



Gentle Park Walks

The walks are FREE and designed for people with long term conditions and those who just want to improve their overall health and wellbeing.

What are the benefits to you?

We don't always think of walking as exercise - perhaps because it's so normal that we take it for granted. But walking is a great way to get active and prevent illness.

We know that walking is one of the gentlest forms of exercise and has great health benefits, improving your flexibility, balance and the strength of your joints, muscles and bones too. Walking can also help to keep your mind and your social life healthy too, so why not come and join us.

We have designed the walk routes so you can take your time and build up slowly each week, stopping for a rest at any time on the benches provided on the park routes.

Our qualified friendly instructors will be on hand every step of the way. You also have the option to join us after each walk for refreshments and a friendly chat.



Where do the walks take place?

Littleborough
Hare Hill Park

Tuesdays
2.30 - 3.30pm

Meet at the Bandstand in the park

Heywood
Queens Park

Thursdays
10.30 - 11.30am

Meet outside the café in the park

Hollingworth Lake
Visitor Centre

Fridays
1.30 - 2.30pm

Meet at the Visitor Centre

Rochdale
Broadfield Park

Wednesdays
10.30 - 11.30am

Meet at the Bandstand in the park

Middleton
Jubilee Park

Fridays
1.30 - 2.30pm

Meet at the Bandstand in the park

Please remember to wear suitable comfortable footwear and clothing appropriate to the weather conditions.

How Do I Get Involved?

Just turn up at the park and the instructor will meet you at the start of the walk.

If you have any further questions contact:
Paul Gardner, Programme Manager Health & Wellbeing
Tel: **01706 926235** Mobile: **07890 250655** Email: paul.gardner@link4life.org