








	Grade 1 = Flat ground / gentle slopes with mainly firm surfaces. Limited / no steps or stiles. 1 hr (shorter walks of 30 minutes incorporated). Accredited by Walking for Health
	Grade 2 = Moderate slopes, steps, uneven surfaces and possible stiles. 1 - 1.5hours. Accredited by Walking for Health
	Progression Walks = Likely to include slopes, steps, stiles and uneven surfaces. 1.5hrs +
	Available Parking
	Available Bus Services
	Toilets Available
	Refreshments Available
	Terrain - 1=Easy, 2=Mainly Easy, 3=Possibly Uneven, 4= Uneven.
	Inclines - 1= Few or None, 2=Possible but Few, 3= Possible, 4= Definite
	Muddy Underfoot
α	On Route
?	Possible
✓	Yes
x	No

Walks with Other Organisations	
Action Heart	Walk Mondays and Fridays - call on 01384 292233
Halesowen Ramblers	www.halrambler.pwp.blueyonder.co.uk
Stourbridge HF Rambling Club	www.shfrc.org.uk
Dudley Mind	Last Saturday of the month call 01384 442938
Carers & Community Amble - Saltwells Nature Reserve	Second Thursday of every month call 07920235036

For more information please contact:
Health & Wellbeing - Age UK Dudley
3 Dudley Court North, The Waterfront, Level Street, Brierley Hill,
DY5 1XP

telephone: 01384 343535
email: Health&Wellbeing@ageukdudley.org.uk
www.ageukdudley.org.uk

Registered Charity No: 1084182

March 2020



Health & Wellbeing Project

Healthy Footsteps for 50 Plus



All staff at Age UK Dudley and the Health & Wellbeing Team would like to thank you for all of your support over the years





Tuesday Walks - Free Activity
January to March 2020 - 1.30pm start.

(Please arrive 10 - 15 minutes before the walk is due to start)



(See reverse for DATE / VENUE Shorter walks of 30 minutes available  	COMMENTS	LEADERS	P						
14th April - SEDGLEY Baggeridge Country Park, Gospel End, Sedgley, DY3 4HB	2.5 miles	Kath Margaret, Paul/David	£3.00 All day	X	√	√	2	2	?
28th April - NETHERTON Saltwells Local Nature Reserve (Car park), Off Coppice Lane, Quarry Bank, Dudley, DY5 1AX	2 miles	Kath Maggie, Margaret	√	217 238 7	√	√	2	2	?
12th May - BRIERLEY HILL - Lye Viaduct Sainsburys Amblecote, (Withymoor) Brierley Hill, DY5 3JR Meet: Car park by playing field.	2.5 - 3 miles	Kath Maggie, Margaret	Field Car Park	287 297 B	√	√	2	2	?
26th May - KINGSWINFORD Hinksford Arms, Swindon Road, Swindon, Kingswinford, DY6 0BA	1-2 miles	David George, Kath	√	15	√	√	1	1	?
9th June - KINVER Kinver Sports & Community Association, Off Sterrymere Gardens, Kinver, DY7 6ET	1 - 2 miles	Margaret Kath, ANOther	√	228	x	x	1	2	?
23rd June - LEASOWES Leasowes Car Park, Leasowes Lane, Mucklow Hill, Halesowen, B62 8DH	2 miles	Margaret Maggie, ANOther	√	19 202 231	X	X	2	2	?



Saturday Walks - Free Activity
April to June - 1.30pm start

(Please arrive 10 - 15 minutes before the walk is due to start)
 Accredited by Walking for Health



(See reverse for codes) DATE / VENUE	COMMENTS	LEADERS							
2nd May - WORDSLEY Red House Cone, High Street, Stourbridge, DY8 4AZ	3 - 4 miles	Kath, Paul	√	16	√	√	2	1	?
27th June - STOURBRIDGE - Amblecote Circular Walk Public Car Park, Collis Street, Stourbridge, DY8 4EG (Just past The Robin Hood Pub, on your left)	4 - 4.1/5 miles	Shirley Elaine, Maureen, Mervyn	√	246 others	X	X	2	2	?



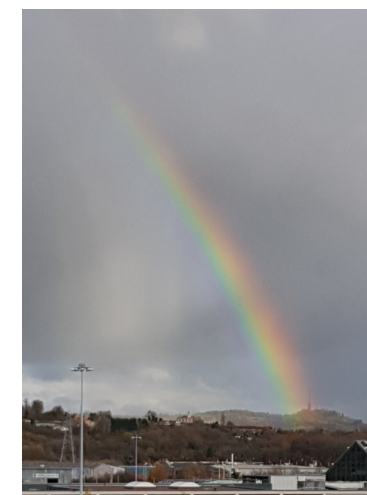
2014



2016



2015





2017



2018



2017



2015



2018



2019



2016



2019



2016



2019