



# Free Canal Community Activities

January to March 2019

Funded by Transport for West Midlands and run by Sustrans



# Come and explore the newly improved local canal network by taking part in our free programme of activities open to everyone!

We have led walks, led rides, treasure hunts and many more activities to get involved with. We believe that the local canal network offers an excellent place for the community to explore and get in touch with nature whilst being active and staying healthy. You will be able to discover hidden habitats in your community on our wildlife walks, whilst traveling on a part of the region's industrial heritage.



These activities are funded by Transport for West Midlands supported by Active Black Country and delivered by Sustrans, with the aim of raising awareness of the newly improved canal towpaths in the Black Country. These upgrades were funded by the Black Country Local Enterprise Partnership.

For more information on each of the events and to reserve your place visit the Eventbrite website: [networkwestmidlands.com/canalcommunities](https://networkwestmidlands.com/canalcommunities) or by looking at the [Network West Midlands social media pages](#).

If you have any questions regarding the events or for any additional information please contact: [mitchell.robinson@tfwm.org.uk](mailto:mitchell.robinson@tfwm.org.uk)

Date/Time	Location/Activity
<b>Sunday 13 January</b>	<b>Smethwick Rolfe Street Station Entrance</b>
11am - 1pm	Dr Bike
1pm - 3pm	Led Ride
<b>Sunday 27 January</b>	<b>Lighthouse Centre Wolverhampton</b>
11am - 1pm	Led Walk
2pm - 3pm	Winter Trees Wildlife Walk
<b>Friday 22 February (Half term)</b>	<b>Lighthouse Centre Wolverhampton</b>
11am - 12pm	Nature Treasure Hunt!
1pm - 2pm	Wildlife Walk
3pm - 5pm	Dr Bike
<b>Saturday 23 February</b>	<b>Smethwick Rolfe Street Station Entrance</b>
11am - 1pm	Heritage Theme Led Walk
2pm - 4pm	Heritage Theme Led Ride
<b>Saturday 9 March</b>	<b>Lighthouse Centre Wolverhampton</b>
11am - 1pm	Spring Stroll
2pm - 3pm	Spring Theme Wildlife Walk
<b>Saturday 23 March</b>	<b>Lighthouse Centre Wolverhampton</b>
12pm - 2pm	Dr Bike
2pm - 4pm	Led Ride

Please note all activities begin and end at the same location



## Terms and conditions

**Led rides:** Participants are required to bring their own bike. The route will be mostly along canal towpaths, so hybrid/mountain bikes are appropriate. Participants are also advised to bring a mobile phone, water, and weather-appropriate clothing and footwear. Adult participants are responsible for the safety of their own bikes.

Children must be accompanied by an adult and are required to wear a helmet at all times, unless parental consent is given in writing. Children's bikes must be roadworthy and safe. Infants carried on the ride must be able to support their upper body (typically over one year old).

We will be ending at a café, but please bring refreshments if you think you will require them on the ride.

Participants should declare any medical conditions to the ride leader in advance. Riders with acute conditions may need to provide information in case they require assistance on the ride.

**Led walks:** Participants are advised to bring a mobile phone, water, and weather-appropriate clothing and footwear. Walkers should declare any medical conditions to the walk leader in advance. Those with acute conditions may need to provide information in case they require assistance on the walk. Children must be accompanied by an adult.

We will be ending at a café, but please bring refreshments if you think you will require them during the session.

**Nature trails:** Participants are advised to bring a mobile phone, water, and weather-appropriate clothing and footwear. Walkers should declare any medical conditions to the walk leader in advance. Those with acute conditions may need to provide information in case they require assistance on the walk. Children must be accompanied by an adult.

**Dr Bike sessions:** Participants will need to bring their own bike where we'll diagnose problems and assist with basic repairs, e.g. inflating tyres.