

LED WALKS IN MANCHESTER – September 2009

LOCALITY IN THE CITY	WHERE THE GROUP MEETS	DAY/TIME	ADDITIONAL INFORMATION	CONDITIONS FOR JOINING/additional info
South	Chorlton Water Park , Meet in the car park opposite the wardens office.	Every Monday - walk starts at 1pm	This is a longer more vigorous walk Contact: David Clutterbuck, SMILE team at Wythenshawe Health Centre T: 946 9400 Induction with SMILE they complete Health walk questionnaire	Free & includes refreshments afterwards
South	Chorlton Water Park , Meet in the car park opposite the wardens office.	Every Monday 2-3pm	Short Walks for 1 hour Contact: David Clutterbuck, SMILE Team at Wythenshawe Health Centre T: 946 9400 Induction with SMILE who complete health walk questionnaire	Free – there are no conditions for joining & includes refreshments afterwards
South	Wythenshawe Park , Meet in the main car park Nr the farm,	Every Tuesday 2-3pm.	Short Walks for 1 hour Contact: SMILE Team at Wythenshawe Health Centre T: 946 9400 Induction with SMILE they	Free – there are no conditions for joining

			complete Health walk questionnaire	
South	Fletcher Moss Gardens, Millgate Lane, Didsbury M20 2SW, Meet at the visitors Centre	Every Monday 2-3.30pm	Walk is 1-1 ½ hours Contact: Colin Evans T: 0161 434 1877	Free – there are no conditions for joining
South	Mersey Valley – Health and explore walks	Walks throughout the year and a chance to get out and enjoy your local countryside.	Walks between 1 and 2 hours Led by Mersey Valley Staff T: 905 1100. Ring for times and locations or see events at merseyvalley.org.uk .	Free
South	Sale Water Park Fletcher Moss Wythenshawe Park Chorlton Water Park	First Saturday of every month (Subject to change during bank holiday weekends)	1-2 hours of relaxed walking for people with a learning disability, with time for socialising over a packed lunch. Contact: Manchester Mencap 0161 437 9465	Free