



Monday	
Willenhall Memorial Park 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 (Wheelchair and pushchair friendly). Meet: The Pavilion, Willenhall Memorial Park, Pinson Road.
Walsall Arboretum Grange Walk 10:15am meet for 10:30am start	Duration: 45mins approx. Distance: 1.5km (1 mile). Intensity: Moderate; Surfaces: Hard. Meet: Arboretum Grange car park
Tuesday	
Willenhall Memorial Park 10.15am meet for 10.30am start	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.
Aldridge Short Walk 10.15am meet for 10.30am start	Duration: 1 - 1 ½ hours approx. Distance: 5km (3 miles). Intensity: Moderate; slight gradients. Surfaces: Hard and soft. Meet: Aldridge Library, Rookery Lane.
Walsall Arboretum Macmillan Walk 09:45am meet for 10:00am start	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
Pleck Park 11:30am meet for 11:45am start	Duration: 30 - 45mins approx. Distance: 1.5 – 2.5km (1 – 1 ½ miles). Intensity: Moderate, slight gradients. Surfaces: Hard and soft. Meet: Main car park via Montfort Road.
Wednesday	
Aldridge Airport 09.45am meet for 10.00am start	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.
Walsall Arboretum Grange Walk 10:15am meet for 10:30am start	Duration: 45mins approx. Distance: 1.5km (1 mile). Intensity: Moderate ; Surfaces: Hard. Meet: Arboretum Grange car park
Rough Wood (LNR) 10:15am meet for 10:30am start	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
Brownhills Walk Wednesdays 1.15pm meet for a 1.30pm start	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
Bentley West Playing Fields 11am meet for 11:15am start	Duration: 45mins approx. Distance: 1.5 – 2.5km (1 – 1 ½ miles). Intensity: Moderate, slight gradients. Surfaces: Hard and soft. Meet: Entrance point on Western Avenue (by children’s play area).
Thursday	
King Georges Park, Bloxwich 9.45am meet for 10.00am start	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

Willenhall Memorial Park 10.15am meet for 10.30am start	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.
Aldridge Community Centre 09:45am meet for 10:00am start	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

Friday	
Walsall Arboretum Short Walk 10.15am meet for 10.30am start	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.
Pelsall Short Walk Friday 2pm meet for 2.15pm start	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	
Pelsall North Common (3 rd Saturday of every month) 10.15am meet for 10.30am start	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	
Rough Wood (LNR) 11am meet for 11.15am start	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.

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.

- 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