



Walks Timetable - February and March 2010

Day	Walk	Time	Meet at	Feb	March
Mon	Hanley Park	2pm	Norfolk Street Surgery, Shelton WC	1,8,15,22	1,8,15,22,29
Mon	History Walk	2pm	Burslem Park Pavilion, opposite bandstand WC	8,22	8,22
Tue	Smith's Pool	9.30am	Fenton Children's Centre, Temple Street WC	2,9,16,23	2,9,16,23,30
Tue	Burslem Park	11am	Tommy Cheadles, Port Vale FC WC	2,9,16,23	2,9,16,23,30
Tue	Westport Lake	2pm	Lake Visitor Centre WC	2,9,16,23	2,9,16,23,30
Wed	Meir Park 50+ Walk	10am	Meir Park Community Centre, Lysander Road (please call for details) WC	3,10,17,24	3,10,17,24,31
Wed	Fenton Park	10.30am	Park's Pavilion by the bowling green WC	17	17
Wed	Tunstall park	11am	Community Centre Cafe WC	3,10,17,24	3,10,17,24,31
Wed	Burslem Park	1pm	Heritage Room at the Park's Pavilion WC	3,10,17,24	3,10,17,24,31
Wed	Whitfield Valley	1pm	Whitfield Valley Centre, Fegg Hayes Road WC	3,10,17,24	3,10,17,24,31
Wed	Berry Hill Walk	1.15pm	Treehouse Children's Centre, Dawlish Drive, Bentilee WC	3,10,24	3,10,17,24,31
Wed	Longton Park	2pm	Aynsley Pavilion WC	10,24	10,24
Thur	Weston Sprink	9.30am	The corner of Coyney Grove & Weston Road	4,18	4,18
Thur	Trentham Canal	11am	Toby Carvery, Trentham WC (Walk can take up to 1½ hours to complete)	11,25	11,25
Thur	Central Forest Park	12.30pm	Dudson Centre Reception, Hanley WC	11,25	11,25
Thur	Meir Park	2pm	St Clares Church Centre, Lysander Rd, Meir Park (Walk can take up to 1½ hours to complete) WC	4,18	4,18
Fri	Blurton Walk	10am	Blurton Community Centre, Oakwood Road WC	5	5
Fri	Longton Park	10am	Westfield Children's Centre, Buccleuch Road, Longton WC	5,12,19,26	5,12,19,26

All walks last between 30 minutes to one hour, unless specified otherwise

Walking is good for your physical and mental well being. If you have any particular health issue we may be able to tailor a walk to meet your individual needs so please give us a call so that we can discuss how best we can help

For updates please call **01782 831900**

Day	Walk	Time	Meet at	Feb	March
Sat	Park Hall	10.30am	Park's Visitor Centre (Walk can take up to 1½ hours to complete) ☕ WC	6,20	6,20
Sat	Bucknall Park	10.30am	Bucknall Park Cafe ☕ ♿ WC	20	20
Sat	Walk to the Match - PVFC	1.30pm	Central Forest Park Visitor Centre, Hanley (Walks to be confirmed - call for details) ☕ ♿ WC	20	6,27
Sat	Walk to the Match - SCFC	Variable	Toby Carvery, Trentham ☕ ♿ (Meet 1½ hours prior to start of match) WC	6,27	13,20
Sat	Westport Lake	2pm	Lake's Visitor Centre ☕ ♿ WC	6,20	6,20
Sun	Hanley Park	2pm	The Graduate Pub, Cauldon Road, Shelton Opposite the Spar ☕ WC	14,28	14,28
Sun	Nature Trail	2pm	Park Hall Visitor Centre ☕ WC (walk could take up to 2 hours to complete)	7	7

Ageing Well Walks - a project of Age Concern

Mon	Longton Park	2pm	Meet at the middle gate to the park	1,8,15,22	1,8,15,22
Tue	Walk to Fitness	2pm	Meet outside McDonalds in Sandyford High Street	2,9,16,23	2,9,16,23
Wed	Smith's Pool Walk	2pm	Meet on the car park - next to tennis court	3,10,17,24	3,10,17,24
Thur	Walk to Fitness	2pm	Meet outside McDonalds in Sandyford High Street	4,11,18,25	4,11,18,25
Thur	Hulton Abbey Walk	2pm	Meet at the Trent Squash Club car park, Abbey Hulton	4,11,18,25	4,11,18,25
Sun	Walk to Fitness	2pm	Meet outside McDonalds in Sandyford High Street	7,14,21,28	7,14,21,28

For more information please contact the Ageing Well Team on 01782 812063

Wellness Walks - a project of Brighter Futures & Changes

Mon	Caldon Canal	12 noon	Changes - 11 Birch Terrace, opposite Hanley bus station ☕ ♿ WC	8,22	8,22
Mon	Ford Green	2pm	Outside Ford Green Hall Cafe, Smallthorne ☕ ♿ WC	1,15	1,8,15,22

Please note: Walks will not take place in the event of ice or snow

👣 Easy/steady walk; generally on the flat ☕ Refreshments Available ♿ Wheelchair Friendly WC Toilet Facilities

For more information on any of the 'Closer to home, Circular Walks'
please call the team on 01782 831900
www.stadiumcommunities.org.uk

If you would like this timetable in large print,
please contact the walks team