

Lifestyle Walking Groups

2019 September Health Walks by LWG

Closer to Home
Walking Network



When	Start	Postcode	Location	Meeting Place	Grade	Leader
3 Tue	10am	ST1 5PA	Etruria Canal	car park Toby Carvery Marina Wy - £1	1 to 2	David
5 Thu	2pm	ST7 4HX	Bathpool	car park after junction Ravenscliffe Rd/Boathorse Rd	1 to 3	David
10 Tue	10am	ST6 1EA	Sneyd Hill	main gate Park Rd - cars via Macclesfield St	1 to 2	David
12 Thu	2pm	ST1 4PB	Hanley Park Canal	by Primary Care Norfolk St - car park opp	1 to 2	Derek
17 Tue	10am	ST5 7LB	Apedale	Heritage Centre car park Loomer Rd	2 to 3	Derek
19 Thu	2pm	ST4 8SN	Hanchurch Hills	far car park by water tower off Drayton Rd	2 to 3	David
24 Tue	10am	ST4 8FR	Hem Heath Woods	car park Trentham Road	1 to 2	Derek
26 Thu	2pm	ST6 3DQ	Cobridge Grange	car park end Bursley Rd	1 to 3	Derek
1 Tue	10am	ST5 3TF	Lyme Valley Park	car park end Lyme Valley Rd	1 to 2	Derek
3 Thu	2pm	ST4 3LT	Glebedale Park	car park by Glebedale Ct off Glebedale Rd	2 to 4	David

Grades	1	2	3	4
	Easy	Medium	Medium +	More Challenging
	Mainly flat, surfaced paths.	Paths, some tracks and gentle inclines/declines.	Similar to medium walk with extra challenges, perhaps in bad weather.	Could be uneven, some mud, inclines/declines, other obstacles.

Walks are 40-60 minutes with a 90 minutes maximum. Special Walks take 2-3 hours & are extra challenging.

Please wear appropriate clothing & comfortable shoes with good grip as it can be slippery or muddy.

Please bear in mind our changeable climate. Please arrive in sufficient time to enable a prompt start.

We are happy to help. email: walking20101@outlook.com

Walk Leaders

Note: Walks will sometimes be amended.

Guests are welcome.

07774 167607 David

We try our best to keep everyone informed.

Children must be accompanied.

07756 506330 Derek

Please only use the latest walk list.

by an adult.

Karen

Note: Postcodes are not always precise.

For more information please ask.

Walkers must be recommended by a health professional or an approved volunteer organisation.

New Walker Forms may be requested by email or telephone as above and are available at our listed walks.

29.09.19