

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 • Tynwald Inn • Curraghs Wildlife Park • The Cosy Nook Café
- Castletown Swimming Pool • NSC Café
- The Coffee Cottage •

FOR FURTHER DETAILS, PLEASE CONTACT:

Phone: 686852

Email: Lesley.Patterson@gov.im

Or visit: msr.gov.im/sports-activities/adult-activities/walk-and-talk



GREEN

Walk & Talk

2018



WHAT IS GREEN WALK & TALK?

You must be able to cover a distance of two miles in seventy 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. Please contact the programme co-ordinator (Lesley Patterson) on 686852 who will advise you of alternative Walk & Talk Sessions. 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!

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

Green Walk and Talk sessions are held weekly on the dates specified below.

COST: £2.00 PER SESSION (inc. refreshments)

*17th August Wildlife Park session is £7

SESSION TIME: 1.30 - 3.00pm

DATE:	VENUE:	MEETING POINT:
4th May	Ballaugh	Station Road Car Park (just past the Spar)
11th May	Kirk Michael	Mitre Pub Car Park
18th May	Silverdale Glen	Silverdale Glen Café
25th May	Middle River	NSC Café
15th June	Castletown	Castletown Pool
22nd June	St Johns	Tynwald Inn Car Park
29th June	Port Erin	Cosy Nook Café
6th July	Ballaugh	Station Road Car Park (just past the Spar)
13th July	Kirk Michael	Mitre Pub Car Park
20th July	Silverdale Glen	Silverdale Glen Café
27th July	Middle River	NSC Café
3rd Aug	South Barrule Plantation	Car Park next to Ape Mann
10th Aug	St. Johns	Tynwald Inn Car Park
17th Aug	Curragh's Wildlife Park	Meet at Reception

DETAILS OF ROUTES

CURRAGHS WILDLIFE PARK (FLAT) A two lap flat circuit around the Wildlife Park, providing an opportunity en route to see the animals in the park. Distance - 2 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 Broughjaig area where the footpath returns to Station Road. Distance - 2 miles.

MIDDLE RIVER(FLAT) Starting and finishing at the NSC in and around the Middle River area in Douglas. 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 in the Tynwald Inn Pub following the walk. Distance - 2.5 miles.

PORT ERIN(FLAT) Starting and finishing at The Cosy Nook Café and along Port Erin Promenade - Up to 2 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 Silverburn Cafe. Distance - 2.5 miles.

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

SOUTH BARRULE PLANTATION (SOME CLIMBS & CAN BE ROCKY & UNEVEN UNDERFOOT) A small circuit around the plantation. 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. Distance- 2 miles.

*Distances are approximate.

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

Here's what you can earn by walking:

• 13 SESSIONS = SPECIAL PRIZE & CERTIFICATE •



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



Green Walk & Talk could not take place without the kind support of two other Government Departments.