

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%

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 •

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.

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 • The Coffee Cottage • The Raven • The Albert Pub • Harbour Lights (Peel)

FOR FURTHER DETAILS, PLEASE CONTACT:

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Manx
Wildlife Trust
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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.

COST: £2.65 PER SESSION (inc. refreshments) (PLEASE NOTE - Different Price for Ballaugh (£2.85) & Bradda Head Cafe (£2.80))

SESSION TIME: 1.30 - 3.00pm

DATE:	VENUE:	MEETING POINT
19th May	Peel Coast	Harbour Lights (Peel)
26th May	South Barrule	Main Car Park
16th June	Ballaugh	Station Rd Car Park
23rd June	Glen Whyllin (N)	Campsite Cafe
30th June	Peel Heritage Trao;	House of Mannan
7th July	Bradda Head	Port Erin Railway Station
14th July	Silverdale Glen	Silverdale Cafe
21st July	Glen Whyllin	Campsite Cafe
28th July	Port St Mary	Albert Pub
4th Aug	St Johns Arboretum (N)	Greens Cafe
11th Aug	Peel Coast	Harbour Lights (Peel)
18th Aug	South Barrule	Main Car Park
25th Aug	Ballaugh	Station Rd Car Park
1st Sept	Silverdale Glen	Silverdale Cafe
8th Sept	Peel Heritage Trail	House of Mannan
15th Sept	St Johns Arboretum	Greens Cafe
22nd Sept	Port St Mary	Albert Pub
29th Sept	Bradda Head	Port Erin Railway Station

DETAILS OF ROUTES.....

PORT ST MARY - (SHORT STEEP HILL & STEPS INCLUDED - ALTERNATIVE ROUTE ALSO AVAILABLE) Lovely coastal walk leading to a leisurely countryside walk heading back to the Albert Pub for refreshments.
Distance 2 / 2.5 Miles.

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 Cafe for refreshments.
Distance - 2.5 miles.

GLEN WHYLLIN - (CAN BE UNEVEN AND WET UNDERFOOT) a small circuit around the campsite and on to Glen Whyllin beach (if tide is out). Alternative route will include a leisurely walk to the Cooldarry Nature Reserve. Refreshments will be served at the Glen Whyllin Campsite Cafe.
Distance - 2.5 miles.

BALLAUGH - (FLAT & ONE STILE TO CLIMB) Starting on Station Road and heading along the old railway line to the Bollyn Road, then North to Brough Jaig area where the footpath returns to Station Road. Refreshments will be served at the Rave Pub.
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 Coil y Ree and Garey ny Cloie gardens and the Tynwald National Park & Arboretum. Refreshments will be served at Greens Cafe. *Distance - 2.5 miles.*



In keeping with all Walk & Talk initiatives there will be incentives to help you!

14 COMPLETED SESSIONS = £25 worth of 'PROMENADE SHIRTS' GIFT VOUCHERS

PEEL HEADLANDS - leisurely walk starting at Harbour Lights Cafe, continuing along Peel Promenade towards Peel Headlands and back. Refreshment served at Harbour Lights (Peel).
Distance 2.5 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.*

PEEL (HERITAGE TRAIL) - A leisurely walk starting opposite Harbour Lights (Peel Promenade), continuing along to the Heritage Trail, followed by a short track in & around the Raggatt & back. Refreshments will be served at Harbour Lights (Peel). *Distance - 2.5 miles.*

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



Working in partnership with the MANX WILDLIFE TRUST, there will be two 'Nature' Walks identified with (N) on the Timetable. Manx Wildlife Trust wants to help people connect to nature and help wildlife on our Island thrive so that it can continue to benefit us all.