



<b>Monday</b>	
<b>Willenhall Memorial Park</b> <b>10.15am for 10.30am start</b>	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>Palfrey Park</b> <b>10:15am for 10:30am start</b>	Duration: 45mins approx. Distance: 1.5km (1 mile). Intensity: Easy; an ideal introduction to health walks. Surfaces: Hard (Wheel chair and Pushchair friendly). Meet: Palfrey Park Gates, Dale Street Entrance.
<b>Clayhanger Common</b> <b>10.15am for 10.30am 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: Tesco car park, Brownhills, market stall end
<b>Reedswood Park</b> <b>2.15pm 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 for 10.30am start</b>	Duration: 1 ½ 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 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 Long Walk.</b> <b>10.30am for 10.45am start</b>	Duration 2 to 2 ½ hours approx. Distance: 6 to 9km (4 to 6 miles). Intensity: Strenuous; stiles, steep gradients, suitable for regular walkers used to longer distances. Surfaces: Hard and soft. Meet: The Palm House by the centre green, nearest entrance is Arboretum Road
<b>Wednesday</b>	
<b>Aldridge Airport</b> <b>10.15am for 10.30am 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>Bentley Pavilion Walk</b> <b>10.15am for 10.30am start</b>	Duration: 30mins approx. Distance: 1.5km (1 mile). Intensity: Easy; an ideal introduction to health walks. Surfaces: Hard and soft. Meet: Bentley Leisure Pavilion, Bentley Road North
<b>Pleck Park</b> <b>11.00am for 11.15am start</b>	Duration: 30mins approx. Distance: 1.5km (1 mile). Intensity: Easy; an ideal introduction to health walks. Surfaces: Hard and soft. Meet: The Pavilion, Pleck Park
<b>Rough Wood (LNR)</b> <b>12.15pm for 12.30pm 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: The United Kingdom Pub, Lane Head, Short Heath, Willenhall
<b>Thursday</b>	
<b>King Georges Park, Bloxwich</b> <b>9.45am 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>Aldridge Community</b> <b>10.15am for 10.30am start</b>	Duration: 2 hours approx. Distance: 5 to 8km (3 to 5 miles). Intensity: Moderate; stiles and gradients. Surfaces: Hard and soft. Meet: Aldridge Community Centre, Middlemore Lane.

<i>Thursday continued</i>	
<b>Willenhall Memorial Park</b> <b>10.15am for 10.30am start</b>	Duration: 1 to 1 ½ hours approx. Distance: 2.5 to 5km (2 to 3 miles). Intensity: Easy; occasional slight gradients. Surfaces: Hard and soft. Meet: The Pavilion, Willenhall Memorial Park, Pinson Road.
<b>Pheasey</b> <b>2.15pm for 2.30pm start</b>	Duration: 1 to 1 ½ hours approx. Distance: 3 to 6.5km (2 to 4 miles). Intensity: Strenuous; hilly; suitable for regular walkers. Surfaces: Hard and soft. Meet: Collingwood Centre main entrance, Collingwood Drive.
Friday	
<b>Walsall Arboretum Short Walk</b> <b>10.15am 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 Lakeside café, nearest entrance is Arboretum Road.
<b>Pelsall Short Walk</b> <b>10.15am for 10.30am 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: Pelsall North Common Local Nature Reserve car park, opposite Free Trade Inn, Wood Lane.
<b>Park Lime Pits</b> <b>13.45pm for 14.00pm start</b>	Duration: 45mins approx. Distance: 1.5 to 2km (1 to 1.5 miles). Intensity: Easy; an ideal introduction to health walks, Slight gradients. Surfaces: Hard & Soft. Meet: Car Park Opposite Manor Arms Public House, Park Road.
Saturday	
<b>Walsall Arboretum Monthly Walk</b> (1 <sup>st</sup> & 2 <sup>nd</sup> Saturday of every month) <b>10.15am for 10.30am start</b>	Duration: 1 hour approx. Distance: 3km to 4.5km (2-3 miles). Intensity: Easy; ideal introduction to health walks. Surfaces: Hard. Meet: Centre green by Lakeside café, nearest entrance is Arboretum Road.
<b>Pelsall North Common</b> (3 <sup>rd</sup> Saturday of every month) <b>10.15am 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, opposite Free Trade Inn, Wood Lane. The walk will include tow paths and Commons.
Sunday	
<b>Rough Wood (LNR)</b> <b>11am 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
- All walk leaders carry identification, which will be produced on request

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 01902 605500 to confirm that a walk is running or to let us know if you have encountered any problems whilst attending a health walk.

**22.08.2011**