

Walks Timetable - Stoke East

Weston Sprink, Every Monday 11am, FREE HOT DRINKS
 Meet at Weston Coyney Arms, Weston Coyney Rd, ST3 6ES
 Tranquil nature reserve with some rough ground
 NB Thursday 9:30 group continuing as social group
 WC ☕ P 🦶🦶

Fenton Park & Sammis Pool, Every Tuesday, 10:30am
 Meet at Fenton Park Pavillion, ST4 3JQ, FREE HOT DRINKS
 A gentle stroll around Fenton's park and pools
 WC ☕ P 🦶 or 🦶🦶

Fenton Park & Berryhill Fields, 1st & 3rd Wednesdays, 10:30
 Meet at Fenton Park Pavillion, ST4 3JQ, FREE HOT DRINKS
 An invigorating hilly walk with great views
 WC ☕ P 🦶🦶 or 🦶🦶🦶

Berryhill Fields, Every Wednesday, 1:30pm, ST2 0HW
 Meet at Treehouse Childrens Centre, Dawlish Drive
 Local nature reserve walk on the flat

WC ☕ P 🦶🦶
 CURRENTLY POSTPONED Bentilee Valley, Every Friday 10am,
 Meet at Bentilee Neighbourhood Centre, Dawlish Drive
 Please check our website for details of this group restarting
 WC ☕ P 🦶

Key: Easy 🦶 Mostly flat and paved

Moderate 🦶🦶 Some inclines and rough ground

Difficult 🦶🦶🦶 Steep inclines and muddy patches



Why I Joined

What our walkers have said

Sandra "Since I've retired I've decided to get more healthy- I was stuck behind a desk all day. The walks have **lowered by blood pressure** and cholesterol and encouraged me to walk to the shops instead of driving."

Ruth "I **decided to loose weight** and started at the gym, but I preferred to **get outside** rather than being tied to a treadmill."



Catherine: "I'd been in hospital and afterwards I **couldn't afford the gym** so I decided to go to the walks. I really enjoy walking and I've met a lot of people, I've even changed my shifts around so I can come to more. Health wise the walks have made a lot of difference. **I went back to work** on Monday and **everyone keeps saying how well I look** and it hasn't cost anything."

Michelle "I was suffering with agrophobia so getting out of the house with people I **felt comfortable** with was a big thing for me. It was the **friendly people** that run the group which attracted me to join. The leaders are great- I came for the first walk and I've been coming ever since."



Closer to Home
Walking Network



Closer to home walks

Step out with your local walking group to feel good, reduce stress, improve sleep, reduce blood pressure and keep your heart strong

Its simple, fun and FREE



Would you like to help people improve their health?

Do you have an hour or two a week?

Why not volunteer with us

Volunteer opportunities include:

Leading walks

Supporting new walkers

Administration

Promoting walks

Route planners

Committee members



You will gain new skills and experiences, make new friends, grow in confidence and help others to lead a more active lifestyle

change
4 life

FSC Federation of Stadium Communities
Developing healthy Stoke Partnerships

NHS

Stoke on Trent

WALKING HEALTH

01782 831900

www.closetohomewalks.org.uk

Walks Timetable - Stoke North

Westport Lake, Every Tuesday, 2pm
 Meet at Westport Lake Cafe, ST6 4LB
 A flat canal, lake and woodland walk at local beauty spot
 WC ☕ P ♿

Bradeley Walk, Every Tuesday, 3.30pm
 Meet at Bradeley Village Reception, ST6 7RE
 A refreshing greenway walk with some inclines
 WC P ♿ or ♿

Tunstall Park, Every Wednesday, 11am
 Meet at Floral Hall Cafe in Tunstall Park, ST6 7EX
 Takes in heritage park & greenway treasures, some inclines
 WC ☕ P ♿ or ♿

Trent & Mersey Canal, Every Thursday, 11am- FREE DRINKS
 Meet at Sandyford Fire Station, Nr Churchill, ST6 5XB
 A pleasant walk with rough ground and inclines
 WC ☕ P ♿

Burslem Park, Every Friday 2pm- FREE DRINKS
 Meet at Park Pavillion by top gate and fountains, ST6 1AW
 Historic park and its greenways, includes some inclines
 WC ☕ P ♿ or ♿

Newchapel, 2nd Saturday in the month, 10am- FREE DRINKS
 Meet at St James Church, Station Road, ST7 4QT
 Great views, scenic greenways and free heritage leaflet
 WC ☕ P ♿

Westport Lake, 1st & 3rd Saturdays in the month, 2pm
 Meet at Westport Lake cafe, ST6 4LB
 A flat canal, lake and woodland walk at local beauty spot
 WC ☕ P ♿

Ford Green Nature Reserve and Chatterley Whitfield, 1pm
 Every Sunday, Meet at Ford Green car park, ST6 1NG
 A flat walk at a local beauty spot and historic site
 WC ☕ P ♿ or ♿

Goldenhill & Sandyford, Every Sunday, 2pm- FREE DRINKS
 Meet outside Mace Store, Sandyford, ST6 5PH
 With Age UK, A greenway walk with free healthy snacks
 WC ☕ P ♿ or ♿

Walks with Activities/Talks

Newstead Woods Nature Trail, Every Tuesday 1pm
 Meet at the Tollgate Gym, Ripon Road, ST3 3BS
 A woodland walk with rough ground, option of 1hr
 walk or longer walk with free nature activity
 WC ☕ P ♿ or ♿ or ♿

More details and special themed walks on our website
www.closetohomewalks.org.uk

Walks Timetable - Stoke South

Trent Vale, 2nd Monday in the month, 10:30am
 Takes in woodland and pond around the Mitchellin
 River Trent & Canal, 4th Monday in the month, 10:30am
 Scenic walk along River Trent and Trent & Mersey Canal
 Meet at the Black Lion, London Road, ST4 5NZ
 WC ☕ P ♿ or ♿

Nosey Parker, Longton, 1st & 3rd Monday in the month
 AND 3rd Friday in the month, 10am
 Meet at Gladstone Pottery Museum, ST3 1PQ
 A town and country walk taking in industrial heritage
 WC ☕ P ♿ or ♿

Trentham Park Heritage Walk, Every Wednesday, 2pm
 Meet at the Harvester, Stone Road, ST4 8AA
 Historic park and grounds with rough ground & inclines
 WC ☕ P ♿ or ♿

Longton Greenways, 1st & 3rd Thursdays in the month, 11am
 Meet at Belgrave Medical Centre, ST3 4LR, FREE DRINKS
 A walk with inclines in Longton Park & Florence Greenway
 WC ☕ P ♿ or ♿

Trentham Canal, 2nd & 4th Thursdays in the month, 11am
 Meet at the Toby Carvery, Longton Road, ST4 8BU
 A popular scenic canal side walk, mostly flat
 WC ☕ P ♿ or ♿

Blurton & Cockster Brook, First Friday in the month, 10am,
 Meet at Blurton Community Ctr, Oakwood Road, ST3 3ER
 Historic walk takes in local parks, streams and greenways
 WC ☕ P ♿ or ♿

Blurton, Last Friday in the month, 10am
 Meet at St Albans Community Centre, Finstock Ave, ST3 3EE
 Historic walk takes in local parks, streams and greenways
 WC ☕ P ♿ or ♿

Meir Greenway Walk, 2nd Friday in the month, 2pm
 Meet at Meir Primary Care Centre reception, ST3 7DY
 Taking in Meir's parks and woodlands, some rough ground
 WC ☕ P ♿ or ♿

London Road Heritage, Last Saturday in the month, 10:30am
 Meet at Sainsbury's Cafe, London Road, ST4 7QD
 Heritage Walk exploring the landmarks of London Road
 WC ☕ P ♿

Lyme Valley, Every 1st & 3rd Saturday, 11am
 Meet at the Orange Tree Pub, London Road, ST4 6PG
 A smooth, flat walk through this scenic park
 WC ☕ P ♿

Star and Garter Walk, Longton, 2nd & 4th Sunday, 11am
 Meet at New Florence Pub, Sussex Place, ST3 4NF
 A town and country walk taking in industrial heritage
 WC ☕ P ♿ or ♿

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 Meet at New Florence Pub, Sussex Place, ST3 4NF
 A town and country walk taking in industrial heritage
 WC ☕ P ♿ or ♿

Walks Timetable - Stoke West

Hanley Park, Every Mon, 2pm, with FREE DRINKS
 Meet at Norfolk Street Surgery, ST1 4PB
 A canal side walk including the renovated park
 WC ☕ P ♿

Caldon Canal, Every Wednesday 12noon, with FREE DRINKS
 Meet at ADSIS (nr The Bell & Bear) Havelock Place, ST1 4PR
 A canal side walk including the renovated park
 WC ☕ P ♿

Hartshill Walk, First Thursday in the month, 2pm
 Meet at Cafe Divine, Hartshill Road, ST4 6AA
 Takes in scenic greenways or the steeper, historic park
 WC ☕ P ♿ or ♿

Hanley Parks and Canal, 1st & 3rd Friday in the month, 10am
 Meet at Tesco Main Reception, Hanley, ST1 4AJ
 Mostly flat walk taking in the local canals and parks
 WC ☕ P ♿

Festival Park Walk, Every Saturday 2:30pm, ST1 5NY
 Meet at Morrisons Car Park by recycling containers,
 The historic Festival Park Site with some steps and inclines
 WC ☕ P ♿

Etruria Canal, Last Sunday in the month, 3pm
 Meet at Costa Coffee, Festival Park Odeon, ST1 5SN
 Scenic canals and parks steeped in pottery heritage
 WC ☕ P ♿

Penkhull Walk, 3rd Sunday in the month, 1pm
 Meet outside the Marquis of Granby Pub, ST4 7LA
 An historic doomsday village walk with some inclines
 WC ☕ P ♿

Timetable Correct as of May 2012

If out of date please check for updates via
 01782 831900 or www.closetohomewalks.org.uk

All walks are volunteer led and subject to change
 All walks have short, 45mins-1hr, and longer options.
 Please inform the leaders of your preference.
 Arrive 10 minutes early to your first walk to register.

Comfortable, sensible shoes and clothing to match
 the weather forecast are advised.

No walks if bank holiday or icy/snowy
 Children under 16 and dogs welcome, but

they must be accompanied by a responsible adult
Make a lasting health change and join our 8 week
walking plan and incentive scheme
 ask our walk leaders for details