Walking for Health in Wolverhampton

Join us today - everyone is welcome (booking not required). Children under 14 years must be accompanied by an adult.

Please note only registered assistance dogs are allowed on health walks.

For more information on these walks or if you require this leaflet in a larger print or a different language please contact the Walking for Health team on:

Freephone: 0800 073 4242 or Tel: 01902 444246

Website: www.royalwolverhampton.nhs.uk/your-health/walking-for-health/

Nordic walking in Wolverhampton

Suitable for all fitness levels – adults only

For more information or to book a free Nordic Walk taster session please telephone: 01902 687039

Useful websites:

www.walkingforhealth.org.uk (includes a ‘walk finder’ search facility)
www.networkwestmidlands.com (public transport timetables)
www.searchforsport.co.uk (add your postcode & find sports near you)

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Walking for Health in Wolverhampton

Free Health Walks Timetable: 1 April 2016 - 30 September 2016

Easy - Up to 30 minutes walking time on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

Moderate - Up to 60 minutes walking time and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

More Difficult - More challenging walks of up to 90 minutes walking time and may include steeper slopes, steps, uneven surfaces and stiles.

All walking times exclude rest stops.

Suitable for Wheelchairs & Pushchairs

Aldersley Leisure Village
Meet on Reception at Aldersley Leisure Village, Hugh Porter Way, just off Aldersley Road, WV6 9NW. The routes can be more strenuous and muddy at times.
EVERY THURSDAY 1PM and FIRST TUESDAY OF THE MONTH 10.30am, EACH SECOND SATURDAY OF THE MONTH 10.30am

Ashmore Park
Meet outside the Tea Rooms in Gant Park, WV6 5QL. It can be muddy on the grass. TUESDAYS 10.30am & SATURDAYS 2:30pm

Bilston
Two walk options. Each week a short walk of 1-1 ½ miles and a longer walk of up to 90 minutes. Meet in Bert Williams Leisure Centre Cafe, Nettledfields Way, Bilston, WV14 6EF. TUESDAYS 2:00pm

Boundary Way Allotments
Meet in the timber hut along the track in the Boundary Way Allotments next to Highfields School WV4 4NZ. FRIDAYS 10:30am

Bradley
Meet at St Martin’s Church Hall, Slater St, WV14 8FP. WEDNESDAYS 9:30am

Broadway Gardens
Meet at Broadway Gardens reception, Northwood Park road, Bushbury, WV5 8JS. TWO walk options, a short easy walk around Northwood Park and a longer walk option. WEDNESDAYS 10:30am

Bushbury
Meet at St. Mary’s Church Hall, Bushbury Lane opposite Collwood Road, WV10 8SP. SATURDAYS 10am

Compton
Meet at the Tea Rooms, Compton Hospice, Compton Road West, WV3 8DH. Can be muddy. LAST SATURDAY OF THE MONTH 10.30am

Defe Walk, West Park
Meet at Tea Rooms, West Park, off Cowaugh Road, WV1 4PW. Walking in the park. A Defe friendly health walk with British Sign Language walk leaders open to all. Walk takes place alternating with walks by day. Please either text 07717 496690 or email nh-r.walkingforhsh@nhs.net to check when the walk is on. ALTERNATE WEDNESDAYS 12pm

Dixon Street Park, All Saints
Meet at Kent Road Entrance of the park, WV2 2BA. Circuit walking in the park. TUESDAYS & THURSDAYS 10.30am

East Park
Meet at the changing rooms in the centre of East Park by the paddling pool, WV1 2BS. MONDAYS & WEDNESDAYS 10.30am

Fordhouses
Meet at Moreton Arms pub garden, Springfield Lane, Fordhouses, WV10 6PX. WEDNESDAYS 2pm

Fowlers Park
Meet at Coven Lodge, Coven Street, Fallings Park, WV10 9AA. FRIDAYS 2pm

Goldthorn Park
Meet at the corner of Rosemary Crescent and Ednam Road by the roundabout WV4 5BE. TUESDAYS 10am

Graiseley Park, Blakenhall
Meet at children’s play area, off Pool Street WV2 4NA. Circuit walking in the park. MONDAYS 12.30pm & WEDNESDAYS 1pm

Heath Town, Holy Trinity
Meet at Holy Trinity Church Hall, Bushbury Road, Heath Town, WV10 0LY. Varied local and interesting walks with a monthly longer walk of up to 90 minutes on each second Thursday of the month. THURSDAYS 10am

Heritage Walk
A series of monthly heritage walks with expert commentary on the history and heritage of each area. 6th April - Church Hill and Vicarage Road 4th May - Walsall Hill and The Seven Cornfields 1st June - Penn Common The above three walks all start from the Penn United Reformed Church, 333 Penn Road, W-ton, WV4 5QF 6th July - Bradmore - starting from Birmingham House Cafe, Bantock Park, W-ton, WV3 8QO 3rd August - Wolverhampton Railway and Canal - starting from the Railway Cafe, Bratch Lane, Wombourne. 7th September - Wombourne Village - starting from the Railway Cafe, Bratch Lane, Wombourne. 1st WEDNESDAY OF THE MONTH 29M

Himley & Baggeridge
Meet at Golf Club Cafe, Himley Hall Park, Himley, DY9 1DF. Strong shoes/boots recommended. Car Park charges apply. 256 bus to Himley House Hotel, 10 min walk to cafe. EVERY FIRST SUNDAY OF THE MONTH 10.30am

Himley & Baggeridge
Meet at Coven Lodge, Coven Street, Fallings Park, WV10 9AA. SCOTTIE TUESDAY OF THE MONTH 10.30am

Northycote Farm Walks
Both walks start at the cafe, Northycote Farm, Underhill Lane, Busbury, WV10 7UF. Can be muddy. MODERATE WALK: FIRST, THIRD & LAST THURSDAY OF THE MONTH 10.30am MORE DIFFICULT WALK: SECOND, FOURTH & LAST THURSDAY OF THE MONTH 10.30am

Northycote Farm-Walk 2
Meet at the cafe, Northycote Farm, Underhill Lane, Busbury West, WV10 7UF. Can be muddy. FIRST SATURDAY OF THE MONTH 10.30am

Pendeford
Meet at Oasis Community Cafe, Whittmore Close, Pendeford, WV3 4NH. FRIDAYS 10am

Penn
Meet at Dr Gowen’s Surgery, 119 Coalway Road, Penn, WV3 7NA. Please use REAR entrance of Surgery. THURSDAYS 10.30am

Penn Muchall Park
Meet at Muchall Park (Childrens Play Area), Manor Road, Pen, WV4 5PY. THURSDAYS 5.30pm

Perton Walk
Meet on the Civic Centre Car Park, next to Sainsbury’s Petrol Station, Church Road, Perton, WV6 7PD. Can be muddy at times. Strong shoes/boots recommended. 4th TUESDAY OF THE MONTH AT 10.30am & LAST SUNDAY OF THE MONTH AT 2pm

Phoenix Health Centre & Park
Meet at Phoenix Health Centre, Parkland Road, WV4 6ED. Circuit walking of Phoenix Park. FRIDAYS 10am

Phoenix Park
Meet at the children’s play area on park, WV2 3LY. Circuit walking around the Park. MONDAYS 9am, TUESDAYS 6pm, WEDNESDAYS 9am & FRIDAYS 9am

Seven Cornfields-Waitrose
Meet at Waitrose Supermarket, Pen Rd, WV2 4NA. Suitable footwear essential. WEDNESDAYS 6pm

Smestow Valley,
Wolverhampton Environment Centre
Meet at the Wolverhampton Environment Centre gates, Westacre Crescent, Finchfield, WV3 9AY. Can be muddy. LAST FRIDAY OF THE MONTH 10.30am

Springvale Park
Meet at the Car Park at end of Ettingshall Park Farm Lane, off Fieldhouse Road, off Dovedale Road, WV4 6SP. Lovely walk in the Park. TUESDAYS 10.00am

Tettenhall, Old Railway Station
Meet in the old railway station (Panger Centre) along the old railway line, within Smestow Valley Nature Reserve, off the Hemwood Road WV6 8NX (Sheffield Majestic Wine Store) Can be muddy. THIRD TUESDAY OF THE MONTH 10.30am

Tettenhall, Upper Green
Meet in the car park adjacent to Tettenhall Pool or if wet, meet in the bus shelter on the Tettenhall Road by the pool. Can be muddy. FIFTH TUESDAY OF THE MONTH 10.30am & THIRD SATURDAY OF THE MONTH 10.30am

Toddle Waddle Walk West Park
Meet at the Albrett Road Entrance, West Park, Wolverhampton. One lap/mini walk anti-clockwise around the park. Aided at all parents, carers and grandparents, with babies/toddlers in buggies, stings or toddler. Older siblings, pregnant women & other parents to be are also welcome. TUESDAYS 11.30am - in association with

Wednesfield Walks
Both walks start at Wednesfield Community Centre, Well Lane, Wednesfield, WV11 1XT. THURSDAYS 10.15am but NOT LAST THURSDAY OF THE MONTH

West Park,
Devon Road Entrance Shelter
Meet in the shelter at Devon Road Entrance of West Park, WV1 4PJ. Circuit walking in the park. MONDAYS, TUESDAYS, WEDNESDAYS THURSDAYS AND FRIDAYS 10am

West Park, Tea Rooms
Meet at Tea Rooms, West Park, off Cowaugh Road, WV1 4PW. Walking in the park. SUNDAYS 10.30am

Walks by day
Monday: East Park, Graiseley Park, Phoenix Park, West Park
Tuesday: Aldersley Leisure Village, Ashmore Park, Bantock Park, Bilston, Dixon Street Park, Goldthorn Park, Mops Bridge Loop, Perton Walk, Phoenix Park, Springfield Park, Tettenhall Old Railway Station, Tettenhall Upper Green, Toddle Waddle, West Park
Wednesday: Bradley, Broadway Gardens, Deaf Walk, East Park, Fowlers Park, Graiseley Park, Heritage Walk, Phoenix Park, Seven Cornfields, West Park
Thursday: Aldersley Leisure Village, Dixon Street Park, Heath Town, Northycote Farm, Penn Common Road, Penn Muchall Park, Wednesfield, West Park
Friday: Boundary Way, Fowlers Park, Perton Walk, Phoenix Park, Smistow Valley, West Park
Saturday: Aldersley Leisure Village, Bantock Park, Bushbury, Compton, Northycote Farm, Tettenhall Upper Green
Sunday: Himley & Baggeridge, Perton Walk, West Park