



<b>Monday</b>	
<b>Willenhall Memorial Park</b> 10.15am meet for 10.30am start	Duration: 30mins approx. Distance: 1.5km (1 mile). Intensity: Easy; an ideal introduction to health walks. Surfaces: Hard (Wheel chair and Pushchair friendly). Meet: The Pavilion, Willenhall Memorial Park, Pinson Road.
<b>Walsall Arboretum Grange Walk</b> <b>10:15am meet for 10:30am start</b>	Duration: 45mins approx. Distance: 1.5km (1 mile). Intensity: Moderate; Surfaces: Hard. Meet: Arboretum Grange car park
<b>Reedswood Park</b> <b>2.15pm meet for 2.30pm start</b>	Duration: 1 hour approx. Distance: 5km (3 miles). Intensity: Moderate; slight gradients. Surfaces: Hard and soft. Meet: Reedswood Lane park entrance, off Bentley Lane, Birchills.
<b>Tuesday</b>	
<b>Willenhall Memorial Park</b> <b>10.15am meet for 10.30am start</b>	Duration: 1 hours approx. Distance: 5km (3 miles). Intensity: Easy; occasional slight gradients. Surfaces: Hard and soft. Meet: The Pavilion, Willenhall Memorial Park, Pinson Road.
<b>Aldridge Short Walk</b> <b>10.15am meet for 10.30am start</b>	Duration: 1 - 1 ½ hours approx. Distance: 5km (3 miles). Intensity: Moderate; slight gradients. Surfaces: Hard and soft. Meet: Aldridge Library, Rookery Lane.
<b>Walsall Arboretum Macmillan Walk</b> <b>09:45am meet for 10:00am start</b>	Duration: 45mins approx. Distance 1.5km (1 mile). Intensity: Easy: an ideal introduction to health walks for those living with or beyond cancer (wheelchair and pushchair friendly) Meet: Arboretum visitors centre, nearest entrance Arboretum Road WS1 2QH
<b>Wednesday</b>	
<b>Aldridge Airport</b> <b>09.45am meet for 10.00am start</b>	Duration: 2 hours approx. Distance: 5 to 6.5km (3 to 4 miles). Intensity: Moderate; stiles; slight inclines. Surfaces: Hard and soft. Meet: Lower Hangar car park, entrance off Bosty Lane, Aldridge.
<b>Walsall Arboretum Grange Walk</b> <b>10:15am meet for 10:30am start</b>	Duration: 45mins approx. Distance: 1.5km (1 mile). Intensity: Moderate ; Surfaces: Hard. Meet: Arboretum Grange carpark
<b>Rough Wood (LNR)</b> <b>10:15am meet for 10:30am start</b>	Duration: 1 ½ hours approx. Distance 5 to 6.5km (3 to 4 miles) intensity: moderate; slight gradients. Surfaces: hard and soft. Meet: Rough Wood, Hunts Lane, Short Heath, Willenhall WV12 5NZ
<b>Brownhills Walk</b> <b>Wednesdays 1.15pm meet for a 1.30pm start</b>	Duration: 1-1 ½ hours approx. Distance: 5km (3 miles). Intensity: Moderate; occasional slight gradients. Surfaces: Hard and soft. Meet: Brownhills Community Centre, Chester Rd N, Brownhills, Walsall. WS8 7JW
<b>Thursday</b>	
<b>King Georges Park, Bloxwich</b> <b>9.45am meet for 10.00am start</b>	Duration: 30 - 45mins approx. Distance: 1.5 – 2.5km (1 – 1 ½ miles). Intensity: Easy; an ideal introduction to health walks. Surfaces: Hard and soft. Meet: Toilet blocks, King Georges park, Stafford Road, Bloxwich
<b>Willenhall Memorial Park</b> <b>10.15am meet for 10.30am start</b>	Duration: 1 hours approx. Distance: 5km (3 miles). Intensity: Easy; occasional slight gradients. Surfaces: Hard and soft. Meet: The Pavilion, Willenhall Memorial Park, Pinson Road.
<b>Aldridge Community Centre</b> <b>09:45am meet for 10:00am start</b>	Duration: 1½ - 2 hours approx. Distance: 5 to 6.5km (3 to 4 miles). Intensity: Moderate; stiles; slight inclines. Surfaces: Hard and soft. Meet: Aldridge Community centre, Middlemore Lane, Aldridge
<b>Walsall Arboretum seasonal Walk</b> <b>(runs from 14/04/22 to 18/8/22)</b>	Duration: 1 hour approx.. 7.00pm for a 7.15 pm start, (runs from 14/4/22 to 18/8/22) meeting point Outside Visitors Centre in the Arboretum, nearest entrance Arboretum Road

Friday	
<b>Blackwood Park</b> <b>Fridays 9.00am meet for a 9.15am start</b>	Duration: 1 hour approx. Distance 1.5km (1 mile). Intensity: Moderate: Surfaces Hard and soft hilly at times. Meet: Blackwood Park Pavilion, Cedar Drive, Streetly. B74 3RJ
<b>Walsall Arboretum Short Walk</b> <b>10.15am meet for 10.30am start</b>	Duration: 45mins approx. Distance: 1.5km (1 mile). Intensity: Easy; ideal introduction to health walks. Surfaces: Hard. Meet: Centre green by new shelter, nearest entrance is Arboretum Road.
<b>Pelsall Short Walk</b> <b>Friday 2pm meet for 2.15pm start</b>	Duration: 45-60mins approx. Distance 4 to 5km (2-3miles). Intensity: moderate: slight inclines. Surfaces: hard and soft. Meet: Pelsall village centre, High Street, Pelsall WS3 4LX
Saturday	
<b>Pelsall North Common</b> (3 <sup>rd</sup> Saturday of every month) <b>10.15am meet for 10.30am start</b>	Duration: 2 to 2½ hours. Intensity: Strenuous; stiles, steep gradients, suitable for regular walkers used to longer distances. Surfaces: Hard and soft. Meet: Pelsall North Common Local Nature Reserve car park, End of Wood Lane. The walk will include tow paths and Commons.
Sunday	
<b>Rough Wood (LNR)</b> <b>11am meet for 11.15am start</b>	Duration: 1 hour approx. Distance: 5km (3 miles). Intensity: Moderate; slight gradients. Surfaces: Hard and soft. Meet: Rough Wood Local Nature Reserve car park, Hunts Lane, Short Heath, Willenhall.

- Unless otherwise stated, walks are free of charge
- Distances and duration may vary
- Please be prepared for wet weather
- Please bring a drink if you think you'll need one
- Wear suitable clothing and stout shoes or trainers

Details may be subject to change. Walks may have to be cancelled at short notice either due to inclement weather, other adverse conditions or the unavailability of volunteer walk leaders. On these occasions, it may not always be possible for us to advise you of a cancellation. We can only apologise in advance for any inconvenience and ask that you contact us on 01922 650465 to confirm that a walk is running or to let us know if you have encountered any problems whilst attending a health walk.

**Accurate as of 04.05.2022**