

# ACTIVE DAYS

## SAFE WATERWAYS



Find your **movement**.  
Find your **place**.



CITY OF  
WOLVERHAMPTON  
COUNCIL





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Find your **place**.

# Discover Wolverhampton's canal's - and feel better for it!

Our **Move Together** campaign aims to inspire people to embrace movement as part of their daily lives.

The canals are great places for people of all ages to unwind, recharge and get active over the school holidays. Spending time by the waterways can greatly improve people's physical and mental wellbeing. From kids' activity trails and wildlife spotting, to walking, cycling, paddle sports, fishing and boating, there's so much you can do with family and friends.

Check out our top tips on canalside activities in this guide - and enjoy water safely this summer. 80% of Black Country people live within a mile of open water. With the right water safety education, accidental drownings are preventable. The Black Country Water Safety Resource Hub for educators, community groups and families provides FREE lesson plans, practical activities and interactive videos to educate children and adults about the risks around open water.

Find out more: [www.activeblackcountry.co.uk/water-safety-programme](http://www.activeblackcountry.co.uk/water-safety-programme)



## WILDSIDE ACTIVITY CENTRE

The centre focuses on adventurous activities and environmental education, tailored for all people. With access to woodland, waterside, and grassland habitats on-site, as well as the Smestow Valley Nature Reserve and the Staffs and Worcester canal towpath, a range of experiences is available.



01902 754612



[info@wildsideac.co.uk](mailto:info@wildsideac.co.uk)



[www.wildsideac.co.uk](http://www.wildsideac.co.uk)

## WOLVERHAMPTON CANOE CLUB

Run by experienced volunteers, this friendly local club is located off Oxley Moor Road and welcomes everyone from beginners to experienced paddlers.



07506 903500



[wolvescanoecub@yahoo.com](mailto:wolvescanoecub@yahoo.com)



[www.facebook.com/wolverhamptoncanoecub/](http://www.facebook.com/wolverhamptoncanoecub/)



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## ***BILSTON HEALTH WALK***

This accessible weekly walk along the Bradley arm of the canal in Wolverhampton starts at the Bilston Urban Village Medical Centre. It supports patients seeking to improve their health and wellbeing.



01902 409905



[bilstonurbanvillagemedicalcentre.nhs.uk](http://bilstonurbanvillagemedicalcentre.nhs.uk)

## ***WOLVERHAMPTON 21 LOCKS WALKING TRAIL***

The trail takes you on a walk (cycle ride or boat trip) along the Birmingham Main Line Canal to highlight features of interest. Starting at Broad Street Basin, which is easily accessible from the town centre, it ends at Aldersley Junction. The trail is a great activity for all ages and takes around one-and-a-half hours to complete.



01902 551155



[webmaster@wolverhampton.gov.uk](mailto:webmaster@wolverhampton.gov.uk)



Wolverhampton 21 Locks Walking Trail



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## ***KEY WEBSITES & LINKS***

**Wildside Activity Centre - [wildsideac.co.uk](http://wildsideac.co.uk)**

**Wolverhampton Canoe Club - [facebook.com/wolverhamptoncanoecub](https://facebook.com/wolverhamptoncanoecub)**

**Bilston Urban Village Medical Centre - [bilstonurbanvillagemedicalcentre.nhs.uk](http://bilstonurbanvillagemedicalcentre.nhs.uk)**

**Wolverhampton Council - [wolverhampton.gov.uk](http://wolverhampton.gov.uk)**

**Canal & River Trust - [canalrivertrust.org.uk](http://canalrivertrust.org.uk)**

**Active Black Country - [activeblackcountry.co.uk](http://activeblackcountry.co.uk)**

**Water Safety Programme - [activeblackcountry.co.uk/water-safety-programme](http://activeblackcountry.co.uk/water-safety-programme)**

