

Strollers & Striders Wellbeing Walks



Are you 50+ and want to exercise?

Join us for one of our friendly group walks

Our walks are a relaxed way to enjoy fresh air, gentle exercise, and the simple pleasure of being outdoors. It's also a great chance to chat, meet new people, and make new friends.

We walk weekly at various locations around Solihull, using flat, even paths, and we always go at the pace of the slowest walker.

If you're not sure whether the walk is right for you, please get in touch, and we'll be happy to talk it through, or just turn up on the day. The walks last for about an hour, and there is an opportunity for refreshments at the end!

For more information & to register on walks :

Call **0121 704 7811**

Email **walks@ageuksolihull.org.uk**

Visit **www.ageuk.org.uk/solihull/walks**

Age UK Solihull, The Core, Central Library Building, Homer Road, Solihull, B91 3RG.
Registered Charity Number: 1055887 Company Number: 3180062.

Age UK Solihull - Walking Group



Strollers & Striders Wellbeing Walks 2026-2027 Timetable

Tudor Grange Track Walk: Tuesdays 10.30 am (meet at 10.15 am)
**Meet at the athletics track entrance, Tudor Grange Leisure Centre,
Blossomfield Road. B91 1NB.**

Accessible by bus: 6, 76 and 169

14 & 28 April, 12 & 26 May
9 & 23 June, (Park Walks) 7 & 21 July
4 & 18 August, 1, 15 & 29 September
13 & 27 October, 10 & 24 November
8 & 22 December, 5 & 19 January
2 & 16 February, 2, 16 & 30 March

Solihull Walk: Wednesdays 10.30 am (meet at 10.15 am)
**Meet outside the main entrance of Tudor Grange Leisure Centre,
Blossomfield Road. B91 1NB.**

Accessible by bus: 6, 76 and 169.

8 & 22 April, 6 & 20 May
3 & 17 June, 1, 15, & 29 July
12 & 26 August, 9 & 23 September
7 & 21 October, 4 & 18 November
2 & 16 December, 13 & 27 January
10 & 24 February, 10 & 24 March

Dickens Heath Walk: Thursday 10:30 am (meet at 10.15 am)
**Meet outside the main entrance of Dickens Heath Library, Old
Dickens Heath Rd B90 1SD.**

**transport: plan your route - www.tfwm.org.uk
free limited parking available**

9 & 23 April, 14 & 28 May,
11 & 25 June, 9 & 23 July,
13 & 27 August, 10 & 24 September
8 & 22 October, 12 & 26 November,
10 December, 14 & 28 January,
11 & 25 February, 11 & 25 March