



Transport for  
Greater Manchester

#TfGMWalking

Want to walk more? We have hundreds of free guided walks in May to help you make a start.

Chris, Liz and Brian did it. You can too.  
Find their stories inside.



**WALK  
WITH  
US** GM



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**This May sees Greater Manchester welcome its annual, month-long festival of walking and we're inviting everyone in Greater Manchester to walk with us.**

For the past four years, more and more people have been using led walks as the inspiration to start leading a more active life; to get their kids spending more time outdoors; to meet up with old friends and, in many cases, to make new ones!

In this magazine, you can read the stories of people just like you who, having realised how easy and enjoyable walking is, have made it their first choice for local trips. Read about their inspiration for walking, how it has changed the way they get around and their advice on how to get started.

Some great walking environments already exist across the 10 districts of Greater Manchester but there is much work to do to ensure that our streets and public spaces are accessible to all, especially the partially sighted, a parent with a buggy and wheelchair users.

In March 2018, we announced a £160 million investment in walking and cycling infrastructure. This is the biggest single investment in cycling and walking in the region to date.

I'm working closely with Transport for Greater Manchester and the districts to kick-start a major transformation in how people of all ages get around. We're hard at work behind the scenes developing plans and will keep everyone fully up to date on the improvements people can expect in their district.

Over the coming months, we'll be canvassing views, giving everyone in Greater Manchester the opportunity to have their voice heard as we enter this exciting phase for our city region.

This May, join some led walks, try to walk more of your shorter journeys and experience your area from a new perspective. We sometimes forget just how pleasurable getting around on foot can be – now is the time to truly embrace it and form new habits.

Chris Boardman MBE  
Cycling and Walking Commissioner for Greater Manchester

#TfGMWalking

# Be prepared

## What to wear and bring

Please wear comfortable and sturdy shoes or boots for all walks.

The weather can be unpredictable so be prepared with a waterproof coat or jacket. Wearing a few layers is advisable so you can take one or two off if you warm up.

If it's a hot day be sure to pack some sun cream.

Be sure to bring water and a snack as not all walks offer opportunities for refreshments.

## Health and safety

All walks are taken at your own risk. Walk leaders take care to ensure that the walks are undertaken in a safe manner. Transport for Greater Manchester and walk leaders are not responsible for any accidents or injuries that may occur.

## Things to note

Some of the walks in this brochure are accessible to people with limited mobility. However it is recommended that you check with the walk organiser prior to a walk if you have any specific requirements, including wheelchair access, or if you are unable to step over stiles.

Please arrive 10 minutes before a walk begins so that you can locate the group and be ready to start the walk at the right time.

Walks may also be cancelled or modified due to adverse weather conditions, so please ring the contact number listed to make sure the walk is taking place.

It is advisable to check the meeting location in advance with the organiser.

## Getting to and from the walks

We do our best to ensure that all walks are accessible by public transport and where possible give details under each listed walk. Why not go green and use public transport to get to a walk near you?

For more information, have a look at our journey planner—[my.tfgm.com/#/planner](https://my.tfgm.com/#/planner)

## How to get involved

Please contact us if you are interested in finding out more about supporting or sponsoring walking events, or if you are a walking group who would like to get involved with future events.

0161 244 1000  
[walking@tfgm.com](mailto:walking@tfgm.com)







# GET TO KNOW WHO MADE

**The Walking Festival caters for all ages and abilities. Whether it's getting fit, getting out and about with your kids or finding new walking routes you didn't know existed, it's the perfect means to start making more short journeys on foot.**

Another benefit we hear time and time again from participants is how much they learn on the walks they attend. So in 2018, the centenary of the first women gaining the right to vote, why not learn just how significant a role women had to play in our regional centre's past?

Manchester Guided Tours will be leading the Women who made Manchester walk on Thursday 10 May at 2pm, leaving from HOME Manchester.

Manchester's link to the suffragettes through Emmeline Pankhurst and her daughters is well known but the call by women for social reform goes back many decades earlier.

On this city centre walk, you will be guided through Manchester's role in the industrial revolution and it's domination of the world's cotton trade.

As the city grew in global importance, so opportunities were created for women to have a public voice.

Author Elizabeth Gaskell was married to the minister of Cross Street Chapel and witnessing the misery caused by industrialisation, she used her novels to express the need for social reform.

Education reformer Lydia Becker founded the Women's Suffrage Journal and inspired a young Emmeline Pankhurst.

And Enriqueta Rylands founded John Rylands Library in memory of her husband, gifting the city with one of its greatest treasures.

So join the Women who made Manchester walk to spot the locations associated with these and other strong women who have made their mark on Manchester in politics, education and other fields of activity.

Get inspired at [tfgm.com/walking](https://tfgm.com/walking)

# THE WOMEN MANCHESTER





# Top 5 picks

With hundreds of walks on offer, it can be hard to pick just one. So we've pulled together some of our top recommendations to get you started!



## Educational

Walking for wellbeing – Explore art outdoors with the Whitworth Art Gallery on 1, 8, 15, 22 and 29 May

Chorlton Water Park spring wildlife – Discover birds and wildlife with the RSPB on 30 May

Learn to map read – A tailored map and compass workshop on 29 May

Spring foraging – A walk of culinary discovery followed by delicious foraged soup on 5 May

Women who made Manchester – A look at the strong women, past and present, who have made their mark on Manchester. 10 May

## Family friendly

Peel Park bats – Get your hands on a bat detector to find the flying creatures on 2 May

Family story ramble – Find wildlife and feed your child's imagination on 5 May

Fletcher Moss spring wildlife – Explore habitats within the park and learn about the creatures that make their homes there on 31 May

Spot the artwork – A fun two hour walk with activities for children and adults at Low Hall nature reserve on 16 May

Pig tail trail – Meet Haigh Woodland Park's Saddleback pigs on 12 May

## Our faves

Holcombe Moor and nearby country side – Through the ancient village of Holcombe and following packhorse and pilgrim trails across moorland on 2 May

Manchester BeeActive walk – Get on the trail of the Manchester bees on 3 May

Mountain trike ramble – A route suitable for all-terrain wheelchairs around Dovestone Reservoir and further for those who like a challenge on 26 May

Blackstone Edge at night – A three hour dusk to night adventure on 5 May

Peel Park dawn chorus – Take in the dawn chorus with an expert naturalist on 12 May





FRESHWALKS



# CONNECTING, EDUCATING & REVITALISING BUSINESS PEOPLE IN THE GREAT OUTDOORS.

**Freshwalks** helps you feel and perform better. In life and in business. It does this by enhancing mental performance and wellbeing, improving physical fitness, collaboration with others, knowledge sharing and growing your network.

**CONNECT. RECHARGE. DISCOVER.**

**Get involved:**

**[freshwalks.eventbrite.com](https://www.freshwalks.co.uk)**

**[www.freshwalks.co.uk](https://www.freshwalks.co.uk)**

**[@Freshwalks](https://twitter.com/Freshwalks)**



**We look forward to welcoming you to our special GM walking festival event in Marple on 9 May 2018. Further details within this brochure.**

# Ditch the car for short journeys

Chris and his wife didn't want their children growing up making short journeys in the car and by walking to school, they've found other benefits too. Chris tells their story.

I'm married, in my late thirties and have two children. George is ten months and William is four years old. My wife and I both work and our children are in nursery three days a week.

Due to the nature of our jobs, there is no set routine in relation to which one of us takes the children to nursery or picks them up.

I have quite a sedentary job and want to get outside more. There is limited parking at nursery and poor parking on the route. Driving is nearly as time consuming as walking and more stressful.

I see a lot of people doing very short journeys in their car and this is not something that we wanted our children growing up to believe is the norm. We want them to be healthy and believe that journeys should be done on foot, regardless of the weather.

So except on the rarest of occasions, my wife and I walk our children the half mile to and from nursery every day.

When I drive, I have to concentrate on the road and due to the number of other children around and bad parking.

This takes my focus away from my children. On the walk to and from nursery, I can focus on them, finding out about their day and playing games with them.

At home, they immediately start playing and whichever of us picked them up starts cooking. It's rare to get that time that is just you and them without other distractions.

It stops me thinking about work as well which is a great benefit!

The advice I would give to other parents is that if there are short walks you can do with your children, do it. Don't drive.

Walking with your children gives you and them a chance to talk. It's about you and them in the moment.

They enjoy it and you will too!

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As well as making day-to-day trips on foot this May, head to [tfgm.com/walking](https://www.tfgm.com/walking) to find bat walks, welly walks and pig tail trails to capture your child's imagination.




























# WHAT'S ON

## Walking grades

-  **EASY** On well maintained flat surfaces
-  **FAIRLY EASY** On slight gradients and possibly some uneven paths
-  **MEDIUM** On uneven or unsurfaced paths with some steep gradients and possible steps or stiles
-  **CHALLENGING** Suitable for experienced walkers, longer distance with mixed terrain and gradients

Walk name	Time	District & rating	
Tuesday 1 May			
Brightmet Walk—Seven Acres 1	10am	Bolton	
Hulton walk 1	10am	Bolton	 
Farnworth Moses Gate walk 1	10am	Bolton	
Cutgate 1	10am	Rochdale	
Littleborough Library 1	10am	Rochdale	 
Denton Pool walk and talk 1	10am	Tameside	
Shaw Social 1	10:30am	Oldham	
Farnworth walk 1	10:30am	Bolton	 
Greenmount community 1	10:30am	Bury	
Walk and talk 1	10:30am	Trafford	
Macmillan Cancer Support walk 1	11am	Bury	
Nordic walk—Davyhulme 1	11am	Trafford	 
Walking for wellbeing 1	12pm	Manchester	
Nordic walking taster—Marple Bridge 1	1pm	Stockport	
Stockport Town Centre and beyond	1:30pm	Stockport	 
Harwood walk 1	1:30pm	Bolton	 
Boundary House 1	1:30pm	Trafford	



Walk name	Time	District & rating	
Wednesday 2 May			
Holcombe Moor and nearby countryside	8:45am	Bury	
Active Medlock welly walk 1	9:30am	Tameside	
Plantation gates	9:30am	Wigan	
Kearsley walk 1	10am	Bolton	
Castleton community 1	10am	Rochdale	 
Hall i' th' Wood	10:30am	Bolton	
Royton circular	10:30am	Oldham	
As broad as long	10:30am	Tameside	
Ashton health walk—Knott Hill 1	11am	Tameside	
Smithills walk 1	1pm	Bolton	
Mossley 1	2pm	Tameside	
Hollingworth Lake 1	2pm	Rochdale	 
Bickershaw community 1	6:30pm	Wigan	
Peel Park bats	8:45pm	Salford	
Thursday 3 May			
Queens Park 1	10am	Rochdale	 
Spotland Library 1	10am	Rochdale	 
Pennington Flash Power Walk	10am	Wigan	
Farnworth walk 2	10:30am	Bolton	
Family story 1	10:30am	Salford	
Lower Rivington Reservoir	10:30am	Bolton	
Staylbridge walk and talk 1	11am	Tameside	
Manchester BeeActive walk	11:30am	Manchester	
University Tree Trail and Whitworth Art Gallery gardens	12pm	Manchester	
Nordic walking taster—Lyme Park 1	12:45pm	Stockport	
Radcliffe community 1	1pm	Bury	
Werneth Low	1:30pm	Stockport	

Walk name	Time	District & rating	
Thursday 3 May			
Nordic walking taster—Stalybridge	7pm	Tameside	
Dunscar	7:15pm	Bolton	
Friday 4 May			
Alkrington Woods 1	10am	Rochdale	 
Nordic walk—Three Sisters	10am	Wigan	
Macmillan Connections—Dunham Massey 1	10:20am	Trafford	
Burrs Country Park 1	10:30am	Bury	
Lighthouse Project 1	12pm	Rochdale	 
Nordic walk Sale 1	12:15pm	Trafford	 
Syke circular 5	1pm	Rochdale	
Queens Park (lower area)	1pm	Bolton	
I Spy Bridgewater Bats	8pm	Salford	
Saturday 5 May			
Rivington's ruins, follies and antiquities	10am	Bolton	
Greenfield to Marsden	10am	Oldham	
Reservoir to reservoir	10am	Rochdale	
Roch Valley wander	10am	Rochdale	
Spring foraging	10am	Salford	
Navigation walk at Reddish Vale	10am	Stockport	
Exploring the engineering of the High Peak Canal	10am	Stockport	
Middlewood to Disley	10:20am	Stockport	
Prestwich community 1	10:30am	Bury	
Dovestone and Chew Valley	10:30am	Oldham	
Droylsden 1	10:30am	Tameside	
Family story ramble 2	10:30am	Wigan	
Sale Water Park	11am	Trafford	
Spot the artwork	11am	Wigan	









Walk name	Time	District & rating	
Saturday 5 May			
Waggy tails	11am	Wigan	
Stamford Park 1	1:30pm	Tameside	
Blackstone Edge at night	7pm	Rochdale	
Sunday 6 May			
Dobcross circular	9:30am	Oldham	
Try Nordic walking—Daisy Nook to Park Bridge	9:30am	Tameside	 
Jumbles circular	10am	Bolton	
Dovestone	10am	Oldham	
Brightmet Walk—Leverhulme Park 1	10:30am	Bolton	
The Piethorne Valley	10:30am	Rochdale	
Springtime special	10:30am	Tameside	
Littleborough Sunday walk 1	11am	Rochdale	 
Peel Park spring wander	12pm	Salford	
Monday 7 May			
Milnrow Library 1	10am	Rochdale	
A stroll around Clifton Country Park	10am	Salford	
Hollin and Hopwood Woods 1	10:30am	Rochdale	 
Summerseat community 1	11am	Bury	
Pennington Flash health walk	11am	Wigan	
Syke circular 1	1pm	Rochdale	
Ladybridge walk 1	2pm	Bolton	
Tuesday 8 May			
Brightmet Walk—Seven Acres 2	10am	Bolton	
Hulton walk 2	10am	Bolton	 
Farnworth Moses Gate walk 2	10am	Bolton	
Let's go for a walk—Waterhead Park to Strinesdale	10am	Oldham	
Cutgate 2	10am	Rochdale	

Walk name	Time	District & rating	
Tuesday 8 May			
Littleborough Library 2	10am	Rochdale	 
Walk, talk and cake	10am	Tameside	
Farnworth walk 3	10:30am	Bolton	 
Greenmount community 2	10:30am	Bury	
Meandering in Moston	10:30am	Manchester	
Walk and talk 2	10:30am	Trafford	
Nordic walk—Davyhulme 2	11am	Trafford	 
Macmillan Cancer Support walk 2	11am	Bury	
Walking for wellbeing 2	12pm	Manchester	
Harwood walk 2	1:30pm	Bolton	 
Boundary House 2	1:30pm	Trafford	
Bridgewater	1:30pm	Wigan	
Roaches trail	7:30pm	Tameside	
Wednesday 9 May			
Making strides	9:30am	Wigan	 
Kearsley walk 2	10am	Bolton	
Clayton Vale and Ashton Canal	10am	Manchester	
Castleton community 2	10am	Rochdale	 
Across the Moss	10am	Salford	
Denton Pool walk and talk 3	10am	Tameside	
Macmillan Connections—Jane's Walk 1	10:20am	Stockport	
Roger Worthington's grave	10:30am	Bolton	
Castleshaw circular	10:30am	Oldham	
Exploring Salford's ancient landscape	10:30am	Salford	
Daisy trail	10:30am	Tameside	
Ashton health walk—Portland Basin	11am	Tameside	
Walking Women—Navigation	11am	Rochdale	











Walk name	Time	District & rating	
Wednesday 9 May			
Dovestone Reservoir	12:15pm	Oldham	
Smithills walk 2	1pm	Bolton	
Alexandra Park 1	1pm	Oldham	
Hollingworth Lake 2	2pm	Rochdale	 
Mossley 2	2pm	Tameside	
Marple Locks and Strines	4:30pm	Stockport	
Worsley Woods bats	8:45pm	Salford	
Thursday 10 May			
Queens Park 2	10am	Rochdale	 
Spotland Library 2	10am	Rochdale	 
Rivington Pike	10:30am	Bolton	
Farnworth walk 4	10:30am	Bolton	
Tandle Hill and Hopwood Woods	11am	Oldham	
Taste of Nordic walking 1	11:15am	Salford	
Disley and Lyme Park	11:30am	Stockport	
Pankhurst House and Whitworth Park	12pm	Manchester	
Radcliffe community 2	1pm	Bury	
Women who made Manchester	2pm	Manchester	
Try Nordic walking—Stalybridge canals and parks	6:30pm	Tameside	 
Nocturnal nature 1	7:30pm	Wigan	
Friday 11 May			
Smithills Country Park	10am	Bolton	
Alkrington Woods 2	10am	Rochdale	 
Macmillan Connections—Dunham Massey 2	10:20am	Trafford	
Burrs Country Park 2	10:30am	Bury	
Pram push	10:30am	Wigan	
Littleborough to Rochdale Canal	11am	Rochdale	



Walk name	Time	District & rating	
Friday 11 May			
Lighthouse Project 2	12pm	Rochdale	 
Nordic walk Sale 2	12:15pm	Trafford	 
Syke circular 6	1pm	Rochdale	
Jumbles to Affetside	6:25pm	Bolton	
Saturday 12 May			
Peel Park dawn chorus	7am	Salford	
Nordic walking taster—Ashton	9:30am	Tameside	
Navigation walk at Chorlton Ees	10am	Manchester	
The Pennine Way	10am	Oldham	
Haigh Hall and surrounding woods	10am	Wigan	
Bickershaw heritage	10am	Wigan	
Macmillan Connections—Bramhall Park 1	10:20am	Stockport	
Prestwich community 2	10:30am	Bury	
Canals and fields of Tameside	10:30am	Tameside	
Droylsden 2	10:30am	Tameside	
Walking the Carbon Landscape	10:30am	Wigan	
Pig tail trail	11am	Wigan	
Strines and Roman Bridge	11:05am	Stockport	
Taste of Nordic walking 2	12:30pm	Salford	
The Haigh explorer	1pm	Wigan	
Stamford Park 2	1:30pm	Tameside	
Sunday 13 May			
Moses Gate spring walk	10am	Salford	
Martin's maps	10am	Tameside	
Brightmet Walk—Leverhulme Park 2	10:30am	Bolton	
Daisy Nook	10:30am	Oldham	
Pennington power walk	10:30am	Wigan	

Walk name	Time	District & rating	
Sunday 13 May			
Littleborough Sunday walk 2	11am	Rochdale	 
Hollingworth Lake to Clegg Hall	11am	Oldham	
Marple circular	11am	Stockport	
The Haigh forager	12:30pm	Wigan	
Wilderswood, Two Lads and a hotel	2pm	Bolton	

<b>Monday 14 May</b>			
Greenmount to Hawkshaw	8:40am	Bury	
Milnrow Library 2	10am	Rochdale	
Nordic walk in the woods	10am	Salford	
Aspull Surgery walk	10am	Wigan	
Hollin and Hopwood Woods 2	10:30am	Rochdale	 
Churchgate Practice walk and talk	10:30am	Tameside	
Hyde Park 1	10:30am	Tameside	
Summerseat community 2	11am	Bury	
Salford Quays	11am	Salford	
Let's go for a walk—Alexandra Park	11:30am	Oldham	
Syke circular 2	1pm	Rochdale	
Stalybridge 1	1pm	Tameside	
Ladybridge walk 2	2pm	Bolton	

<b>Tuesday 15 May</b>			
Brightmet Walk—Seven Acres 3	10am	Bolton	
Hulton walk 3	10am	Bolton	 
Farnworth Moses Gate walk 3	10am	Bolton	
Cutgate 3	10am	Rochdale	
Littleborough Library 3	10am	Rochdale	 
Denton Pool walk and talk 2	10am	Tameside	
Farnworth walk 5	10:30am	Bolton	 

Walk name	Time	District & rating	
Tuesday 15 May			
Greenmount community 3	10:30am	Bury	
Shaw social 2	10:30am	Oldham	
Walk and talk 3	10:30am	Trafford	
Macmillan Cancer Support walk 3	11am	Bury	
Nordic walk—Davyhulme 3	11am	Trafford	 
Walking for wellbeing 3	12pm	Manchester	
Nordic walking taster—Marple Bridge 2	1pm	Stockport	
Harwood walk 3	1:30pm	Bolton	 
Boundary House 3	1:30pm	Trafford	
Flora 1	7:30pm	Tameside	
Wednesday 16 May			
Active Medlock welly walk 2	9:30am	Tameside	
Kearsley walk 3	10am	Bolton	
Tandle Hill Park circular	10am	Oldham	
Castleton community 3	10am	Rochdale	 
Macmillan Connections—Bramhall Park 2	10:20am	Stockport	
Macmillan Connections—Jane's Walk 2	10:20am	Stockport	
North Bolton ramble	10:30am	Bolton	
A walk in the parks	10:30am	Bolton	
Canals and bridges	10:30am	Salford	
Knott Hill	11am	Tameside	
Ashton health walk—Park Bridge	11am	Tameside	
Smithills walk 3	1pm	Bolton	
Let's go for a walk—Crompton Moor	1:30pm	Oldham	
Hollingworth Lake 3	2pm	Rochdale	 
Mossley 3	2pm	Tameside	
Bickershaw community 2	6:30pm	Wigan	



Walk name	Time	District & rating	
Wednesday 16 May			
Nocturnal nature 2	7:30pm	Wigan	
Thursday 17 May			
Let's go for a walk—Leesbrook	10am	Oldham	
Queens Park 3	10am	Rochdale	 
Spotland Library 3	10am	Rochdale	 
Farnworth walk 6	10:30am	Bolton	
Carbon Landscape	10:30am	Wigan	
Chorlton Water Park	11am	Manchester	
Staylbridge walk and talk 2	11am	Tameside	
Nordic walking taster—Lyme Park 2	12:45pm	Stockport	
Radcliffe community 3	1pm	Bury	
Two Lads	7:15pm	Bolton	
Ghost walk	7:30pm	Rochdale	
Friday 18 May			
Delph circular	10am	Oldham	
Let's go for a walk—Chadderton to Foxdenton	10am	Oldham	
Alkrington Woods 3	10am	Rochdale	 
Macmillan Connections—Dunham Massey 3	10:20am	Trafford	
Burrs Country Park 3	10:30am	Bury	
Elizabeth Gaskell House to Whitworth Park	12pm	Manchester	
Lighthouse Project 3	12pm	Rochdale	 
Nordic walk Sale 3	12:15pm	Trafford	 
Syke circular 7	1pm	Rochdale	
Peel Tower to Hawkshaw	6:15pm	Bury	
Bridgewater bats	8pm	Salford	

Walk name	Time	District & rating	
Saturday 19 May			
Nordic walking taster—Rose Hill	9:15am	Stockport	
Prestwich community 3	10:30am	Bury	
Droylsden 3	10:30am	Tameside	
Fletcher Moss and Stenner Woods	11am	Manchester	
Worsley wander	12:30pm	Salford	
Stamford Park 3	1:30pm	Tameside	
Clifton Country Park bats	9pm	Salford	

Sunday 20 May			
Hike to Lad's Leap	9:30am	Tameside	
Try Nordic walking—Daisy Nook and Hollinwood Canal circular	9:30am	Tameside	
Let's go for a walk—Chadderton	10am	Oldham	
Alkrington Woods 4	10am	Rochdale	 
Hollingworth Lake heritage	10am	Rochdale	
Family nature walk	10am	Wigan	
Greenfield circular	10:15am	Oldham	
Brightmet Walk—Leverhulme Park 3	10:30am	Bolton	
Littleborough Sunday walk 3	11am	Rochdale	 









Monday 21 May			
Irwell Valley circular walk	9am	Bury	
Milnrow Library 3	10am	Rochdale	
Pennygate	10am	Wigan	
Hollin and Hopwood Woods 3	10:30am	Rochdale	 
Churchgate Practice walk and talk	10:30am	Tameside	
Hyde Park 2	10:30am	Tameside	
Rivington Hill	10:30am	Wigan	
Summerseat community 3	11am	Bury	


Walk name	Time	District & rating	
Monday 21 May			
Heaton Park to Queens Park	11am	Manchester	
Syke circular 3	1pm	Rochdale	
Stalybridge 2	1pm	Tameside	
Ladybridge walk 3	2pm	Bolton	
Tuesday 22 May			
Brightmet Walk—Seven Acres 4	10am	Bolton	
Hulton walk 4	10am	Bolton	 
Farnworth Moses Gate walk 4	10am	Bolton	
Cutgate 4	10am	Rochdale	
Littleborough Library 4	10am	Rochdale	 
Lees to Glodwick Lows	10:20am	Oldham	
Farnworth Moses Gate walk 4	10:30am	Bolton	 
Greenmount community 4	10:30am	Bury	
Walk and talk 4	10:30am	Trafford	
Macmillan Cancer Support walk 4	11am	Bury	
Nordic walk—Davyhulme 4	11am	Trafford	 
Walking for wellbeing 4	12pm	Manchester	
Harwood walk 4	1:30pm	Bolton	 
Boundary House 4	1:30pm	Trafford	
Walk back in time	7:30pm	Tameside	
Wednesday 23 May			
Kearsley walk 4	10am	Bolton	
Castleton community 4	10am	Rochdale	 
Marvelous Marple meander	10am	Stockport	
Stockport town and country	10am	Stockport	
Denton Pool walk and talk 4	10am	Tameside	
Macmillan Connections—Jane's Walk 3	10:20am	Stockport	



Walk name	Time	District & rating	
Wednesday 23 May			
Healy Nab	10:30am	Bolton	
Lostock and its locale	10:30am	Bolton	
Taming the Mersey	10:30am	Tameside	
Ashton health walk—Daisy Nook	11am	Tameside	
Smithills walk 4	1pm	Bolton	
Alexandra Park 2	1pm	Oldham	
Hollingworth Lake 4	2pm	Rochdale	 
Mossley 4	2pm	Tameside	
Dementia friendly walk	2pm	Trafford	






Thursday 24 May			
Queens Park 4	10am	Rochdale	 
Spotland Library 4	10am	Rochdale	 
Haughton Dale and Reddish Vale	10:25am	Stockport	
Japanese gardens	10:30am	Bolton	
Farnworth walk 7	10:30am	Bolton	
Ashton Canal and Delamere Park	10:30am	Manchester	
Radcliffe community 4	1pm	Bury	
Three Sisters	1:30pm	Wigan	
Sunset on Ridge Hill	7:30pm	Tameside	

Friday 25 May			
Burrs Country Park 4	10:30am	Bury	
Astley Green	11am	Wigan	
Hulme Community Garden Centre	12pm	Manchester	
Lighthouse Project 4	12pm	Rochdale	 
Nordic walk Sale 4	12:15pm	Trafford	 
Syke circular 8	1pm	Rochdale	






Walk name	Time	District & rating	
Saturday 26 May			
Nordic Walk to Crown Hotel	9am	Wigan	
Nordic walking taster—Hyde	9:30am	Tameside	
Walking part of the Bolton boundary	10am	Bolton	
Butterflies and moths	10am	Manchester	
Fairfield Moravian Settlement	10am	Manchester	
The Green Corridor	10:30am	Manchester	
Prestwich community 4	10:30am	Bury	
A brush with the wilderness	10:30am	Tameside	
Mountain trike ramble	11am	Oldham	
Pots’n’pans	11am	Oldham	
Sunday 27 May			
Brightmet Walk—Leverhulme Park 4	10:30am	Bolton	
Out of the Dell	10:30am	Rochdale	
Clegg Hall	10:30am	Rochdale	
Littleborough Sunday walk 4	11am	Rochdale	 
Watergrove circular	11am	Rochdale	
Monday 28 May			
Milnrow Library 4	10am	Rochdale	
Aspull to Adlington Canal	10am	Wigan	
Hollin and Hopwood Woods 4	10:30am	Rochdale	 
Summerseat community 4	11am	Bury	
Syke circular 4	1pm	Rochdale	
Tuesday 29 May			
Brightmet Walk—Seven Acres 5	10am	Bolton	
Hulton walk 5	10am	Bolton	 
Farnworth Moses Gate walk 5	10am	Bolton	
Cutgate 5	10am	Rochdale	

Walk name	Time	District & rating	
Tuesday 29 May			
Littleborough Library 5	10am	Rochdale	 
Reservoirs in a Pennine landscape	10:15am	Oldham	
Farnworth walk 8	10:30am	Bolton	 
Greenmount community 5	10:30am	Bury	
Walk and talk 5	10:30am	Trafford	
Macmillan Cancer Support walk 5	11am	Bury	
Learn to map read	11am	Rochdale	
Nordic walk—Davyhulme 5	11am	Trafford	 
Walking for wellbeing 5	12pm	Manchester	
Harwood walk 5	1:30pm	Bolton	 
Marple and Etherow Country Park	1:30pm	Stockport	 
Boundary House 5	1:30pm	Trafford	
Flora 2	7:30pm	Tameside	

Wednesday 30 May			
Kearsley walk 5	10am	Bolton	
Chorlton Water Park spring wildlife	10am	Manchester	
Castleton community 5	10am	Rochdale	 
Rivington	10:30am	Bolton	
Salford Trail anniversary	10:30am	Salford	
Ashton health walk—Knott Hill 2	11am	Tameside	
Smithills walk 5	1pm	Bolton	
Hollingworth Lake 5	2pm	Rochdale	 
Mossley 5	2pm	Tameside	

Thursday 31 May			
Fletcher Moss spring wildlife	10am	Manchester	
Queens Park 5	10am	Rochdale	 
Spotland Library 5	10am	Rochdale	 



Walk name	Time	District & rating	
Thursday 31 May			
Macclesfield Canal and Middlewood Way	10:30am	Stockport	
Bottom O' Th' Moor and Wallsuchas	10:30am	Bolton	
Farnworth walk 9	10:30am	Bolton	
Radcliffe community 5	1pm	Bury	
Try Nordic walking—Walkerwood Reservoir	6:30pm	Tameside	





Change habits  
of a lifetime on  
your lunchbreak

# Many of us here in Greater Manchester work at a desk, moulded into office chairs.

We can all identify with the scene—sitting at a desk all day, moving very little, and to pep yourself up after lunch, you dip into the box of biscuits, inevitably sitting within reaching distance.

That's exactly the situation that Oldham native, Liz, found herself in.

"I currently commute into Manchester on the tram. I used to do little walking on my journey into work and proceeded to sit at a computer all day.

"If I managed to walk 3000 steps, it was a good day."

Fed up of struggling to keep up with her teenagers, feeling tired and lethargic all the time and having put on weight that wouldn't shift, Liz knew she needed to make a change.

"In November last year, I decided that enough was enough. I needed to add a bit more activity in my life.

"I'm not a runner and found it hard to bike and had tried gyms before, so thought that walking would be the best introduction to exercising more."

Almost on cue, a 'Walk on a Wednesday' initiative was launched at Liz's workplace. With walks lasting just half an hour, Liz saw this as the perfect opportunity to escape her desk and get fitter.

"The first lunchtime walk I did saw me at the back of the group. I had to ask that we stop halfway round so I could get my breath back, but I felt good. I'd taken that first step after saying for months 'I must do more exercise'.

"When we went on the same walk a few weeks ago, I was near the front of the group and no longer felt the need to stop halfway round."

In addition to improving her physical fitness, Liz has been inspired by the benefits to make other changes too.



"I find it a good way to get a bit of fresh air during the day and I go back to my desk feeling refreshed and ready to tackle the rest of the day.

"Seeing the improvement to my physical and mental health, I've started getting off the tram a few stops early on my way to work. I had to change part-way anyway so instead of swapping, I started walking! After a while, I started doing the same route on the return journey."

By making these small changes to her daily routine, Liz has added thirty minutes of exercise per day and having timed the walk, she found that it wasn't adding any significant time to her commute.

She has now well and truly caught the walking bug, joining a challenge with her workmates to do 10000 steps per day for a month and even taking on couch to 5k training!

If you're thinking about adding more walking to your routine, Liz has this to say:

"I would definitely recommend adding some extra walking to your day, whether it be getting off the bus or tram a stop earlier, or walking round the block at lunchtime. It makes you feel more energised. It's easy to build into your day and even if it's 20 minutes, it's 20 minutes more than you were doing before."

With walks setting off morning, noon and night, every day in May, there is ample opportunity for you to take the first step to switching up your daily routine. Get the full list at [tfgm.com/walking](https://tfgm.com/walking)

# Lost a loved past time?

## Use walking week to get your mojo back.



Walking regularly can have many health benefits but like Geoff, many people find that being more active helps you make healthier choices in other parts of life.

Geoff has lived in Leigh his whole life and loves walking. For the first part of his career, he was able to walk to work every day but following a change in job, he lost the opportunity to exercise as he had an hour long drive to get there.

After retiring, Geoff found he had more time to walk than just at the weekend and started exploring what opportunities there were. In May 2015, Geoff came across our Walking Festival. He said:

“The Walking Festival introduced me to interesting people and places. Before going on them, I didn’t know anyone.”

Geoff’s first walk was along the Rochdale Canal and he has since become firm friends with the two walk leaders he met that day. He also attended a mid-week Walking for Health group at which he became a regular weekly attendee.

Within a few months, Geoff volunteered to help lead the walks with his group and having completed walk leader training, he now takes several groups across Greater Manchester out three or four times a week. He told us:

“What I liked about the walks was that they were led by people who knew about the area and could tell you about it. You weren’t just pounding out the miles.”



In addition to learning about the local area, Geoff believes his asthma has improved and he makes healthier lifestyle choices by watching what he eats and cutting down on alcohol. Having enjoyed walking with groups so much, Geoff has now made walking his first choice mode of transport, saying:

"I walk wherever it is possible to get by walking or public transport. There's time to look around you and see the things that you would not notice driving.

"Living just outside the town centre means that I don't think of taking the car unless it's essential."

If you're thinking of getting involved this Walking Festival, take on board Geoff's parting advice.

"Anyone would benefit from going on a led walk. It's not just for one type of person. There's a group of you and sooner or later you'll get chatting with someone. It's a great way of seeing things locally that you may not have noticed but other areas will have some great walks too."

This May, – why not spread your wings and explore a part of Greater Manchester you're less familiar with? Find the walk for you at **[tfgm.com/walking](https://tfgm.com/walking)**



# The inspirational trio providing regular walking opportunities for Bury residents

After four years of coordinating the Walking Festival, we've started to see some regular faces – and you might recognise Eileen, Ann and Brian if you've been pounding the pavements in Bury either at our walking events or on your day-to-day journeys.

The trio lead walks as part of their local Walking for Health Scheme and over the past three years, they have collectively;

**Delivered over**

**400**

**Walking for Health walks**

**Amassed over**

**600**

**volunteer hours**

**Helped to improve the health  
and well-being of over**

**300**

**unique walkers**

**Had an outstanding  
participation rate on  
their walks with over**

**4,500**

**attendees so far**

And if their dedication to the Bury-based scheme isn't impressive enough, the trio have had a significant hand in helping mentor and guide new volunteers through walk leader training. This means the Walking for Health initiative has expanded and can be offered to other communities in the borough.

By way of thanks to Eileen, Ann and Brian, Bury Sport and Physical Activity Service along with Bury Walk with Me Scheme, put them forward for the Ramblers Volunteer Awards 2018 in the Inspiring Walkers category.

Maria Cranston, Active Travel Officer at Bury Sport and Physical Activity Service said:

*"It is undoubtedly down to the commitment and dedication of Eileen, Ann and Brian that we have been able to establish, grow and develop our Bury scheme to provide more health walks to the people and communities of Bury."*

*"I therefore wish to say a huge thank you to all three as without them, this initiative would not have become the scheme we are so very much proud of today."*

We're delighted to say that this group's long-standing dedication to their voluntary roles was recognised by the Ramblers and at a special event in April, they won the Inspiring Walkers category!

Congratulations Ann, Brian and Eileen on your well-deserved achievement.

If you'd like to join this terrific trio on their walks during the festival, visit [tfgm.com/walking](https://tfgm.com/walking) and use the district filter to search Bury.





# **#TRY20**

## **why not challenge yourself?**



Walking has huge benefits – both to your health and bank balance. Walk 20 minutes every day this May for National Walking Month, and see how much healthier and happier you feel.

For more info and tips visit  
[www.livingstreets.org.uk/nwm](http://www.livingstreets.org.uk/nwm)



# See Manchester in a new light

**For some, the best way to see a city is on foot. You can discover new sights, explore new paths, or simply beat traffic when you're in a hurry.**

For the CityVerve project – a smart city demonstrator based in and around Manchester's Oxford Road – encouraging citizens to explore the city is vital. The project is using smart technology enabled by the Internet of Things to improve the lives of the people who live, work and play in the city, and getting people walking more around the area is a key part of this.

As part of the project, the partners involved in CityVerve (a consortium of 20 partners ranging from local technology businesses to governing bodies such as Manchester City Council and TfGM) have developed a series of initiatives to get the people of Manchester exploring more of the city, learning about its rich history while improving their overall fitness, health and mental wellbeing.



## **BeeActive**

BeeActive, a smartphone app to help citizens get their daily step count up, was created by scientists, health professionals and technical experts. The app uses gamification to prompt people to accept walking missions to explore the local area and get fitter at the same time. Information about the weather enables the app to suggest missions that can be carried out come rain or shine. The gamification element allows players to earn points, climb levels and win badges for completing missions, making the experience of getting fit more fun!

To try it out, download the BeeActive app from the App Store or Google Play and pick from a range of missions to get walking!



## **Walk Our City of Firsts**

What better way to hear about the amazing firsts that originated in Manchester than directly from its citizens? CityVerve has created a walking tour where visitors to Oxford Road can follow a trail of plaques showing the various 'firsts' that have taken place in Manchester, from historical inventions to the latest CityVerve deployments.

You can follow the tour through our Buzzin app (available for free on the App Store), and use your smartphone to scan the plaques and bring them to life through augmented reality, hearing more about the 'firsts' from real citizens.



## **The Manchester Plinth**

How do you use digital technology to bring art to the masses? Our Manchester Plinths are taking art out of galleries and into the city, through a series of physical plinths in outdoor locations in and around the Oxford Road such as All Saints Park and the Manchester Art Gallery.

The plinths exhibit a series of interactive art pieces that can only be accessed via a smartphone app – Buzzin, available for free on the App Store for both iOS and Android – for visitors to engage with and experience.

To find out more visit [www.cityverve.org.uk](http://www.cityverve.org.uk)  
To start exploring the city for yourself, you can find Buzzin and BeeActive in the App Stores!

**cityverve**



## Many Greater Manchester residents are inspired to join our led walks through a desire to improve their physical fitness and wellbeing.

Euey Madden, at Oldham Council's Environmental Services, coordinates the Let's go for a walk scheme—part of the national Walking for Health initiative.

He told us: "Oldham's Lets Go for a Walk scheme is our local input into the national Walking for Health initiative.

"Over 1800 weekly walks are supported by around 8300 friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. Every week, Walking

for Health reaches around 24000 walkers, supporting them to experience the benefits of getting and staying active.

"Here in Oldham we host 12 weekly walks across the borough led by trained volunteers from a close network of walk scheme partners that include Age UK Oldham, Get Moving with OL1, Oldham Sport Development, Oldham Libraries, Dr Kershaws, and Chadderton Park Football Club.

"People joining our walks come from a wide range of backgrounds. Some are managing long term health conditions or making lifestyle

changes but many walkers have reported that the regularity and social aspect of the walks is the most important. They meet new friends who like to be active in the outdoors rather than the gym. We have also found that the walks provide an informal opportunity for people to discuss health issues and to discover what other activities and advice is available locally. The walks really are a doorway to better health!”

But once you’ve taken those initial steps and find yourself out-pacing your health-related walking group, where can you go from there?

In order to meet this need, Oldham Council’s Environmental Services division have teamed up with UProjects—a local enterprise managed by husband and wife duo, Alan and Gaynor Keane.

UProjects offers progression walks for those who want to go further having improved their fitness on health walks. The walks are led by qualified instructors who also have a background in health and community engagement.

Gaynor said: “Working with Euey and our local council’s Environmental Services team has definitely helped people to progress from gentle health walking to making adventure a way of life. And it’s often people who wouldn’t have had the opportunity otherwise.

“Oldham has a diverse range of communities and we have people from many different social backgrounds accessing our progression walks.

“We have had some really great feedback about how friendly our walks are whilst being a great way to meet new people who choose the outdoors to become more active.

“We offer courses to equip new walkers with skills and tools to venture out safely and people have progressed to walking further afield with confidence in groups. This gives them a support network, a motivational incentive to keep active and has encouraged people to walk more in their everyday life.”

The partnership has seen some great successes with inactive people starting on short walks and progressing to reaching the highest summits of England and Wales.

A team of 20 walkers are currently engaged on the 2018 UCrew programme. The group are gradually increasing their walking fitness and aiming to complete the Yorkshire Three Peaks Challenge. This will see the hardy crew undertake a distance of 24 miles and 5000 feet of ascent in just 12 hours this coming July.




We wish them the very best of luck in completing their challenge!

Why not take your first steps on a short walk this Walking Festival? You never know what heights it may take you to.

Shorter walks aimed at improving fitness as well as longer, more challenging walks can be found at **[tfgm.com/walking](https://tfgm.com/walking)**

Walks take place in all ten districts of Greater Manchester and you can filter the calendar by district and difficulty.

### People are joining as a way to:

-  get more active
-  explore new areas as a family or as individuals
-  further increase their physical activity levels
-  to improve their mental health and wellbeing



# Go to places you never thought possible

Putting one foot in front of the other to get from A to B may seem like second nature to many of us. But for those who are less mobile or who are living with a disability, getting around under your own steam might seem somewhat of a challenge.



Throughout the Walking Festival, there are opportunities to take on walks at a slower pace and on even terrain. There are many walks that are suitable for wheelchair users. And participants can always get in touch with the walk organiser or leader in advance if they want to clarify whether the route is suitable for their mobility needs.

Getting out into the countryside for a ramble needn't be beyond reach either. Active manual wheelchair user and keen handcyclist, Neil, talked to us about his experience in the Greater Manchester countryside.

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In 2012, whilst skiing, I hit a ridge at speed which resulted in a serious fall and three broken vertebrae. Due to damage to my spinal cord I was partially paralysed and had to start adjusting to a new life. Since I had been a very active person before, I soon decided I was not going to let this slow me down.

A couple of years after my injury I was put in contact with Craig from Experience Community CIC through a mutual contact. Based in the north of England near Huddersfield, their activities make abundant use of the canals, reservoirs and National Parks that Yorkshire and the surrounding regions have to offer. The main drive behind the company is to help those with a physical disability to access the Great British countryside, something that is often incorrectly considered to be too difficult or restrictive.

At the time, despite being a keen outdoor enthusiast, I'd always thought that being back in the countryside and off the beaten path seemed like something that was slightly out of reach, so I was keen to find out more. Being exposed to the

differing equipment available for all kinds of disability I was soon a regular on their mountain trike rambles—a cross between a manual wheelchair and a mountain bike—and was back on the hillsides and in woodlands that I had enjoyed so much before my accident.

It soon opened up what I had previously thought were my limitations. Being out amongst the rugged terrain and spectacular vistas up at Dovestone Reservoir meant the route soon became one of my firm favourites.

Being with like-minded people on rambles not only brings the benefit of exercise but also the social bonus of a shared experience. I'd personally recommend anyone with a disability to seek out groups that can help them go further and get to places they never thought possible.

It's often easier than you think, with groups like Experience Community doing activities more locally than you realise which can open up so many new horizons!

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Experience Community CIC will be leading a Mountain Trike Ramble on 26 May and it will be possible to hire a trike for a fee in advance.

Get the details of this walk and the hundreds of others at [tfgm.com/walking](http://tfgm.com/walking)

Walks can be filtered by difficulty and those under 'Easy' or 'Fairly Easy' will be on the most gentle terrain. Look out for the wheelchair icon to identify the most accessible walks and feel free to contact the walk leaders whose details are listed on each walk to check whether a route is suitable for your level of mobility.







## Share the love!

If you're out and about this walking month, whether on our led walks or just making the effort to make your short trips on foot, we'd love to see your pics and hear your stories. Please share on Facebook, Twitter or Instagram using [#TfGMWalking](#) for the chance to be featured by Transport for Greater Manchester.



Transport for  
Greater Manchester

[#TfGMWalking](#)