



Free Canal Community Activities

October to December 2018



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.

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: www.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

Date/Time	Location/Activity
Monday 29th October (Half term)	Lighthouse Centre Wolverhampton
11am - 12pm	Nature Detectives Treasure Hunt
1pm - 2pm	Wildlife Walk
Friday 2nd November (Half term)	Lighthouse Centre Wolverhampton
2pm - 3pm	Led Walk
4pm - 6pm	Dr Bike
Saturday 17th November	Smethwick Rolfe Street Station Entrance
11am - 12pm	Led Ride
1pm - 2pm	Wildlife Walk
Sunday 9th December	Lighthouse Centre Wolverhampton
11am - 12pm	Wildlife Walk
1pm - 2pm	Christmas Led Ride!
Friday 14th December	Lighthouse Centre Wolverhampton
4pm - 6pm	Dr Bike
Sunday 16th December	Smethwick Rolfe Street Station Entrance
11am - 12pm	Christmas Nature Treasure Hunt!
1pm - 2pm	Led Walk

Please note all activities begin and end at the same location