

BENEFITS OF WALKING

Walking is a great form of physical activity that does not require any particular equipment and is a great way to reduce stress.

It is recommended that adults should take about 150 minutes of moderate intensity physical activity over a week, and this can be broken down into any sized chunks of time, small or large, over as many days of the week as you like.

We all walk much less these days than we used to. Even in the last 10 years, the average number of steps we take each day has reduced by 20%.

Adults should aim to walk 10,000 steps a day (about 5 miles) - this might sound like a lot but if you add up all the walking you do around the house, doing the shopping, cleaning the house, mowing the lawn and walking around at work, it soon adds up. If we all increase our levels of physical activity to 30 minutes of moderate activity, five times per week, we will be helping ourselves to reduce the risk of developing one or more

of the following conditions:

- Coronary Heart Disease • Stroke
- Obesity • Osteoporosis • Diabetes
- Some Cancers
- Mental Health Problems •

ACKNOWLEDGEMENTS:

Manx Sport & Recreation is most grateful to the following venues for their assistance in hosting the Green Walk & Talk sessions:-
• Silverdale Cafe • Greens Cafe • Bradda Glen Cafe • Castletown Swimming Pool • The Coffee Cottage • Dovecote Tea Rooms • The Raven • The Lodge

**FOR FURTHER DETAILS,
PLEASE CONTACT:**

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ABOUT GREEN WALK & TALK...

YOU MUST BE ABLE TO COVER A DISTANCE OF 2 MILES IN 70 MINUTES OR LESS.

If you are unable to walk the distance in the set time the Green Walk and Talk Sessions may not be suitable for your current fitness levels.

See details of routes for full descriptions. Most of the walks are flat, however there are a number of more challenging routes including a few climbs.

As always the emphasis is on talking with your fellow walkers, not just walking!

COST: £2.50 PER SESSION (inc. refreshments)

SESSION TIME: 1.30 - 3.00pm

DATE:	VENUE:	MEETING POINT:
7th May	Ballaugh (Railway lines)	Station Road Car Park (just past the Spar)
14th May	Kirk Michael (Railway Lines)	Car Park on Station Road
21st May	Bradda Glen	Port Erin Railway Station
28th May	South Barrule Plantation	Car Park next to Ape Mann
4th June	St Johns	Greens Café
11th June	Castletown	Castletown Pool
18th June	Silverdale Glen	Silverdale Glen Café
25th June	Glen Helen	The Lodge Café
2nd July	Ballaugh (Railway Lines)	Station Road Car Park (just past the Spar)
9th July	Kirk Michael (Railway Lines)	Car Park on Station Road
16th July	Bradda Head	Port Erin Railway Station
23rd July	South Barrule Plantation	Car Park next to Ape Mann
30th July	St. Johns	Greens Café
6th Aug	Castletown	Castletown Pool
13th Aug	Silverdale Glen	Silverdale Glen Café

DETAILS OF ROUTES

BALLAUGH (FLAT & ONE STILE TO CLIMB) Starting on Station Road and heading along the old railway line to the Bollyn Road, then North to Broughjaig area where the footpath returns to Station Road. Refreshments will be served at The Raven. Distance - 2 miles.

KIRK MICHAEL (CAN BE UNEVEN UNDERFOOT) A walk on the old railway track towards Ballaugh. There are thirteen stairs to descend which are quite steep and are of different heights. Refreshments will be served at Dovecote Tea Rooms. Distance- 2 miles.

BRADDA GLEN (CAN BE UNEVEN UNDERFOOT / STEPS & SMALL CLIMBS) Starting point at Port Erin Railway Station, walk towards Bradda Glen following the coastal footpaths, followed by a small climb towards Bradda Head and back to Bradda Head Cafe for refreshments. Distance - 2 miles.

SOUTH BARRULE PLANTATION (SOME CLIMBS & CAN BE ROCKY & UNEVEN UNDERFOOT) A small circuit around the plantation. Refreshments will be served at Coffee Cottage. Distance- 2 miles.

ST JOHNS ARBORETUM (A COUPLE OF SMALL CLIMBS) A circular walk in St Johns passing through three of the parks and gardens managed by the Forestry, Amenity and Lands Division. These include Cooil y Ree and Garey ny Cloie gardens and the Tynwald National Park & Arboretum. Refreshments will be served at Greens Cafe. Distance - 2.5 miles.

CASTLETOWN (FLAT & ONE STILE TO CLIMB) Starting and finishing at Castletown Pool. Refreshments will be served at Castletown Pool Cafe. Distance - 1.5 miles for 1 Lap.

SILVERDALE (HILLY & UNEVEN UNDERFOOT) A walk in two stages through Upper and Lower Silverdale Glens, which passes briefly through Ballasalla. Participants will walk part of the Millennium Way, past the Monks Bridge and along the banks of the Silverburn then back to the Silverdale Café for refreshments. Distance - 2.5 miles.

GLEN HELEN (CAN BE UNEVEN AND WET UNDERFOOT) a small circuit following River Neb through the Glen to the Rhenass Waterfall and back to the Lodge Cafe for refreshments. Distance - 2 miles.

*Distances are approximate.

PLEASE USE APPROPRIATE OUTDOOR FOOTWEAR AND SUITABLE ATTIRE IN THE EVENT OF INCLEMENT WEATHER.

In keeping with all Walk & Talk initiatives there

will be incentives to help you!

11 COMPLETED SESSIONS

= £25 worth of

'PROMENADE SHIRTS' GIFT VOUCHERS



Green Walk & Talk could not take place without the

kind support of two other Government Departments.

The Department of Infrastructure and the Department of Environment, Food and Agriculture allow the use of their land and public rights of way as well as designing routes.

