



# Wolverhampton Walking for Health

<p><b>Ashmore Park</b></p> <p>Meet at the Hub, Griffiths Drive, Ashmore Park, Wednesfield, WV11 2LH. A choice of two walk options, a short and a long walk. Country field walk in the summer.</p> <p><b>Tuesdays 10:30am</b></p>	<p><b>Bantock Park</b></p> <p>Meet outside the Tea Rooms in Bantock Park, WV3 9LQ. It can be muddy on the grass.</p> <p><b>Tuesdays 10:30am &amp; Saturday 2:30am</b></p>	<p><b>Boundary Park</b></p> <p>Meet in the Timber Hut along the track in the Boundary Way Allotments (next to Highfields School), WV 4NZ. Please park cars outside the Allotment Grounds.</p> <p><b>Fridays 10:30am</b></p>
<p><b>Coalway Road</b></p> <p>Meet at Dr Manley's surgery, 119 Coalway Road, Penn. Please use rear entrance to the surgery where there are toilet facilities.</p> <p><b>Thursdays 10:30am</b></p>	<p><b>Dixon Street</b></p> <p>Meet at Kent Road Entrance of the park, WV2 2BA. Circuit walking in the park.</p> <p><b>Tuesdays &amp; Thursdays 10:30am</b></p>	<p><b>Heath Town</b></p> <p>Meet at Holy Trinity Church Hall, Bushbury Road, Heath Town, WV10 0LY, varied local and interesting walks with a monthly longer walk of up to 90 minutes on the 2<sup>nd</sup> and 5<sup>th</sup> Thursday of the month.</p> <p><b>Thursdays 10:00am</b></p>
<p><b>Himley and Baggeridge</b></p> <p>Meet at Golf Club Café, Himley Hall Park, Himley, DY3 4DF. Strong shoes/boots recommended. Car Park charges apply. 256 Bus to Himley House Hotel, 5-minute walk to café.</p> <p><b>Every 1<sup>st</sup> Sunday of the month 10:30am</b></p>	<p><b>Pendeford</b></p> <p>Meet at Oasis Community Café, Whitburn Close, Pendeford, WV9 4NR. A walk on lanes and canal towpaths. Can be muddy.</p> <p><b>Fridays 10:30am</b></p>	<p><b>Perton</b></p> <p>Meet on the Civic Centre Car Park, next to Sainsbury's Petrol Station, Church Road, Perton, WV6 7PD. Can be muddy at times. Strong shoes/boots recommended.</p> <p><b>4<sup>th</sup> Tuesday of the month &amp; Last Sunday of the month 10:30am</b></p>
<p><b>Phoenix Park</b></p> <p>Meet at the Children's Play Area on park, WV2 3JY. Circuit walking around the park.</p> <p><b>Mondays, Wednesdays &amp; Fridays 9:00am</b></p>	<p><b>Springvale Park</b></p> <p>Meet at the Car Park at end of Ettingshall Park Farm Lane, off Fieldhouse Road, off Dovedale Road, WV4 6SP. Lovely walk in the Park.</p> <p><b>Tuesdays 10:00am</b></p>	<p><b>West Park</b></p> <p>Meet in the Shelter at Devon Road Entrance of West Park, WV1 4PJ. Circuit walking in the park.</p> <p><b>Mondays, Tuesdays, Wednesdays, Thursday &amp; Fridays 10:15am</b></p>
<p><b>West Park Sundays</b></p> <p>Meet at Tea Rooms for a walk around our beautiful Victorian Park.</p> <p><b>Sundays 10:30am</b></p>		

Please contact Angie for further information on  
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