that is suitable for all abilities.

Distance: 1 mile (FAIRLY EASY)

Meeting point: Sunnybank Vale car park, Greenside Lane (opposite Springfield Road), Droylsden, M43 7SL.

Public transport: Droylsden Metrolink stop, bus stop nearby.

Contact: Sean Vickers 0161 366 4860 or email: sean.vickers@activetameside.com



What's it all about Alphin? – Alphin Pike from Carrbrook

Tameside Ramblers

Wednesday 11 May
Start of walk: 10.30am

A strenuous walk over moorland via Harridge Pike, Higher Swineshaw, Ogden Clough and Chew Valley skyline to Alphin Pike, returning along the 'Roman Road' to Carrbrook.

Distance: 9–10 miles (CHALLENGING)

Meeting point: Carrbrook Village car park at the top of Buckton Vale Road, SK15 3NY.

Public transport: Stalybridge train station, bus stop nearby.

Contact: John Bewick 01457 832226 or email: bewick29@btinternet.com



Spring into Medlock Valley

Tameside Ramblers

Saturday 14 May. Start of walk: 10.30am

Mainly flat walk through Medlock Valley, suitable for experienced walkers and dogs, but not families with young children.

Distance: 9.5 miles (MEDIUM)

Meeting point: Ashton-under-Lyne train station, Wellington Road, Ashton-under-Lyne, OL6 6JP.

Public transport: Bus stop nearby.

Contact: Peter Summers 0161 339 0346 or email: pgsummers@googlemail.com



Tameside (continued)

Stamford health walk

Tameside Health Walks

Saturday 14, 21 and 28 May.
Start of walk: 1.30pm

A short health walk around the award winning Stamford Park.

Distance: 1 mile (EASY) 

Meeting point: The Café, Stamford Park, Ashton.

Public transport: Ashton-under-Lyne Metrolink stop, bus stop nearby.

Contact: George Cope 07855 984586 or email: gjcope@ntlworld.com



The highs and lows of Tameside

Tameside Ramblers

Wednesday 18 May
Start of walk: 10.30am

A moderately strenuous walk through woodland and farmland following field paths and quiet lanes. A varied circuit with splendid views.

Distance: 12 miles (CHALLENGING)

Meeting point: Broadbottom train station, Lower Market Street, Broadbottom.

Public transport: Broadbottom train station, bus stop nearby.

Contact: Lynda Chandler 07974 275668 or email: Lynda_charlie@yahoo.co.uk



Mossley health walk

Tameside Health Walks

Wednesday 18 and 25 May.
Start of walk: 2pm

A gentle walk around the historic Huddersfield Narrow Canal and Micklehurst loop railway line.

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Roaches Lock Inn, Manchester Road, Mossley, OL5 9BB.

Public transport: Mossley train station, bus stop nearby.

Contact: George Cope 07855 984586 or email: gjcope@ntlworld.com



Walk and Talk – Anthony Seddon walk 3, 10, 17, 31 May

Bridges over Double Waters – Peak Forest Canal and River Tame

Tameside Ramblers

Saturday 21 May. Start of walk: 11am

An easy walk by the Peak Forest Canal and River Tame. Can be muddy in places so waterproof footwear is recommended. Suitable for all the family but not buggies or pushchairs

Distance: 4.5 miles (FAIRLY EASY)

Meeting point: Manchester Road Hyde, by bus stop near Aldi/opposite Cheshire Cheese pub, SK14 2BJ.

Public transport: Hyde Central train station, bus stop nearby.

Contact: Stewart Ramsden 07714 445118 or email: stewart.ramsden@gmail.com



Droylsden health walk

Tameside Health Walks

Saturday 21 May.
Start of walk: 10.30am

A health walk along around Ashton Moss and the Medlock Valley to Daisy Nook with coffee break and return walk.

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Medlock Leisure Centre, Droylsden, M43 7XU.

Public transport: Droylsden Metrolink stop, bus stop nearby.

Contact: George Cope 07855 984586 or email: gjcope@ntlworld.com



Stalybridge health walk

Tameside Health Walks

Monday 23 May. Start of walk: 1pm

A health walk around the little known beauty of Stalybridge Country Park or the historic Micklehurst Loop railway line and Huddersfield Narrow Canal.

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Copley Leisure Centre, Huddersfield Road, Stalybridge, SK15 3ET.

Public transport: Stalybridge train station, bus stop nearby.

Contact: George Cope 07855 984586 or email: gjcope@ntlworld.com



Tameside (continued)

The wild side of Tameside: wild bank and Hollingworth Hall Moor

Tameside Ramblers

Wednesday 25 May
Start of walk: 10.30am

Energetic walk across farmland and moorland. A long climb onto Wild Bank Hill which, at 399m, is one of the highest points in Tameside, with extensive views.

Distance: 12 miles (CHALLENGING)

Meeting point: Under the arches by Godley train station, Mottram Road, Hyde, SK14 4DP.

Public transport: Godley train station, bus stop nearby.

Contact: Stewart Ramsden 07714 445118 or email: stewart.ramsden@gmail.com

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The Stalybridge murder walk

Tameside Ramblers

Saturday 28 May
Start of walk: 10.30am

A fairly varied walk taking in the grounds of an old mansion, where a local murder was committed. Two moderate hills in open countryside, concluding with a canal walk

Distance: 8.5 miles (MEDIUM)

Meeting point: Stalybridge Station, Market Street, Stalybridge, SK15 1RF.

Public transport: Stalybridge train station, bus stop nearby.

Contact: John Harrison 0161 368 7341 or email: harrisonjohn6@gmail.com



The wild side of Tameside: wild bank and Hollingworthall Moor – 25 May

Trafford

Meadow bat walk

Red Rose Forest

Wednesday 4 May
Start of walk: 8.30pm

A guided walk around the meadows with bat detectors. Listen to the different bat calls and watch as they fly above in search of food.
Please bring a torch. Booking required.

Distance: 2 miles (EASY)

Meeting point: Urmston Meadows, Riverside Drive (Matlock Avenue entrance).

Public transport: Bus stop nearby.

Contact: Janie Burrage 0161 872 1660 or email: Janie@redroseforest.co.uk



Hay Meadow, Urmston Meadows

Sale Water Park nordic walk

Trafford Leisure

Friday 6, 13, 20 and 27 May
Start of walk: 12noon

Situated amongst the beauty of Sale Water Park, various routes delivered around the neighbouring woodland and river paths. The Nordic poles provide an increased workout – particularly for the upper body.

Distance: 3 miles (MEDIUM)

Meeting point: Sale Water Park – Outside visitors centre and metro cafe. M33 2LX.

Public transport: Sale Water Park Metrolink stop; bus stop nearby.

Contact: Matthew Round 0161 286 3968 or email: Matthew.round@traffordleisure.co.uk



Trafford (continued)

Sale Water Park and Chorlton Ees

Ramblers Trafford Group

Saturday 7 May. Start of walk: 11am

Join the local Ramblers group for a leisurely stroll around Sale Water Park and Chorlton Ees. This easy flat walk will take around 2 hours to complete.

Distance: 4–5 miles (EASY)

Meeting point: Mersey Valley Visitor Centre, Rifle Road, Sale, M33 2LX.

Public transport: Sale Water Park Metrolink, bus stop nearby.

Contact: Sheila Kabbani 07930 320923 or email: rtgmembership@yahoo.co.uk



Spring forage

Red Rose Forest

Saturday 7 May. Start of walk: 10.30am

Guided forage around Sale Water Park to uncover some of the edible delights on offer this spring. Walkers will have the opportunity to sample foraged items. **Booking required.**

Distance: 2 miles (FAIRLY EASY)

Meeting point: Mersey Valley visitors centre, Sale Water Park, Rifle Road, M33 2LX.

Public transport: Sale Water Park Metrolink, bus stop nearby.

Contact: Janie Burrage 0161 872 1660 or email: Janie@redroseforest.co.uk



Tree Treasure Trail – 31 May

Parks of Sale

Red Rose Forest

Sunday 8 May. Start of walk: 11am

Join our guides on a journey through some of the finest parks in Sale. Explore Moor Nook Park, Walkden Gardens, Worthington Park and Priory Gardens. Refreshments provided after the walk. **Booking required.**

Distance: 4.7 miles (MEDIUM)

Meeting point: The Bridge Inn, Dane Road, M33 7QH.

Public transport: Dane Road Metrolink stop, bus stop nearby.

Contact: Janie Burrage 0161 872 1660 or email: Janie@redroseforest.co.uk



Bumblebee walk

Red Rose Forest

Tuesday 10 May. Start of walk: 11am

Anyone can become a bee walker! Join our monthly Bee Walk and take part in a nationwide monitoring programme by counting bees as you walk. This is conservation at your feet. **Booking required.**

Distance: 1.2 miles (EASY)

Meeting point: Sale Water Park visitors centre, Sale Water Park, Rifle Road, M33 2LX.

Public transport: Sale Water Park Metrolink stop, bus stop nearby.

Contact: Janie Burrage 0161 872 1660 or email: Janie@redroseforest.co.uk



The Waterway bat Walk

Red Rose Forest

Thursday 19 May. Start of walk: 8.50pm

A guided walk around the water park with bat detectors. Listen to the different bat calls and watch as they fly above in search of food. **Please bring a torch. Booking required.**

Distance: 2 miles (EASY)

Meeting point: Mersey Valley visitors centre, Sale Water Park, Rifle Road, M33 2LX.

Public transport: Sale Water Park Metrolink stop, bus stop nearby.

Contact: Janie Burrage 0161 872 1660 or email: Janie@redroseforest.co.uk



Tree treasure trail

Red Rose Forest

Tuesday 31 May. Start of walk: 10.30am

Follow the woodland trail to uncover little treasures. Along the way you will discover lots about the woods and the wildlife that lives in Woodheys Park. **Booking required.**

Distance: 1 mile (EASY)

Meeting point: Woodheys Park, Kenmore Road, Sale, M33 4LP.

Public transport: Bus stop nearby.

Contact: Janie Burrage 0161 872 1660 or email: Janie@redroseforest.co.uk



Wigan

Bridgewater medical centre walk

Inspiring Healthy Lifestyles

Tuesday 3, 10, 17, 24 and 31 May
Start of walk: 1.20pm

A 1 hour health walk suitable for beginners and intermediates. A chance to visit and see the history along the Leeds-Liverpool Canal.

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Outside the Bridgewater medical centre reception, Henry Street, Leigh, WN72PE.

Public transport: Bus stop nearby.

Contact: Tracy Morris 07943 840259 or email: t.morris@wlct.org



Atherton Children's Centre walk

Inspiring Healthy Lifestyles

Wednesday 4, 11, 18 and 25 May
Start of walk: 9.50am

An ideal walk for families with buggies or small children. Social and fun walk around Atherton area.

Distance: 3 miles (EASY) 

Meeting point: Meet outside Atherton children's centre reception, Formby Avenue, Atherton, M46 0HX.

Public transport: Atherton train station, bus stop nearby.

Contact: Tracy Morris 07943 840259 or email: t.morris@wlct.org



Wigan health walk

Three Sisters

Inspiring Healthy Lifestyles

Thursday 5, 12, 19 and 26 May
Start of walk: 1.15pm

A fabulous walk around the Three Sisters. Beautiful scenery on route and an opportunity to bird watch at various points

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Car park by the lake, Three Sisters Road, WN4 8DD.

Public transport: Bryn train station, bus stop nearby.

Contact: Tracy Morris 07943 840259 or email: t.morris@wlct.org



Pennington Flash Country Park

Inspiring Healthy Lifestyles

Thursday 5, 12, 19 and 26 May
Start of walk: 9.50am

A scenic and beautiful walk around picturesque Pennington Flash. There will be an opportunity to see a variety of wildlife on offer along the walk.

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Meet at the portacabin next to the rangers hut, WN7 3PA.

Public transport: Bus stop nearby.

Contact: Tracy Morris 07943 840259 or email: t.morris@wlct.org



Howe Bridge history and area walk

Inspiring Healthy Lifestyles

Friday 20 May
Start of walk: 10.50am

A social and scenic walk around the historic area of Howe Bridge and Atherton. A walk full of historical information.

Distance: 3 miles (FAIRLY EASY) 

Meeting point: Outside Howe Bridge Leisure Centre reception, Eckersley Fold Lane, Atherton, M46 0PJ.

Public transport: Atherton train station, bus stop nearby.

Contact: Tracy Morris 07943 840259 or email: t.morris@wlct.org



Walking group directory

Bolton

Bolton Council – Walk this way

Walk this way run a series of health walks led by trained volunteers. The walks are suitable for anyone exercising for the first time or who hasn't exercised for a while. Walks vary from one to two hours in duration at different paces to suit all preferences and abilities.

For more information:

 www.getactivebolton.co.uk

 01204 488202

 [getactivebolton](https://www.facebook.com/getactivebolton)

Bolton Hospice

This walking group welcome anyone who has been affected by cancer, including carers, family and friends. They meet on the first Friday of the month at 1pm at various locations around Bolton. Walks are at a medium to slow pace and last for about 30 minutes.

For more information:

 www.boltonhospice.org.uk

 01204 488202

Bury

Bury – Walk with Me

Walk with Me hold weekly health walks in Summerseat, Greenmount & Prestwich, catering for a variety of fitness levels ranging from shorter 30 minute walks to longer walks of 90 minutes. The walks being delivered by the group are soon to be extended across other areas of Bury.

For more information:

 www.walkingforhealth.org.uk/walkfinder/north-west/bury-health-walks

 0161 253 6396

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Manchester

Friends of Blackley Forest

The Friends of Blackley Forest are a group of volunteers dedicated to the conservation of Blackley Forest in North Manchester. Health walks around the forest take place on Mondays and Thursdays twice a month throughout the year.

For more information:

 www.blackleyforest.com

 0161 795 0900

Red Rose Forest

There are lots of walks in and around Manchester and Trafford organized by the Red Rose Forest team. Red Rose Forrest is a community initiative helping to transform a large part of Greater Manchester into a greener, healthier and more satisfying place to live, work and invest.

For more information:

 www.redroseforest.co.uk

 0161 872 1660

Manchester Community Giants

Manchester Community Giants deliver health walks in Manchester on behalf of Macmillan Active Manchester.

For more information:

 <http://www.macmillanactivemanchester.com/#!activities/c9ft>

 07745 259419



Oldham

Oldham Ramblers

Oldham Ramblers are one of the most active walking groups in the area. On a Sunday the group offers two walks, one is an easy level walk and the other is of moderate difficulty. Every Wednesday the group delivers a walk with a pub lunch, the walk has a short option, or a longer day option. Non-members are very welcome to attend the walks.

For more information:


 www.oldhamramblers.org.uk

 07837 833767

Active Oldham Outdoors

Active Oldham Outdoors is a unique walking project that looks at fun and enjoyable ways of increasing walking participation across the borough of Oldham.

For more information:

 Active-Oldham Outdoors
-1641912102695438/

 activeoldhamoutdoors@gmail.com

Oldham Community Leisure

Oldham Community Leisure deliver a number of walks in the Oldham area. Join in a session with a qualified Nordic Walking instructor, meet new friends and enjoy the outdoors. Nordic Walking sessions are run from Oldham Sports Centre & Saddleworth Pool and Fitness Club.

For more information:

 www.oclactive.co.uk


 0161 207 7000



Lees Health Walks

Lees Health Walks are a sociable group of walkers who meet at Lees Library every Tuesday at 10.15am for a 10.30am local walk. The group delivers 3 different levels of walk, so there are walks to suit all abilities.

For more information:

 www.walkingforhealth.org.uk/walkfinder/oldham-lees-health-walks-0

 01706 565621

Dunwood Park Nordic Walkers

Dunwood Park Nordic Walkers offers approximately one and a half hours of Nordic Walking. Optional walking poles provided. Second Sunday of the month – meet at 11am. Different destinations and a guest speaker each month. No need to book.

For more information:

 Dunwood Park Nordic Walkers

 07904 072181

Experience Community CIC

Experience Community CIC is a not-for-profit Community Interest Company that provides films and information about walks and other leisure activities for disabled people and the wider community.

Try a mountain trike every Tuesday 11.00am-3.30pm for free – **booking is essential.**

For more information:

 www.experiencecommunity.co.uk

 07894 572171

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Walking group directory (continued)

Rochdale

Link4Life

Link4life is a registered charity that provides many of the leisure and cultural services in the borough of Rochdale. Hollingworth Lake Water Activity Centre is one of its many sites and here at the centre they provide a wide range of activities that are water and land based. The group offers walks led by staff members that have a keen interest in walking and getting out into the surrounding Pennines. The walks offer participants the chance to head out to the hills and either learn some photography skills, learn some simple navigation techniques or just get some fresh air and exercise.

For more information:

 www.link4life.org/whats-on/preview/guided-walks-tours

 01706 922148

 [HollingworthLakeActivityCentre](#)

LivingWell Rochdale

The Livingwell team works with you to help make changes to your health and wellbeing. The team delivers services out of local community venues across Rochdale Borough and all our services are free to use. The service is commissioned by Rochdale Metropolitan Council.

For more information:

 www.thebiglifegroup.com/big-life-centres/livingwell

 01706 751190

Rochdale Ramblers

The Rochdale Ramblers are affiliated to the Ramblers Association and are within the Greater Manchester and High Peak Area. There are currently 221 members and new members are always welcome. Walks take place on both weekdays and weekends throughout the year and as well as an annual coach trip there are periodic walking events and socials. Walks are mainly in and around the South Pennine area covering distances of between 5 and 10 miles and there are also opportunities for longer more challenging walks for members

For more information:

 www.rochdaleramblers.co.uk

 07889 466157



Oldham Werneth Park



Walking group directory (continued)

Salford

Salford Community Leisure

Salford Community Leisure deliver health walks encouraging and supporting people to become more physically active in order to improve their health. The walks are led by trained volunteers and can be from 45 minutes to an hour.

For more information:

 www.salfordcommunityleisure.co.uk

 0161 778 0559

Manchester and Salford Ramblers

Manchester and Salford Ramblers, who are also part of the Manchester and High Peak area of the Ramblers, offer a varied programme of weekly walks and hikes around Manchester and Salford. The walks delivered can also include some city centre walks, the walks are generally 5-6 mile walks on Tuesdays and Saturdays.

For more information:

 www.manchesterandsalfordramblers.org.uk

 0161 839 3865

Salford Ranger Team

Salford Ranger team deliver regular 2 hour 'Wednesday walks' and Friday 'Tiny Tots rambles' around Clifton Country Park, there are also bike rides for those who prefer two wheels!

For more information:

 www.visitsalford.info/allevnts.htm

 0161 793 4219

Est. 1761 – Bridgewater Canal Project

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, umbrella doodling 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 Bridgewater Canal in Salford. In 2016 towpaths are being improved, with better access to the canal, new signage and lots of engaging activities and events.

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.

For more information:

 www.est1761.org

Walking group directory (continued)

Stockport

Walk Stockport

Walk Stockport is aimed at people looking to become more active from a health point of view. The group offers a range of walks in and around Stockport from between 30 minutes to an hour.

For more information:

 www.walkingforhealth.org.uk/walkfinder/stockport-walk-stockport

 07800 618575

Walk a Day

Walkaday is a programme of friendly led-walks which aims to encourage people to walk. Walkaday is administered by Stockport Council and walks are led by volunteers. Our programme of friendly led walks explores the parks, footpaths and green spaces of Stockport on Tuesdays and Thursdays. The Tuesdays and Thursdays walks are about 4 miles long and aim to encourage people who are new or returning to exercise the opportunity to attend walks delivered at a relaxing pace. Unless stated otherwise, the starting time for most of the Tuesday and Thursday walks is usually 1.30 p.m.

For more information:

 www.stockport.gov.uk/services/leisureculture/walkinginstockport/

 0161 217 6111

Tameside

Tameside Ramblers

The Tameside branch of the Ramblers Association, delivers walks in and around the Tameside area. The group offers two walks a week on a Wednesday and Saturday.

For more information:

 www.tamesideramblers.org.uk

 0161 339 0346

Tameside Health Walks

Tameside Health Walks offer a series of short, guided walks aimed at promoting a healthier lifestyle for older people as well as being suitable for people of varying abilities. The weekly walks are between one and three miles long, can be taken at your own pace and are ideal for people who are not used to taking regular exercise.

For more information:

 www.walkingforhealth.org.uk/walkfinder/north-west/tameside-health-walks

 07855 984586

Active Tameside

With a vision 'to inspire people to live well and feel great!' Active Tameside offers an exercise referral service, aiming to help improve the health of the Tameside population. Visit the website to find out if you qualify and can come out and join us on some of our led walks.

For more information:

 www.livewelltameside.com/home/community-exercise-activities

 0161 366 4860

Trafford

Red Rose Forest

There are lots of walks in around Manchester and Trafford organized by the Red Rose Forest team. Red Rose Forest is a community initiative helping to transform a large part of Greater Manchester into a greener, healthier and more satisfying place to live, work and invest.

For more information:

 www.redroseforest.co.uk


 0161 872 1660

 RedRoseForest

Trafford Leisure

Trafford Leisure provide a Health Walk Scheme which is suitable for all ages. All walks are free of charge and led by trained health walk leaders. There are several guided health walks as part of the STRIDE health walk scheme, one of which is indoors at the Trafford Centre! All walks are between 45 minutes to an hour.

For more information:

 www.walkingforhealth.org.uk/walkfinder/north-west/trafford-stride

 0161 286 3968

Trafford Ramblers

The Ramblers Trafford Group is part of the Ramblers national charity. We provide 7-12 mile led walks on Thursdays and Sundays as well as short, easy Saturday Strolls for those who are new to walking. The group also has an active footpath team who are involved in monitoring and maintaining our local footpaths and rights of way.

For more information:

 www.ramblers-trafford.co.uk

 07930 320923

Wigan

Inspiring Healthy Lifestyles

Active Living's Health Walks programme is led by volunteers who offer people living in Wigan an accessible yet diverse programme of walks, featuring walks of various lengths, Historic and Nature Walks and Nordic Walking.

For more information:

 www.getactivewiganandleigh.co.uk

 07943 840259

GM Wide

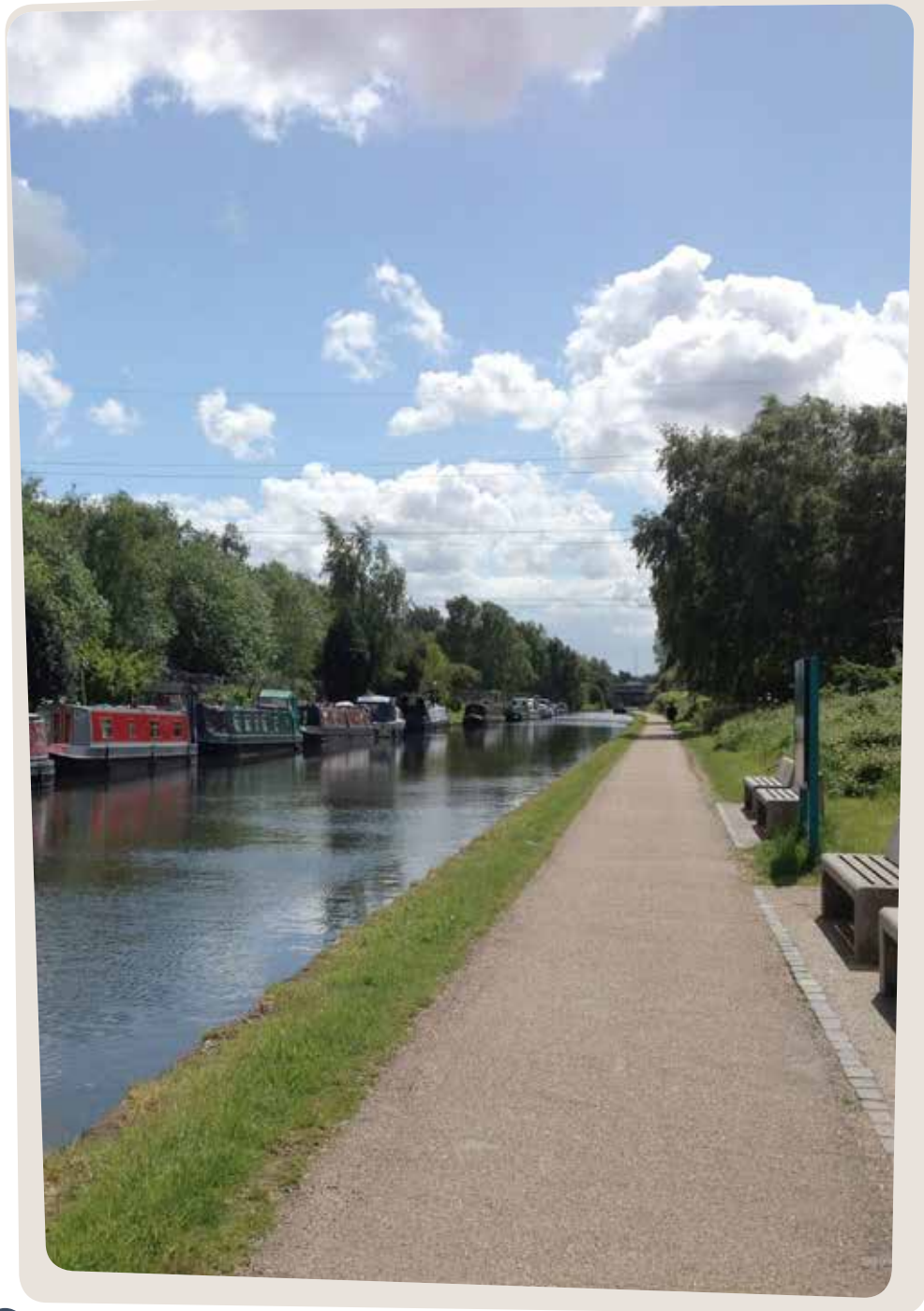
Map and Compass

Map and Compass: walk your own way is Cath Dyson and Jak Radice. Both are qualified walk leaders. They run navigation walks for beginners and more experienced walkers in and around the wonderful South Pennines Moorland Landscape.

For more information:

 www.mapandcompass.wix.com/mapandcompass

 07411 165058



Bridgewater Way

Real HANDFUL™

As a local business Real Handful are proud to be supporting the **Greater Manchester Walking Festival 2016** and the opportunities it creates for people to improve their health through walking - and meet new people too.

We decided to create our range of tasty and nutritious natural snacks whilst on a hiking trip ourselves so inspiring people to snack better and get outdoors more is one of our ongoing missions. Please do get involved and have fun out there!

Joe & Carly



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Greater Manchester Walking Weekends

Explore Greater Manchester and surrounds this summer and autumn with free guided walks.

In addition to the May walking festival, Transport for Greater Manchester is organising 'Walking Weekends', starting this summer.

These weekends will involve a number of free guided walks, across the region, taking in both suburban and urban landscapes. Experienced walk guides from organisations like the Ramblers, will lead the way and provide fascinating facts that showcase the rich tapestry of Greater Manchester's history and culture.

A wide range of walks will be on offer, to suit all ages and abilities. All walks will start and finish within easy reach of public transport and will explore sections of, for example, the Salford Trail and Manchester's Green Corridor.

The first Walking Weekends will take place later this year, dates will be confirmed nearer the time.

Carragh Teague, Walking Coordinator at Transport for Greater Manchester, says: "By putting on these free guided Walking Weekends, we are hoping to encourage more people to get out and walk for fun, whether as an individual, with friends or as a family. They are a great way to explore all Greater Manchester has to offer, from canal-side walks, to leafy parks and historical landmarks. The guides bring the walks to life and make sure there is something to suit every taste."

To find out more about the 'Greater Manchester Walking Weekends' visit



www.tfgm.com/walking



www.facebook.com/GMwalkingfestival

