



MCR *Strollers*

Weekly update – 15th January 2021

Discovering local walking routes

Find a walking route to help explore your local area or somewhere new in Greater Manchester on the [GM Walking website](#) or you can visit some of these local walking spots (subject to your home location)!

- ♥ [6 great walks near Bolton](#)
- ♥ [Top 5 walks in Stockport](#)

Post lockdown walking inspiration

[20 superb UK walks – for families, day-trippers and long-distance ramblers](#)

Regional stately homes

Known as the 'Downton of the North', [Gawthorpe Hall](#) was redesigned in the 1850s by Sir Charles Barry, designer of the Houses of Parliament and the 'real' Downton Abbey, Highclere Castle. On the outskirts of Burnley, it houses the North West's largest collection of portraits on loan from the National Portrait Gallery. There is a hall, gardens and woodland to visit.

Virtual walks

If you would like the feeling of walking further afield here are more snowy inspirational virtual walks.

- ♥ [4K Virtual Walking Tour around Plitvice Lakes, Croatia - Amazing Nature Scenery with Soothing Sounds](#) (42 mins)
- ♥ [4K Virtual Hike - Johnston Canyon - Winter](#) (38 mins)

Jump on board!

How about a virtual ski! [Take on The Sarenne \(Alpe d'Huez 2019\) in 4k](#) (7 mins). It is the longest black run in Europe and the scenery is stunning.

The one with the adrenaline junkies.....

[Base jumping in Dubai.](#)

Web-cams of the week

Edinburgh Zoo has some fantastic webcams. You can watch the [pandas](#) (spotted one today), [penguins](#), plus tigers, koala and lions!



Animal of the week

The badger is one of the UK's most recognised and popular mammals, bringing pleasure to thousands of people and is a living symbol of the British countryside. Learn more from [The Badger Trust](#). Plus you can watch a [live webcam](#) of badgers from Rydal, Cumbria.

For all the family

- ♥ [Free learning resources from Edinburgh Zoo](#)
- ♥ [Talk about winter](#)

Wellbeing UOM

- [WaterAid webinar and Q&A](#) – Tuesday 19th January 1pm.
- Join Sukh Pabial, as he discusses how we can use positive psychology to support us during challenging times. 1pm on Wednesday, 20 January. [Book via Eventbrite](#).
- [Join a virtual fitness session](#)

And finally uplifting videos to keep you smiling

- ♥ [Cowboy and his Highland Cows!](#)
- ♥ [A \(long legged\) moose and his human lady friend](#)
- ♥ [A recently rescued baby moose](#)
- ♥ [A Groundhog adopts a human!](#)

Have a cosy weekend!