

Walking and Cycling in the Black Country Move 4 Summer



Active
Black Country
Creating a healthy, active region

Move 4
Summer



#EveryDayYourWay

bct

Black Country
Transport



Big Summer of Cycling & Walking

ROLL &
STROLL



Introduction

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



You've been advised by a Health Care Professional 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.



Why is activity important?

Being active is a great way of improving your health.

You don't have to go far to start walking. You just need to step outside. Active Black Country research shows that, during lockdown, most people simply decided to exercise once-a-day by walking around their local streets for 20-30 minutes.

Alternatively, if you want to go further afield, there are a lot of options available. Whilst the Black Country has a proud industrial past, there are so many green spaces to explore.

Benefits of activity



Improves blood cholesterol



Improves sleep



Improves life expectancy



Improves mental health



Improves blood pressure



Reduces anxiety



Reduces pain



Improves muscle strength



Improves sexual function



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

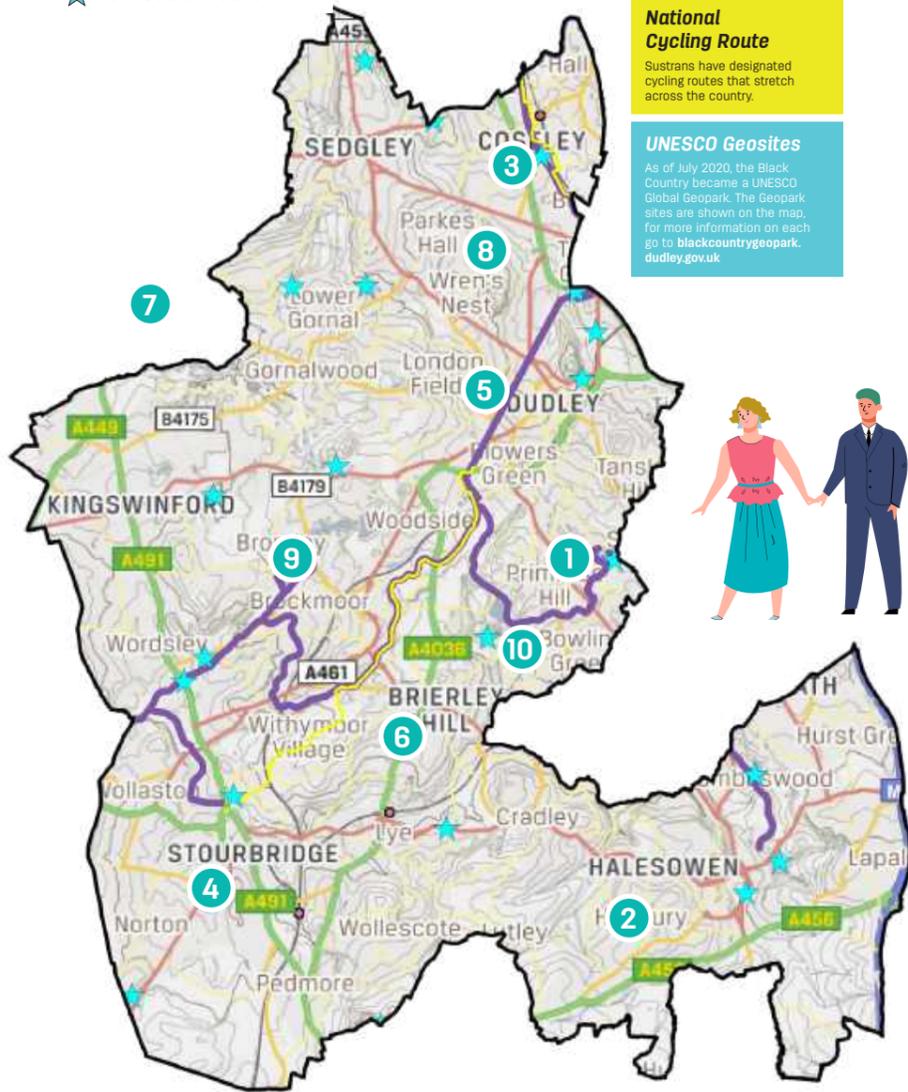
Where you can go Walking and Cycling in...

DUDLEY



- 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. This park has links to canal and railway walks and is close to other great walking destinations such as the Dudley No 2 canal and Bumble Hole Nature reserve. Accessible via the 7 bus route.
- Huntingtree Park**
Postcode: B63 4EX
A Healthy Hub park with large shaded and unshaded areas of managed grass, managed and unmanaged pathways and an accessible route for people with disabilities. There are signage boards that show walking routes around the park. Accessible via the 4H bus route.
- Silver Jubilee Park**
Postcode: WV14 9SZ
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. Accessible via the 8, 8i, and 82 bus routes.
- Mary Stevens Park**
Postcode: DY8 2AD
This famous site is a Healthy Hub park and has toilets, a café, a health pool and free car parking subject to availability. You can also use the signage boards to direct you on a number of walking routes around the park. Located a short walk from Stourbridge town centre, this park is also accessible via the 7, 10a and 10c bus routes.
- Grange Park**
Postcode: DY1 2AP
Grange Park holds impressive views out towards Russells Hall and its varied landscape makes it a popular choice for walking and running. Accessible via the 2, 2a and 17 bus routes.
- Buffery Park**
Postcode: DY2 8SH
Covering six hectares of park land, 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.
- Stevens Park**
Postcode: DY5 2JU
This seven-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.
- Himley Hall & 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.
- Wren's Nest National Nature Reserve**
Postcode: DY1 3SB
A site of exceptional importance, Wren's Nest National Nature Reserve is one of the most notable geological locations in Great Britain and studied by geologists from all over the world. This is a great site to go walking however, please note, there are no visitor facilities (such as toilets) at this location and the topography is varied with some steep slopes. Accessible via the 82 bus route.
- Saltwells Local Nature Reserve**
Postcode: DY2 0BY
Covering 247 acres, Saltwells is one of the UK's largest local nature reserves, encompassing Daphne Pool (with 16 recorded species of Dragonfly), extensive bluebell woodland and geological sites of special scientific interest. Accessible via the 7, 8, 15 and 18 bus routes.

- Canal Network
- National Cycle Network
- UNESCO Geosites



Canals
Our canals are fantastic places to go for a walk or bike ride

National Cycling Route
Sustrans have designated cycling routes that stretch across the country.

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 blackcountrygeopark.dudley.gov.uk



Where you can go Walking and Cycling in...

SANDWELL



- 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.
- Brunswick Park**
Postcode: WS10 9QR
Dating back to 1687, 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.
- Dartmouth Park**
Postcode: B71 4AS
Located in comfortable walking distance from West Bromwich town centre, Dartmouth Park is undergoing a £6m restoration project and features a pavilion with toilets, ornamental lakes, walking routes, floral displays and parking. Accessible via the 45, 60 and 640 bus routes.
- Haden Hill Park**
Postcode: B64 7JU
A short walk from Haden Hill Leisure Centre, this park features 2 ornamental pools, toilets, woodland walks and ornamental gardens. Accessible via the 141 and 244 bus routes.
- Lightwoods Park**
Postcode: B67 5DP
This park, located next to the Hagley Road, has recently benefited from a £5.2m restoration project and features extensive managed grassland, gardens and a bandstand. Accessible via the 3, 20, 49, 61, 82, 122, 126, 140 and 692 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.
- Warley Woods**
Postcode: B67 5ED
Smethwick's 100-acre, Green Flag award winning community park with its mix of open meadow and nine-hole golf course has 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.
- Sandwell Valley Country Park**
Postcode: B71 4BG
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. Many of the footpaths are surfaced. Accessible via the 45, 60 and 640 bus routes.

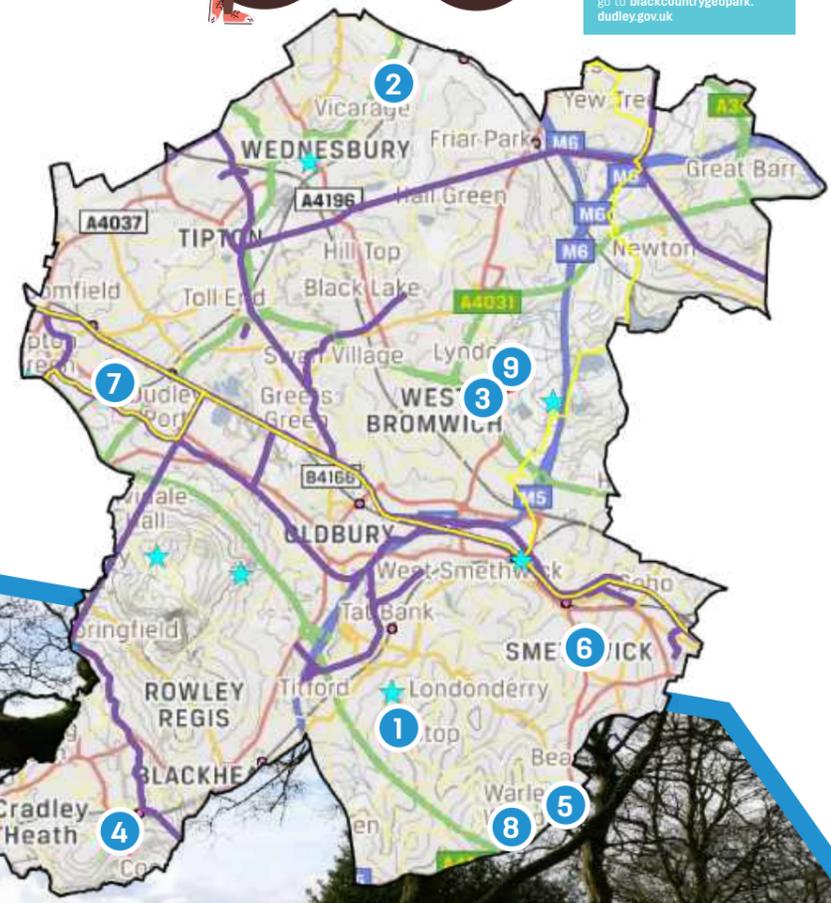
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This is just a selection of potential locations to walk or cycle. For more information on these sites and others in Dudley, go to dudley.gov.uk/things-to-do/parks-and-open-spaces

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

Where you can go Walking and Cycling in...

WALSALL



- Willenhall Memorial Park**
Postcode: **WV13 2PW**
Created in the 1920s, this park has been carefully developed by Walsall MBC and community groups and features a bandstand, picnic area, trees and woodland, pavilion and walking routes. Accessible via the 25 and 703 bus routes.
- Leamore Park**
Postcode: **WS3 3DU**
Located just off Blakemore Lane, neighbouring the Bloxwick Active Living Centre, this park features a storytelling and discovery garden and has parking available. Accessible via the 25, 31, 32 and 159 bus routes.
- Kings Hill Park**
Postcode: **WS10 9JB**
Located in Darlaston, this park has recently received funding for improvements. The site has a mix of wooded and open areas of grassland and hosts different community events throughout the year. Accessible via the 65 and 79 bus routes.
- Holland Park**
Postcode: **WS8 7JB**
This park in Brownhills connects to Brownhills Common and contains a circular walking route. The park has dedicated parking and is accessible via the 3, 3a, 3c, 24, 936, 937 and 937a bus routes.
- Aldridge Airport**
Postcode: **WS9 0QQ**
A large and well-used public open space, this former airport site still contains the former hangar as a heritage feature and encompasses extensive flat managed green space. Accessible via the 997 bus route which stops nearby.
- Reedwood Park**
Postcode: **WS2 8SP**
A large park, close to the Crown Wharf end of the town centre, this site has a circular path that is ideal for a 1,000m health walk and is bordered by woodland and the Victory Pools Site of Importance to Nature Conservation. Accessible via the 41 bus route.
- 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 dedicated car park, however it is accessible via the 34, 334 and 700 bus routes.
- Barr Beacon Local Nature Reserve**
Postcode: **B43 6BN**
Located just 3 miles outside of Walsall town centre, 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, this is also a fantastic spot to see wildlife. Accessible via the 76 and 997 bus routes.
- Goscote Valley**
Postcode: **WS3 1PQ**
Regarded as a vital wildlife link to the wider countryside and a 'green corridor' 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.
- Walsall Arboretum**
Postcode: **WS1 2BQ**
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. Located in walking distance from the town centre, the park is accessible via the 7, 10, 10a and 791 bus routes.

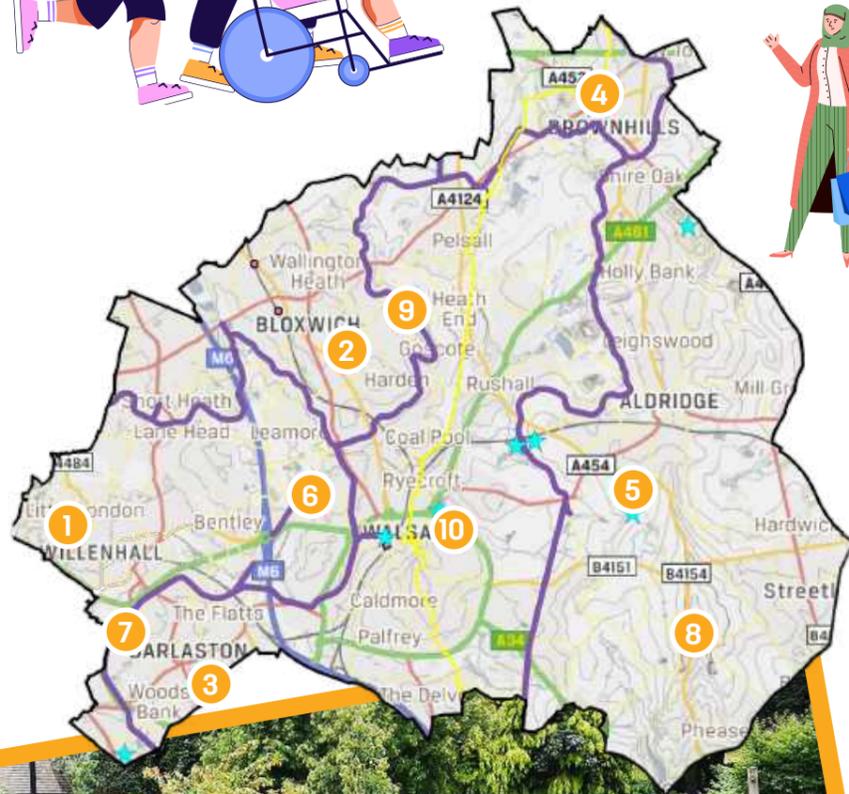
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WOLVERHAMPTON



- 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. Encompassing the Bantock House Museum and Georgian farm buildings, the site has a car park and is also accessible via the 3, 15 and 714 bus routes.
- East Park**
Postcode: **WV1 2BS**
A site with a proud history, dating back to 1896, East Park is 18 hectares in size and popular with local residents. Accessible via the 529 bus route, the park is also close to Priestfield Metro stop.
- West Park**
Postcode: **WV1 4PH**
Located just on the edge of the City Centre, this site is an example of a Victorian municipal park, covering 17 hectares of landscaped green space the park is considered to be Wolverhampton's premier open space. A short walk from the City Centre, the site is also accessible via the 525 bus route.
- Northcote Farm**
Postcode: **WV10 7JF**
Steeped in history, Northcote Farm provides more than just an opportunity to see wildlife in their natural habitats. There are many informal walks through the woodland to enjoy along with a picnic area and car park. Accessible via the 613 bus route.
- Hickman Park**
Postcode: **WV14 0LZ**
Located half a mile from Bilston Town Centre, this park opened in 1911 and is currently undergoing restoration. Encompassing a wildflower meadow, this is a fantastic site to go walking and be active. Accessible a short distance from the 79 bus route.
- Phoenix Park**
Postcode: **WV2 3JU**
Located in Blakenhall on the Dudley Road, visitors to Phoenix Park 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.
- Smestow Valley Local Nature Reserve**
Postcode: **WV6 8NX**
This is a haven for wildlife, encompassing 50 hectares of meadows, scrubland and woodland. There are lots of fantastic walking routes, or go cycling down the old railway walk. There is also a picnic area and car park. Accessible via the 1, 763 and 784 bus routes.
- Pendeford Mill Nature Reserve**
Postcode: **WV9 5ET**
Pendeford Mill is a site of valuable environmental and historical significance. 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.

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Black Country**
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