

# WELCOME TO OUR SALFORD WALKING FESTIVAL



Packed full of exciting walks for everyone.

This leaflet highlights the various walks that will be taking place around in Salford. There are long, short and differently themed walks to suit all abilities.



time of going to press.



# TINY TOTS RAMBLE

Every Friday throughout October. 10.15am meet, 10.30am start. Clifton Country Park, Clifton House Road, M27 6NG.











An easy ramble around the park for parents or carers with young children, splashing in puddles, taking in the fairy tale trail.







# FITNESS, FUN, FRIENDSHIP AND FRESH AIR

# NORDIC WALKING

Every Saturday 9.30am to 1pm Clifton Country Park, Clifton House Road, M27 6NG.









Also Thursdays 10amto12.30pm at varying Salford venues.

Nordic Walking turns a walk into a workout without you even realising. It is suitable exercise for almost everyone as it is tailored to the individual. Done correctly, it is total body walking that strengthens and tones. the group's motto is 'Fitness, Fun, Friendship and Fresh Air'. Sessions tailored to suit everyone. Sessions led by Parks and Pathways Nordic Walking. Check website for start times and walk price.

parksandpathwaysnordicwalking.co.uk or call 07738 931710

www.facebook.com/parksandpathwaysnordicwalking









# WALKS ON THE WILD SIDE

Clifton Country Park, Clifton House Road, M27 6NG.





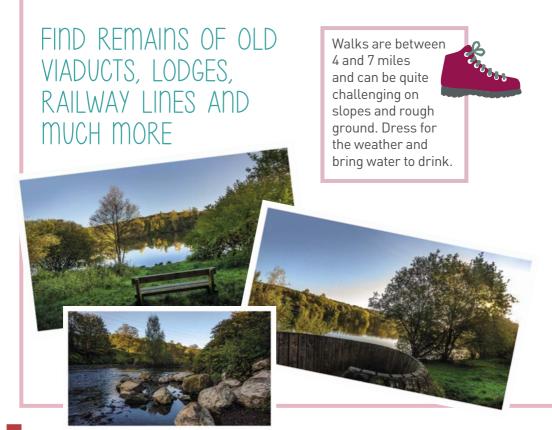




Walks starting from Clifton Country Park, and taking you deep into the Irwell Valley and beyond. Much of the wilderness has developed from the industrial landscape of the past, where you can find remains of old viaducts, lodges, railway lines and much more.

These walks are fundraising for Salford Ceremonial Mayor's three charities: Animals in Distress, Salford Loaves and Fishes, Salford Children's Holiday Camp Charity Appeal. Please donate at www.salford.gov.uk/mayorscharity





### Monday 26 September,

#### 10am to 12.30pm

Along the valley and up to Livia / Silverdale to admire the sweeping views over Manchester.

#### Saturday 1 October, 10am to 1pm

Going upstream towards Moses Gate via the canal and a return walk through the woods. Bring a snack / drink for the journey!

#### Tuesday 4 October, 10am to 12pm

Along the river and across the aqueduct to Phillips Park, through the once landscaped gardens of majestic trees and kitchen gardens.

#### Tuesday 11 October, 10am to 1pm

Across the river and up into the hills. A walk to the beautiful Hurst Wood site, stopping for a bite to eat near the Lookout. Bring a snack / drink.

## Saturday 15 October, 10am to 1pm

Up through Ringley Woods to the Outwood Trail to Radcliffe, before returning along the canal. Bring a snack / drink.

#### Wednesday 19 October, 10am to 1pm

A climb to Shoretop Farm for some lovely views towards the hills, then a walk across to Outwood Country Park, and a stop in Branch 14 Coffee Bar for some refreshment before heading back. Bring cash.

#### Saturday 22 October, 10am to 12pm

Up onto Clifton Moss, and then around and back into the valley, finally returning through the woods along the Irwell.

## Tuesday 25 October, 10am to 12pm

Across the Irwell into Phillips Park and a woodland walk along Prestwich Clough.



# WELLBEING WALKS



The Salford Community Leisure Wellbeing Walks aim to help people get active locally, are 1 hour in length and led by trained volunteer walk leaders. Please arrive 10 minutes before the start of the walk, wear flat grippy shoes or trainers, suitable clothing for the weather and bring a bottle of water. No booking required, for further info contact jo.bennett@scll.co.uk



#### Monton Wellbeing Walk

Tuesday 27 September, 1.30pm to 2.30pm Dukes Drive Car park, off Parrin Lane, Monton.









Walk aimed to help people get active, taking in the local tracks, looplines and woodland.

## Buile Hill Park Wellbeing Walk Monday 3 October, 12pm to 1pm Buile Hill Park Mansion. Buile Hill. M6 8GL.









Walk aimed to help people get active, taking in the tracks and paths within Buile Hill Park.

## RHS Garden Bridgewater

#### Wellbeing Walk

Tuesday 4 October, 12pm to 1pm RHS Garden Bridgewater, M28 2 LJ.









Salford residents/ RHS members only – please bring proof of address.

## Clifton Country Park

#### Wellbeing Walk

Tuesday 11 October, 1.30pm to 2.30pm Clifton Country Park Visitor Centre M27 6NG.











Walk aimed to help people get active, taking in the local tracks and paths in the park.

### **Broadoak Wellbeing Walk**

Thursday 20 October, 10am to 11am Broadoak Garden Centre, Worsley Rd M28 2SJ.











Walk aimed to help people get active, taking in the local tracks, footpaths and looplines.



# INTRODUCTION TO AUTUMN FOR AGING

Saturday 17 September, 10am to 12pm Dukes Drive Car park, off Parrin Lane. Monton.







With expert Dave Winnard, to discover the fruits of the forest. Places are limited so make sure to book on early. Walk led by Salford Ranger Team rangers@salford.gov.uk

# THE INCREDIBLE IRWELL

Sunday 18 September, 10am to 2pm Meet at St Paul's Church, Moor Lane, M7 3WX.





A circular walk to Clifton Country Park, following the river. Approx. 8 miles. Walk led by Salford Ranger Team rangers@salford.gov.uk



## BAT WALKS SEPT TO OCT

Learn some fun bat facts and use a bat detector. Dress warm and bring a torch. Booking Essential. Walk led by Salford Ranger Team rangers@salford.gov.uk

#### Wednesday 21 September

7.10pm to 8.40pm Beesley Green Community Centre, Greenleach Lane. Worsley M28 2RT.

**VARIOUS** LOCATIONS IN SALFOR







## Tuesday 27 September

6.45pm to 8pm Blackleach Country Park, John St. Walkden, M28 3TD.







### Wednesday 28 September

6.45pm to 8.15pm Clifton Country Park Visitor Centre M27 6NG.









## Wednesday 5 October

6.25pm to 8pm Beesley Green Community Centre, Greenleach Lane, Worsley M28 2RT.





# ECO WANDER (litter pick)

Monday 19 September, 10am to 11am Dukes Drive Car park, off Parrin Lane, Monton.







Join our ranger for a group litter picking walking tour. All equipment provided. Keep our site looking beautiful! rangers@salford.gov.uk

# CELEBRATING JAMES BRINDLEY

Saturday 24 September,

10.30am to 12pm Clifton Country Park, Clifton House Road, M27 6NG.









A walk to learn about some of the achievements of this great engineer. Here we look at Brindley's influence on the Wet Earth Colliery. Booking essential. Walk led by Salford Ranger Team rangers@salford.gov.uk

## Sunday 25 September,

### 10.30am to 12pm

Transcend Studios, Bridgewater Mill, Legh St, Eccles, M30 0UT.









A gentle ramble along the canal to Barton Pocket Park. A great walk for history lovers. Walk led by Salford Ranger Team rangers@salford.gov.uk

# WALK TO ORDSALL HALL

Tuesday 20 September, 10am to 1pm Meet Crescent Meadows, Meadow Road, Salford, M7 1PA.







Join the ranger on a celebratory tour of East Salford's gardens, through Peel Park's famous Quattrefoil. We continue past allotments and Ordsall Park, then take a private tour of Ordsall Hall gardens. Returning via the Ship Canal and Middlewood Locks. Toilets and refreshments available at Ordsall Hall. Booking essential: contact rangers@salford.gov.uk

# TOTS STORY STROLL

Thursday 29 September, 9.30am to 10.30am

Dukes Drive Car park. off Parrin Lane, Monton.









A buggy friendly walk for parents with young children (1 to 4years). Join our park ranger for a gentle walk around the park with a story theme. This event will encourage your little ones to safely explore the park while entertaining a little makebelieve. Walk led by Salford Ranger Team rangers@salford.gov.uk





# RELAXATION, AWARENESS AND GROUNDEDNESS

# MINDFUL LUNCHTIME WALKS

Wednesday 28 September and Monday 3 October, 1pm to 1.45pm Peel Park. M5 4WU.





A 45 minute introduction to mindful walking as a wellbeing practice. You'll be guided in simple and enjoyable activities to help you feel present, calm and grounded. Walk led by Natalie Rossiter. Booking required. Email natalierossiterwellbeing@gmail.com

# WORSLEY WOODS WANDER

Friday 30 September, 10am to 2pm Blackleach Country Park, John St off Bolton Road, Walkden M28 3QQ.









A walk down the looplines to the woods and back to Blackleach. Walk led by Salford Ranger Team rangers@salford.gov.uk



# ECO WALK (litter pick)

Sunday 2 October, 10am to 11am Queensmere Dam, Queensway, Swinton M27 8PY.







Around the Livia / Silverdale site with bin liners! Join in this communal activity to help keep this site looking beautiful. led by Salford Ranger Team with Salford Litter Heroes rangers@salford.gov.uk

# WALK TO WARDLEY HALL

Monday 3 October, 10am to 2pm Clifton Country Park, Clifton House Road, M27 6NG.









Across Clifton Moss to Wardley Hall, home of the Bishop of Salford, where we will be shown around the inside

and learn about its past history. Catch a glimpse of the skull on the staircase! Then a quick look at the outside gardens before we head back off towards Clifton again. Bring flat shoes to change into when walking around the Hall, and some cash for donations. Booking essential rangers@salford.gov.uk





# FOLKLORE WALK

Saturday 8 October, 10am to 12pm Peel Park, M5 4WU.





Discover the folklore around the Salford Tree Trail in Peel Park.
Parking is available at Salford Museum & Art Gallery pay and display.
Booking Essential. Meet at the Park Keepers base.
Walk led by Salford Ranger Team rangers@salford.gov.uk



# SALFORD VOLUNTEER RANGERS 10 MILER



**Sunday 9 October, 10am to 3pm** Clifton Country Park, Clifton House Road, M27 6NG.









Starting from Clifton Country Park, a walk towards Worsley Woods and Blackleach Country Park. Bring cash to donate towards the Forum, a pack lunch and water. Book through rangers@salford.gov.uk



# THE KERSAL EXPLORER

Wednesday 12 October, 10am to 1pm St Paul's Church, Moor Lane, M7 3WX.







A circular walk, starting at Kersal Moor and descending to Peel Park via Kersal Dale and Kersal Moor. Walk led by Salford Ranger Team rangers@salford.gov.uk

# BIRD SPOTTING WALK

Sunday 16 October, 10am to 1.30pm New Moss Wood Car Park, New Moss Road, Cadishead, M44 5JT.





A moderate walk with bird expert Dave Steel, through farmland, woodland and finally mossland, to Little Woolden Moss Nature Reserve. Dress for the weather and bring binoculars, water and bite to eat. Booking Essential. Walk led by Salford Ranger Team rangers@salford.gov.uk



# CLIFTON CAPER

Sunday 23 October, 10am to 1pm Blackleach Country Park, John St off Bolton Road, Walkden M28 3QQ.







A walk across Clifton Moss to Clifton Country Park and back again. Walk led by Salford Ranger Team rangers@salford.gov.uk

# FUNGI FORAY



#### Monday 24 October

10am to 12pm and 1pm to 2.30pm Clifton Country Park. Clifton House Road, M27 6NG.









A walk around the park with expert Dave Winnard, who brings the forest to life with discoveries. Booking Essential.

## Saturday 29 October,



#### 10am to 12pm

Peel Park, M5 4WU. Meet outside park keepers base in Peel Park.





Join the park keeper and expert guide, Dave Winnard, to discover which fungi can be found in Peel Park and the meadows. Booking Essential. Walks led by Salford Ranger Team rangers@salford.gov.uk



Tuesday 25 October, 10am to 12pm Peel Park, M5 4WU.





Join the ranger to carve a pumpkin you can take away with you, and then take yourself on a spooky trail in the park. **Booking required** for pumpkin carving only, via rangers@salford. gov.uk. Walk led by Salford Ranger Team. Meet outside park keepers base in Peel Park.

# HALLOWEEN TRAIL

Wednesday 26 October, 12pm to 2pm Meeting at Dukes Drive Car Park, Monton, M30 8AP.









A family friendly spooky trail for young children. Can your little ones find all the Bridgewater Monsters hiding in

Duke's Drive? Free spotting sheet and fun activities for families to complete as you move around. Selfled walk organised by Salford Ranger Team. Parental supervision required. suitable for buggies and wheelchairs. No Booking required.



Thursday 27 October, 10.30am to 12pm and 1pm to 2.30pm Meeting at Dukes Drive Car Park, Monton, M30 8AP.







Trees and plants meet folklore in this enchanted family friendly adventure - brought to you by Yan Tan Tethera. World famous magical explorer and goblin scientist, Prof. Jigget, has made his way to Dukes Drive - to investigate the faerie folk living within the nearby woods. Join him to learn all about faerie classifications, magical spells, and the very best trees to find GOBLINS! **Booking required** for children's places by email rangers@salford.gov.uk. Walk led by Salford Ranger Team.



# AUTUMN FOREST BATHING

Saturday 29 October, 10am to 12.30pm

Clifton Country Park, Clifton House Road, M27 6NG.











An immersive nature connection experience, using the senses. A relaxing and restorative practice, proven to boost wellbeing. Ends with herbal tea and meditation. Walk led by Forest Therapy Guide, Natalie Rossiter. Booking essential: email natalierossiterwellbeing@gmail.com



# FOR FURTHER INFORMATION

For further information contact Salford Ranger Team. Email rangers@salford.gov.uk Clifton Country Park Visitor Centre, Clifton House Road, Swinton, M27 6NG