

LED WALKS IN MANCHESTER – September 2009

LOCALITY IN THE CITY	WHERE THE GROUP MEETS	DAY/TIME	ADDITIONAL INFORMATION	CONDITIONS FOR JOINING/additional info
North	Blackley Forest – Meet at entrance on Victoria Avenue (next to the cemetery).	2 nd Monday of every month. Walks start at 2pm	The walks are just over an hour and there are refreshments following the walk, at Glenbrook Chapel. Contact: Elaine Monk T: 0161 655 7886 E: e.monk@manchester.gov.uk www.blackleyforest.com	There are no conditions for joining.
North	Manchester Velodrome Stuart Street Manchester M11 4DQ Meet on 1st Floor	Every Monday 2-3pm. Every Wednesday 2-3pm. Every Friday 11-12noon.	INDOOR Short walks - anytime up-to 60 mins. These walks are suitable for all levels of fitness including people recovering from illness. The walk is around the circuit and there is seating for regular breaks. Participants walk at their own most comfortable pace. Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	Free – there are no conditions for joining.

North	Blakely – meet at Zion Methodist Church on Crab Lane	Mondays 10.30am.	Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	Free – there are no conditions for joining.
North	Newton Heath Sure Start	Tuesdays 12.30pm-1.30pm	Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	Free – there are no conditions for joining.
North	Clayton Vale – Meet at the visitors centre, Edge Lane. (park at the Bay Horse Pub)	Every Monday 1.30pm.	Short walks between 30-60 mins. Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	Free – there are no conditions for joining.
North	Clayton Vale – Meet at Clayton Methodist Church, Junction North Road/Seymour Road.	Every Tuesday 10am.	Short walks between 30-60 mins. Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940 or Park Warden on 0161223 8278	Free – there are no conditions for joining.
North	Clayton Vale – Meet at the visitors centre, Edge Lane (park at the Bay Horse Pub)	Every Wednesday 10am.	Short walks between 30-60 mins. Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	Free – there are no conditions for joining.

North	Heaton Park - Meet in the car park off the Middleton Road entrance (opposite Sainsbury's).	Every Wednesday 1.00-2.30pm.	Nordic Walking (New to Manchester) Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	£1.00 per session. There are no conditions for joining.
North	Manchester City stadium - Meet at the Sportcity Gym Café.	Every Thursday 9.30am.	Nordic Walking (New to Manchester) Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	£1.00 per session. There are no conditions for joining
North	Crumpsall Park – Meet at the visitors Centre, Ash Tree Road	Every Monday at 9.30am.	Walk and Cycle (Women Only) Contact: PACE team, Newton Heath Health Centre T: 0161 681 0940	Free – there are no conditions for joining
North	Boggart Hole Clough 'Strollers' , Blackley- Meet at the Visitors Centre	Every Tuesday 1.30-3pm	Contact: Anne Williams or Saul Mearns T: 0161 795 2650	Free – there are no conditions for joining

North	Boggart Hole Clough. Meet at visitors Centre, Charlestown Road	Every Tuesday 10.00am.	Contact Steve Hoy on 07854187003	Free. Walk is for over 50's. Ideal for beginners
North	Heaton Park, Meet at the park farm centre	Every Sunday 11-12noon.	Short walks for 1 hour Contact: Dave Clegg or Nigel Day – Park Wardens T: 07990 504045	Free – there are no conditions for joining