



**Active
Black Country**

Creating a healthy, active region

Move 4
Summer



#EveryDayYourWay

bct

Black Country
Transport

Walking and Cycling

in the Black Country



Introduction

There's never been a better time to get active for your health and wellbeing.

You've been advised to start being a bit more active and there's a lot of reasons why this is a good idea. We understand that making those first changes to your lifestyle can often be the hardest ones to take. This booklet will help you make decisions on how and where to be active in the surrounding area.

PLEASE NOTE:

Please be safe when visiting parks and open spaces. If outdoor gym or play equipment is available for use, please use it responsibly and follow Public Health England guidance on hand washing. Please don't visit these spaces if you're suffering with symptoms of coronavirus. Please keep your distance if you're walking or on a bike, staying at least 2 metres away from other people.

Benefits to Activity

It also reduces your chances of developing a number of preventable health conditions

50% less chance of developing Type 2 Diabetes

50% less chance of developing high blood pressure

40% less chance of developing coronary heart disease

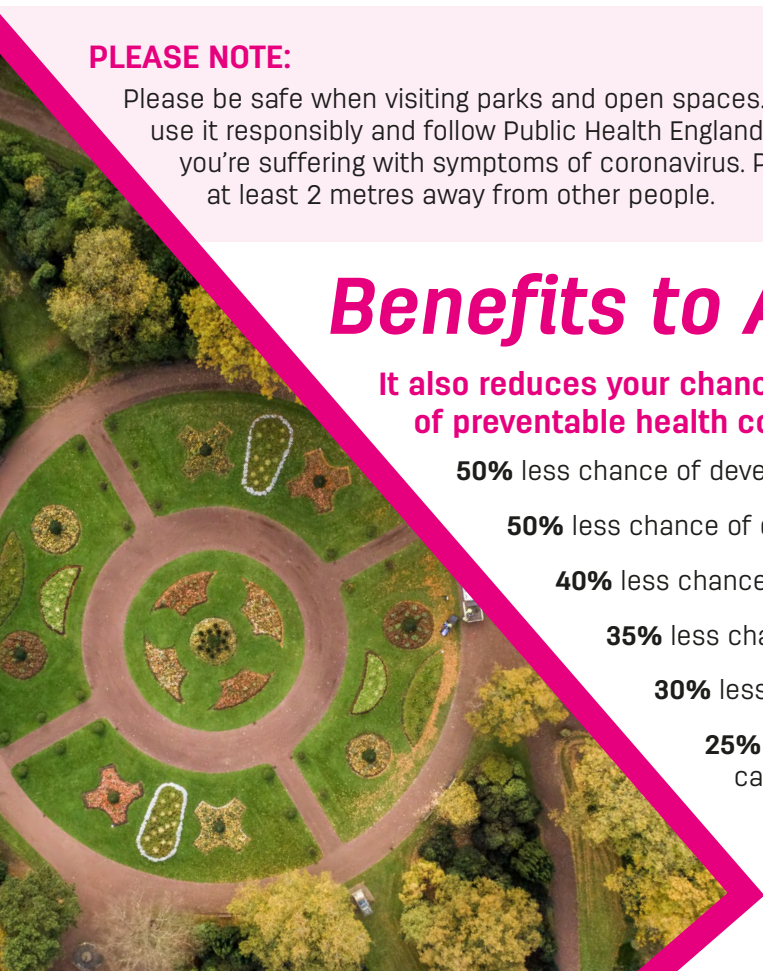
35% less chance of developing cardiovascular disease

30% less chance of having a stroke

25% less chance of developing certain types of cancer (including breast and colon)

25% less chance of developing joint and back pain

21% less chance of having a fall



Love Exploring

There are lots of ways to enjoy all of the open spaces that the Black Country has to offer. Active Black Country and local partners have teamed up with **Love Exploring** to bring a new interactive app to some of our parks and green spaces.

With the current COVID-19 pandemic, getting outside and being active has never been more important. The **Love Exploring** app can give you ideas for family activities or suggestions on exploring on your own if you fancy a bit of 'me' time.

Love Exploring puts the power of discovery in your hands by providing a range of discovery games and guided tours that are fun to do and free to use.



LOVE EXPLORING™

It's currently available at the following locations:

- Silver Jubilee Park, Coseley, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Warrens Hall Nature Reserve, Sandwell (Bumble Hole Local Nature Reserve in Dudley)
- Brunswick Park
- Lightwoods House and Park
- Victoria Park - Tipton, Sandwell
- Barnford Park, Sandwell

West Midlands Cycle Hire First Ride Free

West Midlands Cycle Hire has recently launched across the region; offering more people the opportunity to enjoy cycling in our local area.

The scheme is currently live in Stourbridge, Walsall and Wolverhampton with docking stations at popular canals, parks and town centres. You can view the map of locations at www.wmcyclehire.co.uk

To celebrate the scheme launch they are offering all riders their first ride, of up to 30 minutes, completely free. After this, it costs **£1 to unlock a bike**, and then 5p per minute afterwards.

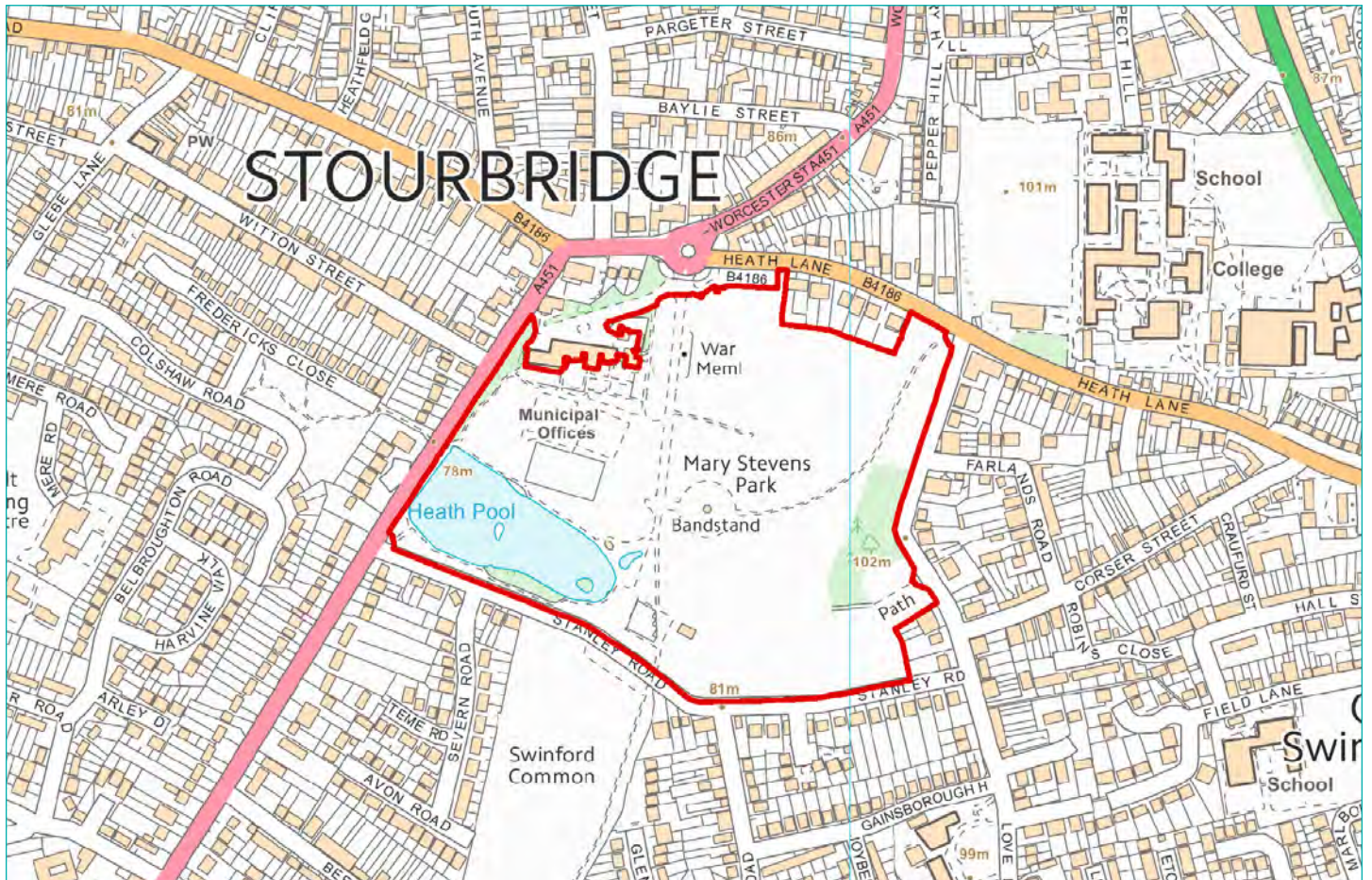
To hire a bike, download and register on the Beryl Bikes cycle hire app via your app store. Docking stations in the Black Country can be seen on the maps in this document wherever you see the **WM Cycle Hire** logo.

You can register for updates and special offers on the website: wmcyclehire.co.uk and follow on social media [@wmcyclehire](https://twitter.com/wmcyclehire) [#wmcyclehire](https://www.instagram.com/wmcyclehire)



**West Midlands
Cycle & Walk**

**Active
Travel
Fund**



Intro

This famous site is a Healthy Hub park and has toilets, a café, a health pool and free car parking. You can also use the signage boards to direct you on a number of walking routes around the park.

Features

- Café with disabled access and toilets
- Play park (fenced enclosure with gate)
- Walking routes
- Lake
- Bandstand

Travel

Free car parking within the grounds of the park, including disabled spaces. The park is a short walk from Stourbridge Town Centre and also accessible via the 7, 10A, 125 and 128 bus routes. There are locations to park and lock bikes. Cyclists can follow National Cycle Route 54 to Stourbridge.



Accessibility Considerations

Paths - The main paths through the park are tarmacked and are in excellent condition, wide enough at most points for at least three wheelchairs to comfortably pass alongside each other. The walking trails around the periphery of the site are less consistent, with more natural 'as-dug' surfaces that narrow considerably at some points to around 1m in width.

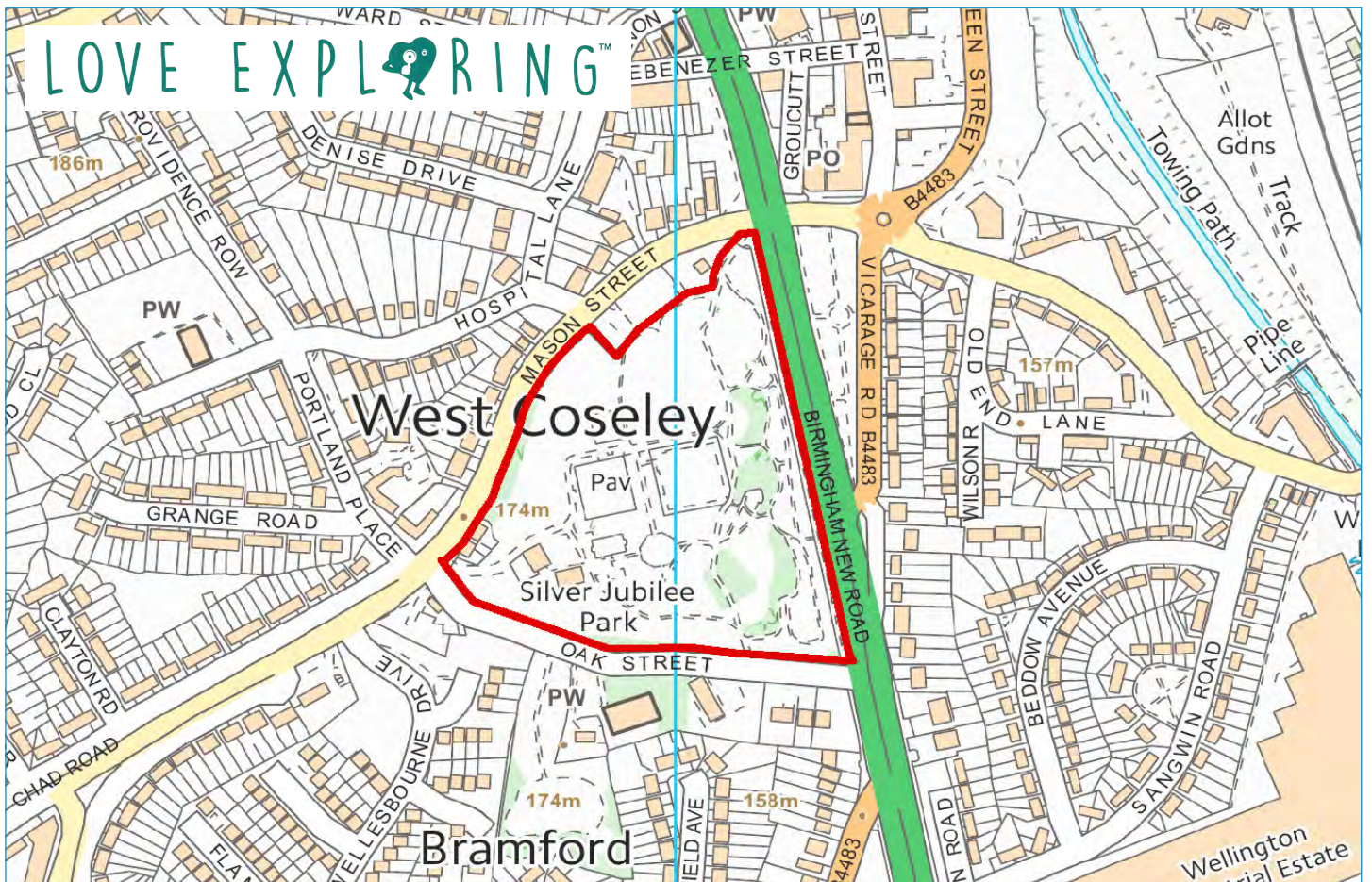
Gradient - The main paths are relatively flat, however the walking trails are much steeper.

Steps - There are steps to reach the bandstand platform.

Benches - There are benches throughout the park at regular intervals.

Postcode
WV14 9SZ

Walking and Cycling in Dudley: **SILVER JUBILEE PARK**



Intro

This Healthy Hub park has suitably positioned benches as part of a Blue Badge disabled route, areas of flat managed grass, shaded areas that are ideal for picnics and managed tarmac pathways. Helpful signage boards display walking routes around the park – a **Love Exploring** site.

Features

- Outdoor gym
- Play park (fenced enclosure with gate)
- Walking routes
- Activity Centre

Travel

There is free parking, with one disabled space at the entrance off Mason Street. The park is accessible via the 8 and 82 bus routes. There are locations to park and lock bikes. Cyclists can use National Cycle Route 81.



Accessibility Considerations

Paths - The main paths through the park are tarmacked and are in excellent condition, however they are relatively narrow and often would not have space for two wheelchairs to be side-by-side.

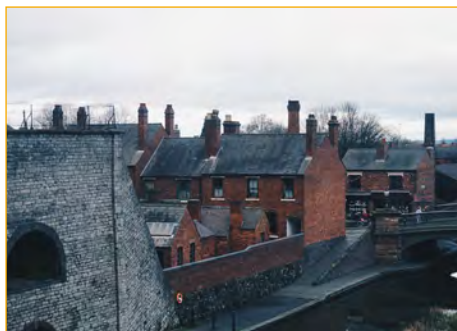
Gradient - The paths are windy and allow users to enjoy a pleasant route around the park, however there are occasional bumps in the path with some quite steep sections to navigate.

Steps - There are three sets of 6-10 steps near to where the park borders the A4123 - they have no handrail and the approximate dimensions are 180cm x 70cm with a depth of 15cm.

Benches - There are benches at approximately 80-100m intervals throughout the park, however they are less prevalent on the narrower paths, furthest from the car park.



Other places to Walk and Cycle in Dudley



Canals

DUDLEY NO. 1 CANAL

Starting at the Bottom Lock on the Delph Road, Brierley Hill, this canal travels north-east through the borough taking in The Waterfront at Merry Hill, Priory Park and eventually the popular Dudley Tunnel attraction.

DUDLEY NO. 2 CANAL

This suburban canal is 5.5 miles in length, travelling north from Hawne Basin in Halesowen (near B&Q) through the south-east of Sandwell and back into the Dudley borough at Warrens Hall Nature Reserve and travelling through Netherton to eventually merge with the No. 1 canal near the Dudley Southern Bypass at Peartree Lane.

STOURBRIDGE CANAL

A popular waterway that starts at the Bonded Warehouse in Stourbridge and travels through Hawbush and Withymoor taking in Buckpool Local Nature Reserve and merging with the No. 1 Canal at the Delph. Additionally there are two **WM Cycle Hire** docking stations close to the Stourbridge Canal towpath entrance near the High Street, Stourbridge.

SALTWELLS LOCAL NATURE RESERVE

Postcode: **DY2 0BY**

Covering 247-acres, this is one of the UK's largest local nature reserves, encompassing extensive bluebell woodland and geological sites of special scientific interest. Accessible via the 7, 8, 15 and 18 bus routes.

UNESCO Geosites

As of July 2020, the Black Country became a UNESCO Global Geopark. The Geopark sites are shown on the map, for more information on each go to <https://blackcountrygeopark.dudley.gov.uk/sites-to-see/>

BUMBLE HOLE AND WARRENS HALL LOCAL NATURE RESERVE

Postcode: **DY2 9HS**

These are great areas for leisurely walks and picnics with open areas of grass and bustling wildlife living along the quiet canal pathways. Accessible via the 7 bus route - a **Love Exploring** site.

HUNTINGTREE PARK

Postcode: **B63 4EX**

A Healthy Hub park with signage boards that show walking routes around the site. Accessible via the 4H bus route.

STEVENS PARK

Postcode: **DY5 2JU**

This 7-hectare site offers fantastic views, particularly around sunset and is undergoing a significant restoration to improve the walking routes. Accessible via the 7 bus route.

WREN'S NEST NATIONAL NATURE RESERVE

Postcode: **DY1 3SB**

A site of exceptional importance, this is one of the most notable geological locations in Great Britain and studied by geologists from all over the world. The topography is varied with some steep slopes. Accessible via the 82 bus route.

NETHERTON PARK

Postcode: **DY2 9EX**

One of Dudley's Healthy Hub parks with large areas of flat managed grass, smaller areas of shaded and unshaded areas of grass, managed and unmanaged pathways and wildlife areas. Accessible via the 7 bus route.

BUFFERY PARK

Postcode: **DY2 8SH**

Covering 6-hectares, this site is a popular recreation point with shaded and unshaded points and managed pathways that are ideal for enjoyable walks. Accessible via the 7, 11, 11a and 19 bus routes.

HIMLEY HALL AND PARK

Postcode: **DY3 4DF**

180 acres of landscaped parkland including a café, lake and car park. The site is adjacent to Baggeridge Country Park, providing even more walking and cycling options. Accessible via the 15 bus route.

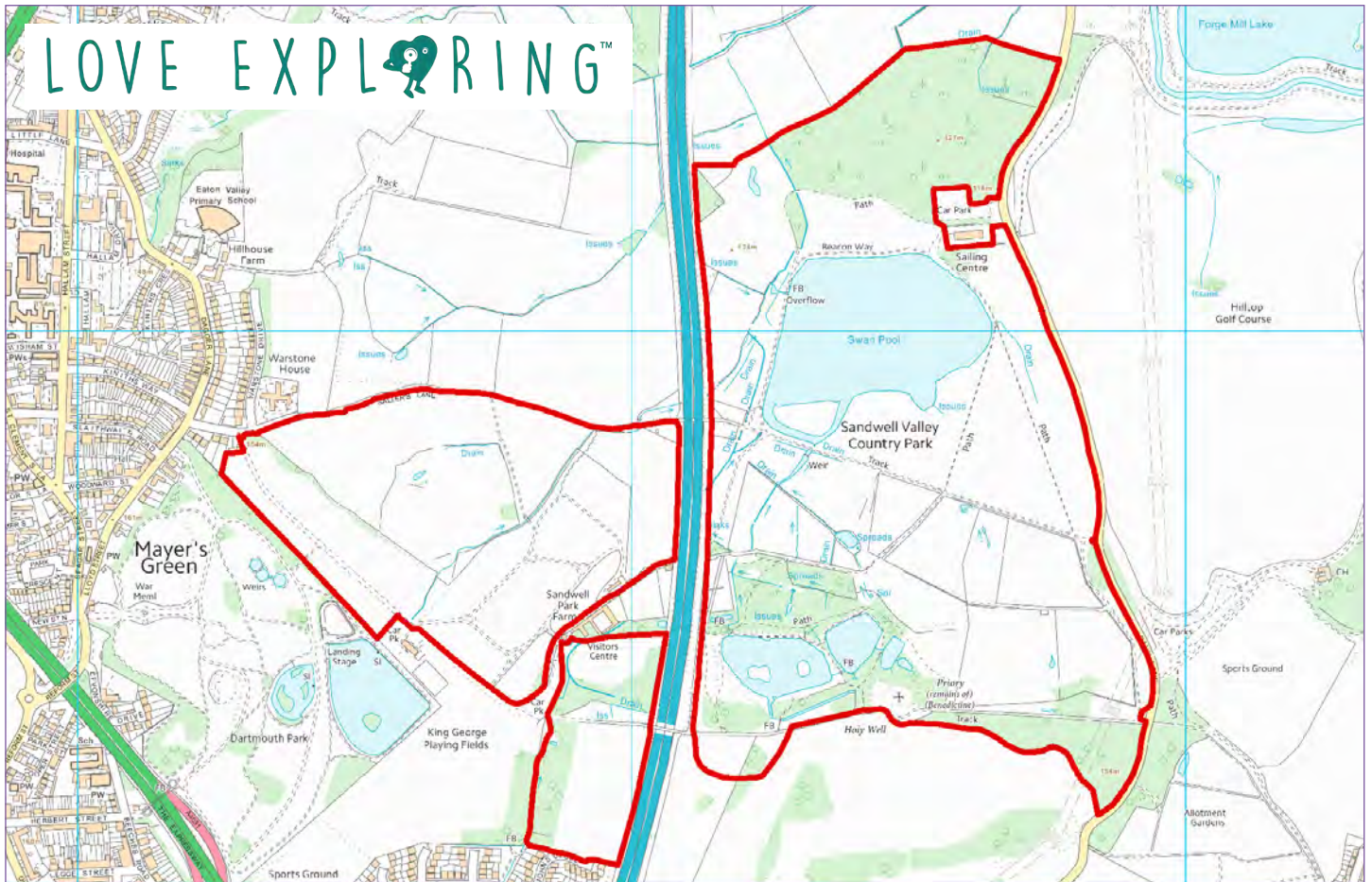
BUCKPOOL, FENS POOL AND BARROW HILL NATURE RESERVE

Postcode: **DY5 4NE**

A network of local nature reserves within Pensnett and Gornal that exhibit a diverse range of habitat to support wildlife. Accessible via the 6 and 15 bus routes.

Postcode
B71 4BG

Walking and Cycling in Sandwell: **SANDWELL VALLEY COUNTRY PARK**



Intro

Finding somewhere for a quiet walk is easy in Sandwell Valley Country Park. Whether you are a keen Rambler, or just want to go for a walk with the dog or family, with 660 acres to walk round, you can go for a quiet stroll in pleasant surroundings through woods, farmland and by pools and streams – a **Love Exploring** site.

Features

- Outdoor gym
- Multiple play areas for children
- Walking routes
- Farm
- RSPB centre

Travel

Free car parking within the park including disabled spaces. The park is also accessible via the 79 bus route. There are locations to park and lock bikes. Cyclists can access the park via National Cycle Route 5.

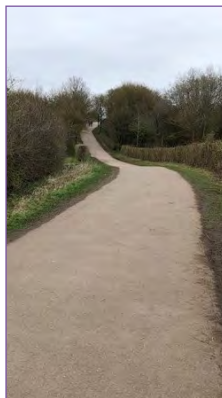
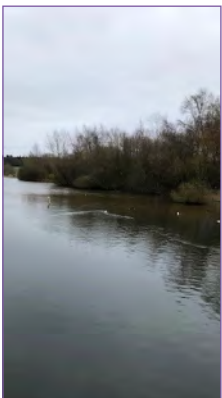
Accessibility Considerations

Paths - The main paths throughout the site are tarmacked and very-well maintained, with the vast majority of paths wide enough for two wheelchairs to pass side-by-side, enabling excellent levels of accessibility throughout the park. The quality lessens slightly on the approach to the footbridge between Swart Pool and Dartmouth park.

Gradient - There are some relatively steep sections to navigate, especially if users park on the main car park and wish to explore Dartmouth Park.

Steps - There is a large set of steps between the main site car park and Dartmouth Park, however there is an alternative step-free route available.

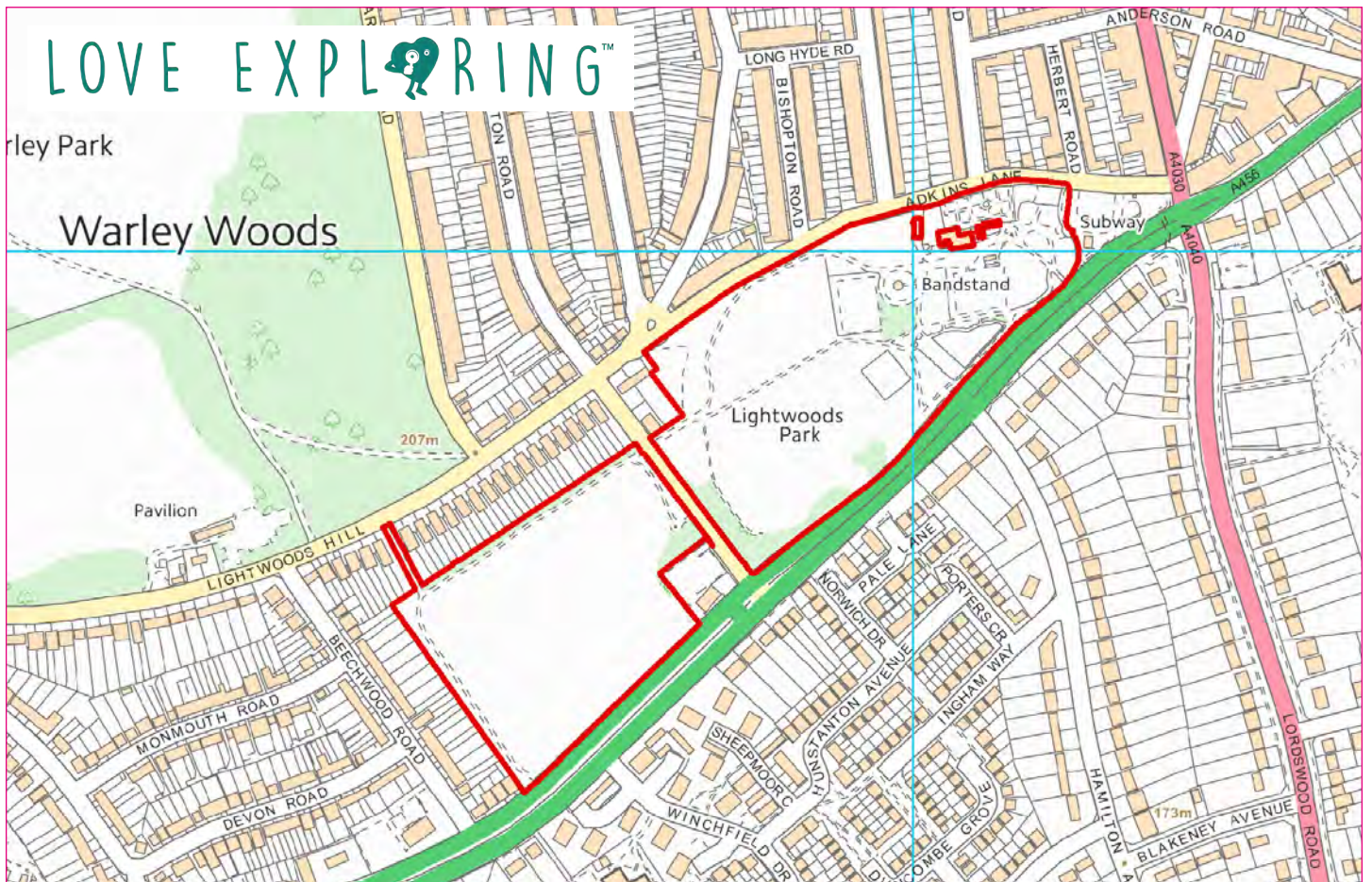
Benches - There are benches throughout the park at mostly regular intervals, however there are fewer resting points on the walk between Dartmouth Park and Swart Pool.



This is just a selection of potential locations to walk or cycle. For more information on these sites and others in Sandwell, go to http://www.sandwell.gov.uk/homepage/124/parks_and_green_spaces

Postcode
B67 5DP

Walking and Cycling in Sandwell: **LIGHTWOODS PARK**



Intro

This park, located next to the Hagley Road, has recently benefitted from a £5.2m restoration project and features extensive managed grassland, gardens and a bandstand. The park has two distinct sections, split by Galton Road. A **Love Exploring** site.

Features

- Outdoor gym
- Play park (fenced enclosure with gate)
- Walking routes
- Café and toilets

Travel

There is parking, with disabled spaces, at Lightwood House. The park is also accessible via the 9, 20, 49, 61, 82, 122, 126, 140 and 692 bus routes.



Accessibility Considerations

Paths - Many of the footpaths are tarmacked and well maintained. On the West side of Galton Road, the path becomes narrower and of slightly poorer quality but it is navigable and there is still space for two wheelchairs to be side-by-side.

Gradient - The paths gently incline in places but the gradient throughout the park is manageable for all abilities.

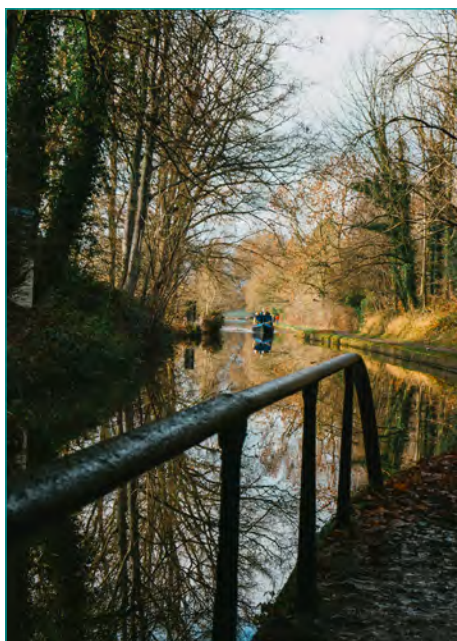
Steps - There are no steps, however users should be aware that Galton Road splits the two sections of the park - there is a dropped kerb in place on both sides.

Benches - There are benches throughout the park, on both sides of the road, approximately every 100m of path.

This is just a selection of potential locations to walk or cycle. For more information on these sites and others in Sandwell, go to http://www.sandwell.gov.uk/homepage/124/parks_and_green_spaces



Other places to Walk and Cycle in Sandwell



Canals

OLD MAINLINE

Spanning from Wolverhampton and travelling through Dudley and merging with the New Mainline in Smethwick, this fantastic waterway is a popular commuting route with cyclists and a wonderful way to experience nature.

NEW MAINLINE

Forking from the Old Mainline in Tipton Green until it re-merges with the old waterway in Smethwick and travels into Central Birmingham, this route goes through Dudley Port and borders the Sheepwash Local Nature Reserve.

TAME VALLEY CANAL

This waterway runs from the centre of Birmingham into Sandwell at Hamstead and travels from east to west through Tame Bridge Parkway eventually merging with the Walsall Canal at the Black Country New Road.

TITFORD CANAL

Starting at several branch points in Oldbury near Junction 2 of the M5, this short canal route travels north through Langley, branching off towards Rood End and eventually merging with the Old Mainline.

UNESCO Geosites

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BARNFORD PARK

Postcode: **B68 8EH**

This park, located in the heart of Oldbury, offers gentle walks, a maze area, community pavilion and car park. Accessible via the 53, 122, 128 and 129 bus routes – a **Love Exploring** Site.

BRUNSWICK PARK

Postcode: **WS10 9QR**

Dating back to 1887, this park offers a range of facilities including circular walking route, ornamental gardens and a bandstand. Accessible via the 3a, 40, 47a, 65 and 311 bus routes – a **Love Exploring** Site.

HADEN HILL PARK

Postcode: **B64 7JU**

A short walk from Haden Hill Leisure Centre, this park features two ornamental pools, toilets, woodland walks and ornamental gardens. Accessible via the 141 and 244 bus routes.

VICTORIA PARK, SMETHWICK

Postcode: **B66 3NT**

Located off Smethwick High Street, this is a popular park for local walkers with circular routes, disabled parking, a bandstand, ornamental lake and wildflower area. Accessible via the 53, 55, 80, 87 and 89 bus routes.

VICTORIA PARK, TIPTON

Postcode: **DY4 8LN**

Popular with Tipton residents, this park has designated nature trails and walking routes, an ornamental pond and wildflower area. Accessible via the 42, 44 and 229 bus routes – a **Love Exploring** Site.

WARLEY WOODS

Postcode: **B67 5ED**

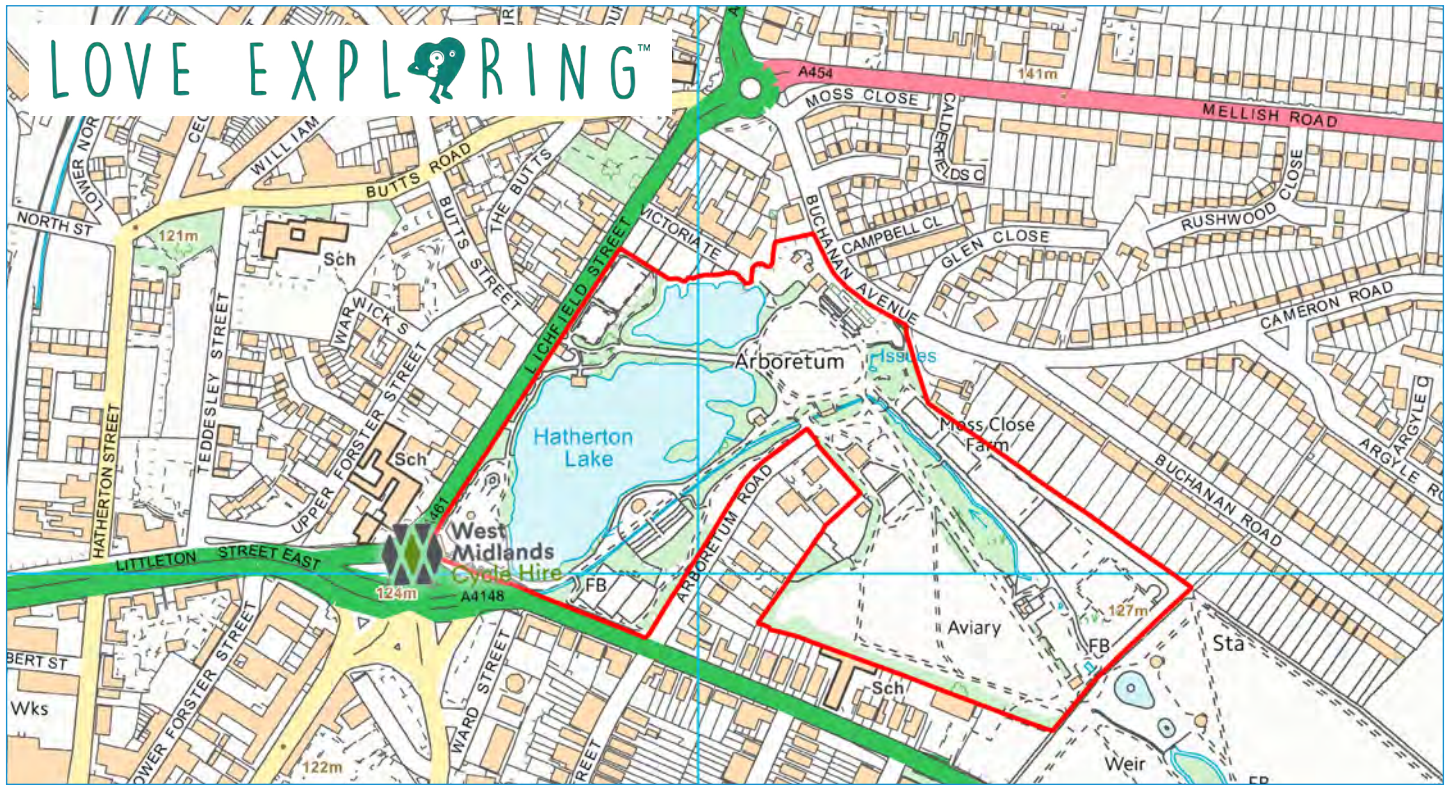
A Green Flag community park with some of the region's most beautiful woodland, offering nature walks, trails and free parking. Accessible via the FW1, 48, 49, 53, 127, 128, 129, 636 and 699 bus routes.



As well as **Love Exploring**, if you're being active in Sandwell you can also download and access the **FREE Go Jauntly** app which allows you to

- Discover an online collection of walks with easy to follow pictures and directions.
- Create your own walks. What's your favourite walk? Don't keep it to yourself, share it with us all.
- Enjoy outdoor adventures and nature right here in Sandwell.

Visit www.gojauntly.com to download the **FREE** app now and take your first steps to walking more in Sandwell.



Intro

A famous site on the edge of Walsall Town Centre, the Arboretum has undergone extensive restoration work in recent years and is a great location to go for a walk or cycle with good footpaths and designated routes. A **Love Exploring** site.

Features

- Outdoor gym
- Play park and splash pad
- Walking routes, Couch to 5k
- Parkrun (suspended due to COVID restrictions)
- Skate park
- Fishing lake

Travel

There is free car parking on site at the Arboretum extension on Broadway North and The Crescent. Located in walking distance from the town centre, the park is accessible via the 7, 10, 10a and 791 bus routes. Cyclists should follow National Cycle Route 5.



Places to Ride

The **Places to Ride** project aims to increase the number and diversity of people cycling and to raise awareness of the range of traffic-free opportunities through the planned installation of cycle storage containers at 5 locations in Walsall, one of which is Walsall Arboretum. The focus here will be Cyclo-cross and adventurous cycling activities for children and adults led by Walsall Bike Project CIC. There is already a successful Community Cycling Club catering mainly for older residents operating from the site.

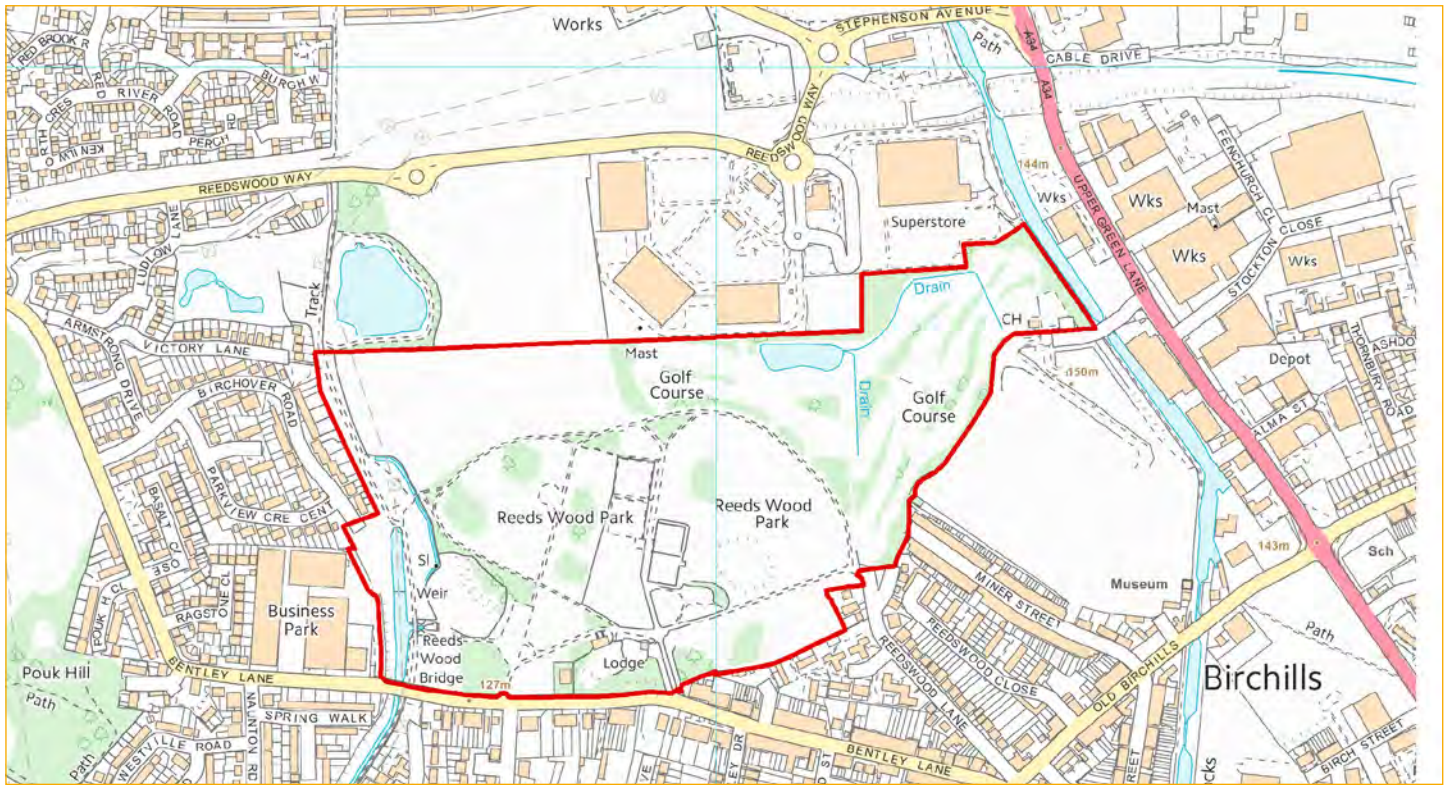
Accessibility Considerations

Paths - The footpaths in the park are in excellent condition with the vast majority of areas accessible and wide enough for 3 wheelchairs to be side-by-side.

Gradient - Most of the pathways in the park are flat. The entrance on Broadway North opposite Charlotte Street has relatively steep step-free access.

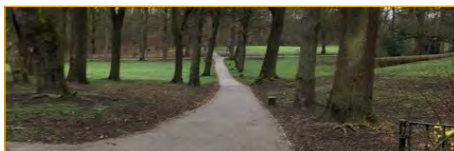
Steps - There are steps at several points in the park, the vast majority of which have alternative step-free routes.

Benches - There are benches throughout the park at regular intervals.



Intro

A large park, close to the Crown Wharf end of the town centre and the Reedswood retail park. As well as a formal park area with a children's play area, football and cricket pitches, and a circular path making for a perfect health walk, the site is bordered by woodland, which to the north leads to Reedswood Fishing Pool and the Victory Pools Site of Importance to Nature Conservation.



Travel

There is no car park available, although there is parking all around the site. Main entrance gates are on Bentley lane, Reedswood Lane and Birchover Drive. The gate from Reedswood Way, allows access to the fishing pool. The park is accessible via the 41 bus route that stops on Bentley Lane.

Features

- Play park
- Walking routes (circular walk)
- Fishing lake
- Outdoor gym
- Skate park
- Multi-use games area



Places to Ride

Reedswood Park is one of the 5 **Places to Ride** locations in the borough. Walsall MBC plan to install a 20ft storage container on an existing solid base next to the Sons of Rest Building. Reedswood Cycling Club operate out of the park. The project aims to increase traffic-free opportunities and the park's access to the Walsall canal can be used to develop a longer off-road route.

Accessibility Considerations

Paths - The park has hard, tarmac-surfaced paths all around and through the park. They are suitable for wheelchair users, people with mobility impairments and pushchairs. All access gates and pathways are wide enough for wheelchair access and pathways allow for turning (1500-2000mm). The routes between the fishing pool and main park are not suitable for wheelchairs. Gates to the Multi Use Games Area are wheelchair accessible, and there are two short and long mapped routes to complete.

Gradient - Whilst there are some gentle inclines to navigate around the paths, this park can be enjoyed by users of all abilities.

Steps - There are no steps on this site to navigate.

Benches - There are a good number of benches well-spaced along the main paths, approximately every 80-100m, to allow for rest if required.



Other places to Walk and Cycle in Walsall

Canals

WYRLEY AND ESSINGTON CANAL (DAW END BRANCH) AND RUSHALL CANAL

Spanning from the West of the borough at Pool Hayes and splintering at Catshill Junction (Brownhills) to eventually merge with the Rushall Canal at Longwood Bridge.

WALSALL CANAL

This waterway links the south of the borough in Darlaston to the Town Centre and travels north through Birchills.

UNESCO Geosites

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WILLENHALL MEMORIAL PARK

Postcode: **WV13 2PW**

This park features a bandstand, picnic area, trees and woodland, pavilion and walking routes. Accessible via the 25 and 703 bus routes – a **Love Exploring** Site and a **Places to Ride** location.

HOLLAND PARK

Postcode: **WS8 7JW**

This park connects to Brownhills Common. It has parking and is accessible via the 3, 3a, 3c, 24, 936, 937 and 937a bus routes. Incorporating Brownhills Community Association, a **Places to Ride** location.

BARR BEACON LOCAL NATURE RESERVE

Postcode: **B43 6BN**

This is one of the highest points in the West Midlands and a favourite walking spot for people of all abilities, incorporating a 2-mile circular nature trail. Accessible via the 76 and 997 bus routes.

PLECK PARK

Postcode: **WS2 9DE**

There are lots of recreational activities to enjoy at this park including BMX, basketball, tennis and cricket. Accessible via the 11 or 11a bus routes that stop on Bescot Road or Wallows Lane – a **Places to Ride** location.

GOSCOTE VALLEY

Postcode: **WS3 1PQ**

This is a great site to explore and contains smaller sites including Mill Lane Local Nature Reserve and Heath End. Accessible via the 29 bus route.

SWANNIES FIELD

Postcode: **WS3 1EH**

Swannies Field offers a wide variety of sports and community activities. The nearest bus stops are on Goscote Lane, served by routes 19 and 29 – a **Love Exploring** Site.

GEORGE ROSE PARK

Postcode: **WS10 8UB**

A large green space in the west of Darlaston, the site has a formal park area along with a strip of flatter grassland and a trim trail. There is no car park, however it is accessible via the 34, 334 and 700 bus routes.



Postcode
WV1 4PH

Walking and Cycling in Wolverhampton: **WEST PARK**



Intro

This Grade II listed Victorian Park in the heart of Wolverhampton City Centre is one of the finest parks in the West Midlands and has Green Flag status. With designated walking routes, tea room, lake and play park, this is a wonderfully scenic place to go and be active. It is also a **Love Exploring** site and has West Midlands Cycle Hire docking stations at the north and south gate entrances.

Features

- Toilet block with ramp and disabled access
- Play park (fenced enclosure with gate)
- Tea room
- Walk for health route
- Boating lake
- Bandstand

Travel

Free car parking around the perimeter of the site, including disabled spaces and charging points for electric vehicles. The park is a short walk from the City Centre and also accessible via the 528 bus route. There are locations to park and lock bikes. Cyclists can access the park via National Cycle Route 81.

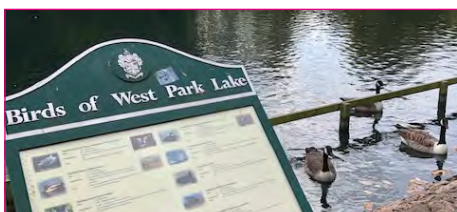
Accessibility Considerations

Paths - The paths are tarmacked and are in excellent condition throughout the park, wide enough at most points for three wheelchairs to comfortably pass alongside each other. The path narrows at the approach to the playpark and around the boating lake to between 160-190cm and can slope in places. Be aware that the path is close to the water with no fence.

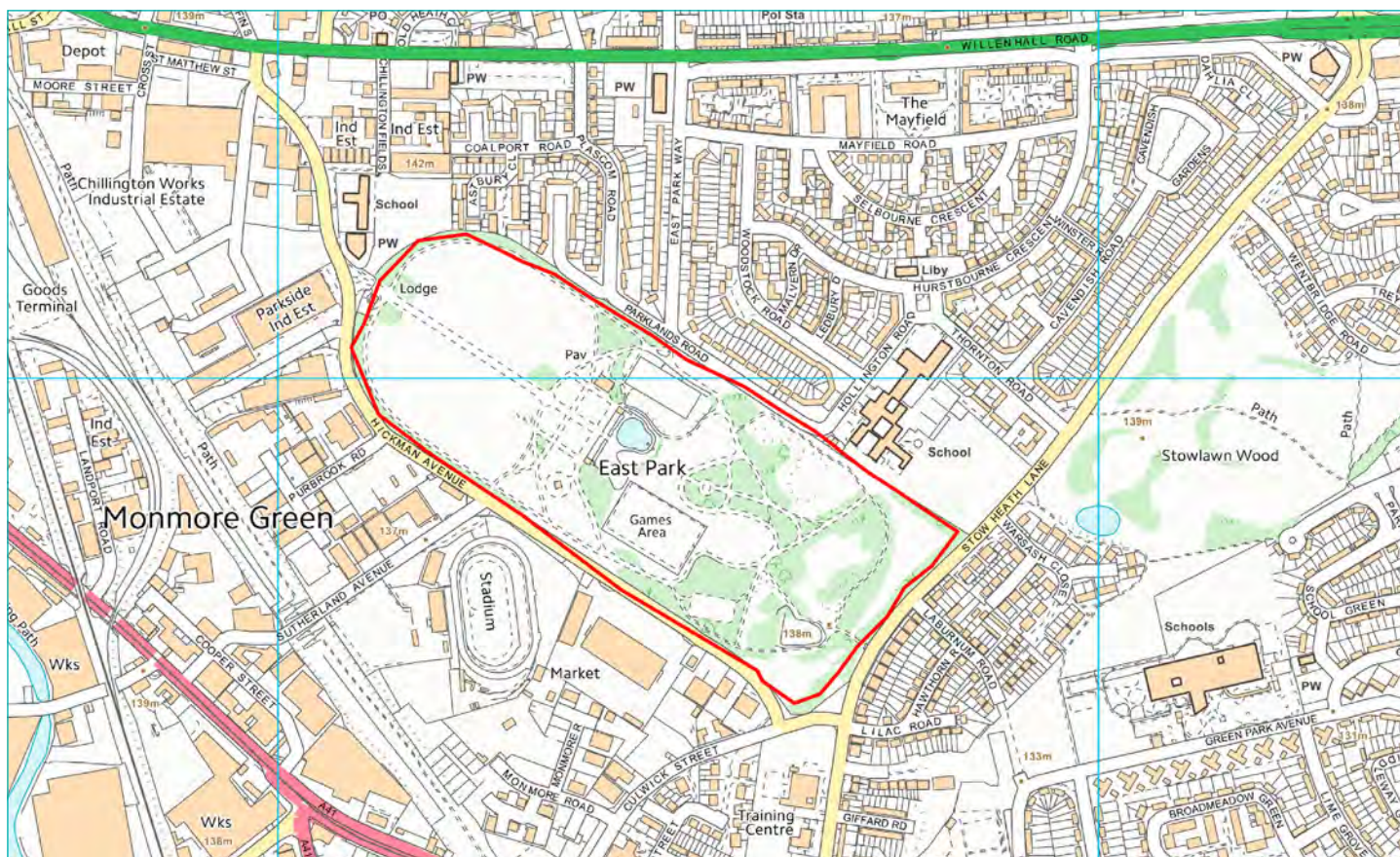
Gradient - The park is relatively flat with mostly even surfaces.

Steps - Steps - There are steps to reach the bandstand platform (approximately 1m wide and 14cm deep) with handrails.

Benches - There are benches throughout the park and approximately every 80m around the lake.

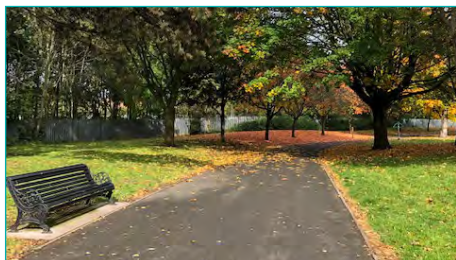


This is just a selection of potential locations to walk or cycle. For more information on these sites and others in Wolverhampton, go to <https://www.wolverhampton.gov.uk/visiting/parks-green-spaces-and-nature-reserves>



Intro

A Green Flag park with a proud history, dating back to 1896, East Park is 18 hectares in size, popular with local residents and a great place to go and be active.



Features

- Features:
- Play park (fenced enclosure with gate)
- Trim Trail
- Bandstand
- MUGA
- Paddling pool area

Travel

Free car parking within the park and around the perimeter of the site. The park is accessible via the 529 bus route and within walking distance of the Priestfield Metro stop. There is a **WM Cycle Hire** docking station located a short walk from the park on the A454, at the junction of Willenhall Road and Colliery Road. Cyclists can also follow National Cycle Route 81.

Accessibility Considerations

Paths - The paths are tarmacked and are in good condition throughout the park (although watch out for leaves on the trim trail during autumn), they are wide enough at most points for three wheelchairs to comfortably pass alongside each other. Whilst the approach to the paddling pool is accessible for wheelchair users, the pool itself has no gradual entrance and is currently not being used (as of October 2020).

Gradient - The park is relatively flat, however the path gets steeper on the approach to the bandstand. Be aware that there are speed bumps on the road that cuts through the park.

Steps - There are steps (very wide and approximately 20cm deep) on one approach to the paddling pool area with a side wall but no handrail.

Benches - There are lots of benches throughout the park however there are some relatively big gaps between benches on the trim trail (up to approximately 200m in places).



Other places to Walk and Cycle in Wolverhampton



Canals

STAFFORDSHIRE AND WORCESTERSHIRE CANAL

Part of a navigable route that spans 74km, this canal passes through Wolverhampton along the Bridgnorth Road in Castlecroft and takes walkers and cyclists through Tettenhall, Aldersley and into Fordhouses in the north of the City as it extends into Staffordshire.

SHROPSHIRE UNION CANAL

Whilst much of this canal extends through quiet countryside and into Cheshire and the River Mersey, it actually starts in Wolverhampton at Autherley Junction.

WYRLEY AND ESSINGTON CANAL

Starting at Horseley Fields junction and terminating near Brownhills in Walsall, this is a contour canal that is built on one level but twists and turns to the point that the waterway is often referred to as the *Curly Wryley*.

BIRMINGHAM CANAL NAVIGATIONS MAIN LINE CANAL

Starting at Aldersley Junction, this is an evolving waterway between Birmingham and Wolverhampton that, in recent years, has acted as the route for the Birmingham and Black Country Half Marathon.

UNESCO Geosites

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BANTOCK PARK

Postcode: **WV3 9LQ**

With approximately 16 hectares of open space, nature trails and restored gardens, this site has a rich history and has recently undergone restoration works. There is a car parking and it is accessible via the 3, 15 and 714 bus routes.

PHOENIX PARK

Postcode: **WV2 3JU**

Visitors to Phoenix Park in Blakenhall can enjoy a sensory garden, a network of paths, playing fields and a woodland area. This is also the site of one of the City's Walk for Health initiatives. Accessible via the 1 and 8 bus routes.

NORTHYCOTE FARM

Postcode: **WV10 7JF**

Northycote Farm provides opportunities to see wildlife in their natural habitats along the many informal walking routes through the woodland. There is parking and it is accessible via the 613 bus route.

SMESTOW VALLEY LOCAL NATURE

Postcode: **WV6 8NX**

Encompassing 50 hectares of meadows, scrubland and woodland. There are lots of fantastic walking and cycling routes. There is also a picnic area and car park. Accessible via the 1, 763 and 784 bus routes.

HICKMAN PARK

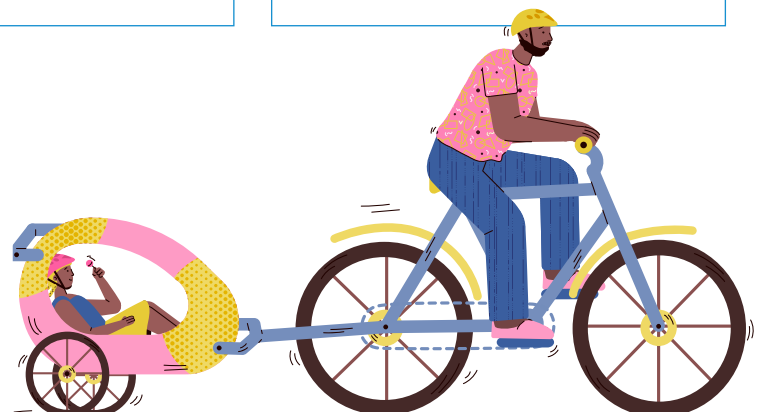
Postcode: **WV14 0LZ**

Located near to Bilston Town Centre, this park is undergoing restoration. Encompassing a wildflower meadow, this is a fantastic site to go walking and be active. There is a car park and it sits a short distance from the 79 bus route.

PENDEFORD MILL NATURE RESERVE

Postcode: **WV9 5ET**

Covering 24 hectares, this area of naturally managed countryside on the edge of an urban area dates back to the 13th century. The site has a free car park. Accessible via the 4 and 6 bus routes.





**Active
Black Country**

Creating a healthy, active region

WHY IS ACTIVITY IMPORTANT?

Being active is a great way of improving your health.

Benefits of activity



Improves
blood
cholesterol



Reduces
pain



Reduces
anxiety



Improves
life
expectancy



Improves
sleep



Improves
muscle
strength



Improves
blood
pressure



Improves
mental health
and mood



Improves
sexual
function

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