

Useful Information

The Heritage Health Walks will commence from:

Critchley Community Hub
75 Chorley Road, Swinton, M27 4AF

Booking Information:

Book on a walk at Critchley House Community Hub or contact Nichola.Swettenham@ageuksalford.org.uk, call 0161 359 3410.

Before the start of the Health Walk, the Walk Leader will ask you to fill in a health screening form.

We advise you to wear flat, grippy shoes or trainers and suitable and comfortable clothing for the weather conditions.

We have a front and back leader, who will ensure they guide you safely round the route.

Walks will be every second Wednesday of the month.



Follow us on: Facebook and
Twitter: [@AgeUKSalford](https://twitter.com/AgeUKSalford) and
[@CritchleyCafe](https://twitter.com/CritchleyCafe)

www.ageuksalford.org.uk

Registered charity number 1105769



Heritage Health Walk



Walk 1—Swinton Heritage Trail (Plaques 1 – 6)

Be inspired to get active, improve your health
and learn more about your local area
on the Heritage Health Walks
from Critchley Community Hub



Salford City Council



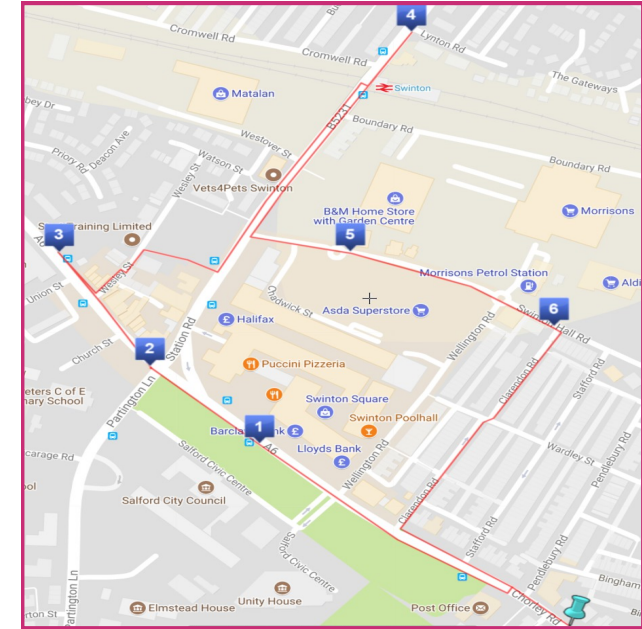
What to expect

The Heritage Health Walk is an opportunity to get active whilst exploring your local area with an accredited Walking for Health Leader. The walk is suitable for all abilities and will take between 45 minutes and one hour.

The benefits of joining a Heritage Health Walk include:

- Improving your well-being whilst being outdoors
- Increase your physical capabilities
- Being active in a group environment
- The opportunity to socialise with like-minded people
- Learn about your local area and feel informed and part of the community
- Learn about events happening in your local area

Map of the Heritage Health Walk (Plaques 1-6)



Plaques 1-6

1. Swinton Industrial School
2. St. Peter's Church
3. Swinton Public Gardens
4. Station Road Rugby Ground
5. Unitarian Church
6. Swinton Hall

The walk is no further than 3 miles around Swinton Town Centre.