



# Woodbank Ramblers

This walk is suitable for reasonably fit people and pushchairs if they can be lifted over occasional obstructions. It may include unsurfaced rural paths, with some sustained ascents or descents. If in doubt about your fitness level, contact the walk leader in advance, or please take a look at the other wellbeing walks available. (Mooch & Mingle, all abilities welcome.)

Please dress in accordance to the weather, some areas of the route will be muddy if it is wet weather. Trainers are suitable on dry days. Make sure to bring your own refreshments.

*Would you like to assist on the walk?*  
 We are looking for volunteers to become Walking Champions - get in touch for more details.

**For further information, please contact:**  
 steven.delahunt@jigsawhomes.org.uk  
 Steven Delahunt: 07827360498



We meet:  
**1:00pm**  
**Outside Vernon Park Café**  
**Every Thursday**

Greater Manchester **Walking**

Greater Manchester **WALKING VOICE**



**The Prevention Alliance**  
 Creating Change Together