



Canal &  
River Trust

Making life better by water

# Let's walk

Be more active around Manchester's canals



#WalkYourWayMcr  
[canalrivertrust.org.uk](http://canalrivertrust.org.uk)

## Introduction

# Get active on the towpath

We are the charity making life better by water. In Manchester our canals are a great source of wellbeing on your doorstep.

Walking is a great way to keep active, and there is lots of evidence that spending time near water improves your wellbeing.

There are lots of ways to get moving and make a difference in your local community.

This pack has tips for getting active on your own and with friends and family. You can visit [canalrivertrust.org.uk/volunteer](https://canalrivertrust.org.uk/volunteer) for information about our organised volunteer groups and activities in your area.



## Walking tips

- 1 Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.
- 2 Walk at a level that is appropriate for you and gradually increase the speed and or duration of your walk over time
- 3 Think about how to include walking in your daily routine to make it a habit.
- 4 Try different walking routes to keep it varied and interesting.
- 5 Walking is a great way to socialise. If you are walking with others, please make sure that you are following local and national guidance about outdoor exercise and Covid-19. Current information can be found here: [gov.uk/coronavirus](https://gov.uk/coronavirus)
- 6 You can find more information about walking on our towpaths, including information about accessibility on our website here [canalrivertrust.org.uk/enjoy-the-waterways/walking](https://canalrivertrust.org.uk/enjoy-the-waterways/walking)
- 7 Visit [thatcounts.co.uk](https://thatcounts.co.uk) for information about getting moving and keeping active in Greater Manchester.
- 8 **Greater Manchester Walking** Greater Manchester has the ambition to become the first walking region. You can find out more at [gmwalking.co.uk](https://gmwalking.co.uk)

## Safety tips

## Key pointers

## For walkers – remember

- ✓ If you are going for a walk on your own, let someone know where you're going and what time you expect to be back.
- ✓ Plan your route before you set off.
- ✓ Please check current government guidelines on social distancing, and make sure you follow them. For more information, visit [gov.uk/coronavirus](http://gov.uk/coronavirus)
- ✓ Take care around the water and stay away from the edge. Our website has lots useful information, including tips for talking to children about water safety. Visit [canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways](http://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways)
- ✓ To make sure everyone gets the most out of their time by the water we ask people to follow our Towpath Code: [canalrivertrust.org.uk/news-and-views/our-campaigns/stay-kind-slow-down/our-towpath-code](http://canalrivertrust.org.uk/news-and-views/our-campaigns/stay-kind-slow-down/our-towpath-code)

## For the plastics challenge – stay safe

 Important

- ✓ Always use gloves, or a litter picker, to pick up plastics and litter and cover any cuts and grazes before you start.
- ✗ Don't handle any sharps, needles, dead animals or dog poo.
- ✓ Wash your hands after the challenge and before you eat, drink or touch your face.
- ✗ Don't reach into any areas that you cannot see clearly as there could be safety hazards.
- ✓ Do play 'Spot the hazard' with any children and take a look through our 'Water safety pack' before taking them out on the challenge.
- ✗ Don't touch sharp or jagged items, such as broken glass, and any bulky items which are too heavy to lift.
- ✗ Don't reach into the water to collect any plastics or litter. Always stay away from the water's edge.
- ✗ Don't take any risks. If you see anything dangerous, sharp, heavy or hazardous, do not pick it up. Report it to us on 0303 040 4040 or let us know at [canalrivertrust.org.uk/contact-us](http://canalrivertrust.org.uk/contact-us)
- ✗ Don't climb up or down any embankments, over any barriers restricting access, or try to reach the off side of the water.

## Programme

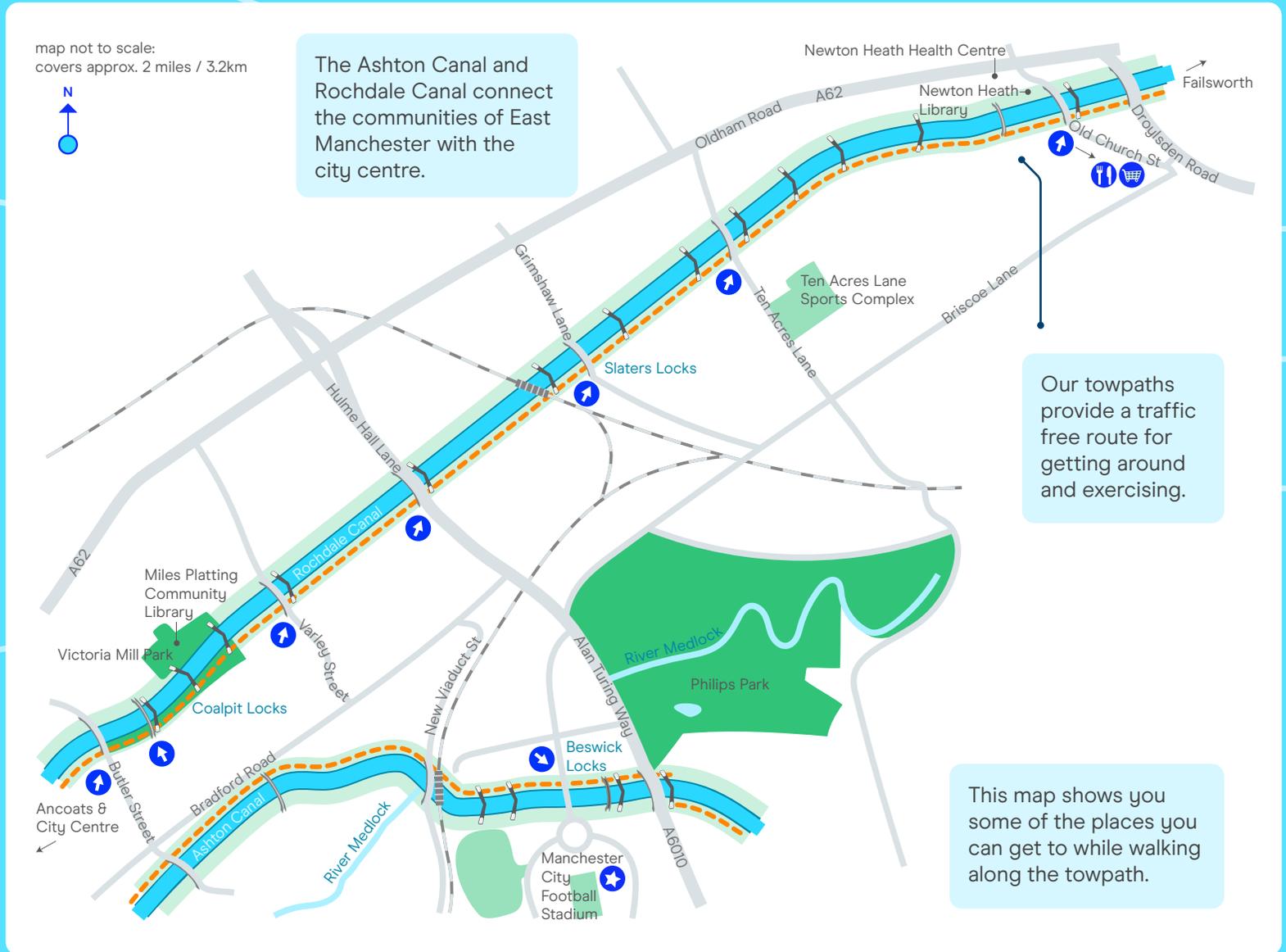
# Walking programme map

Please let us know how you are getting on with your walking journey by completing our short survey [here](#).

If you want to get more active, use our diary on the [next page](#) to keep track of your progress and keep motivated.

### Key:

-  Towpath
-  Footbridge
-  Food & drink
-  Shopping
-  Point of interest
-  Key access point



## Programme

# Walking programme diary

This programme will help you feel become more active and our canal towpaths are a great place for doing this. If you're not very active but are able to walk, you can increase your walking distance and time gradually. Try and build up to being able to walk for 30 minutes each day.

You can use our diary to keep track of your progress each week – feel free to print this page out. You can also track your progress using a step counter on your phone or the Active 10 app.

### Use these prompts to help monitor your weekly progress:

- How many days have you been out for a walk?
- What was the reason for your walk?
- How long did you walk for each day?

Week 1

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Week 2

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Week 3

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Week 4

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Week 5

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Week 6

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Week 7

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Week 8

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Fight plastic

# Get active to fight plastic



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## Find a safe location

Decide where to do your Plastics Challenge – urban areas along a canal or river often have the most plastics and litter. However, spots around bridges and where people get on and off the towpath could be great spots to head to. Here's where to find your local canal or river [canalrivertrust.org.uk/local-to-you](https://canalrivertrust.org.uk/local-to-you)

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## Be prepared

Think about what you might need before heading out to take your Plastics Challenge – this could include:

- ✓ gloves or a litter picker if you have one
- ✓ hand wipes or sanitiser
- ✓ a bag to collect the plastics and litter to carry home and recycle
- ✓ camera or camera phone to take photos of your Plastics Challenge

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## Making a difference

By the start of 2020 the amount of plastic and litter in our waterways had dropped by 30%

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## Share your story

Go for it! Take your Plastics Challenge by tagging @canalrivertrust and using the #PlasticsChallenge.



@canalrivertrust It felt good doing our bit to keep our local area nice. Such a beautiful outdoor space literally 5 mins up the road #PlasticsChallenge.



## Recycling

There are limited bins and recycling points along our canals and rivers so where possible please take what you've collected home and recycle what you can. Alternatively, find your nearest recycling centre when you're out and about. For more information visit our ['Rubbish and recycling'](#) page online.

## Mindfulness

# Take notice



**Mindfulness is simply noticing. How do you feel? What can you see, smell, hear, and taste? What is your mind doing and what is happening around you?**

Let's find out what happens when you start to take notice.

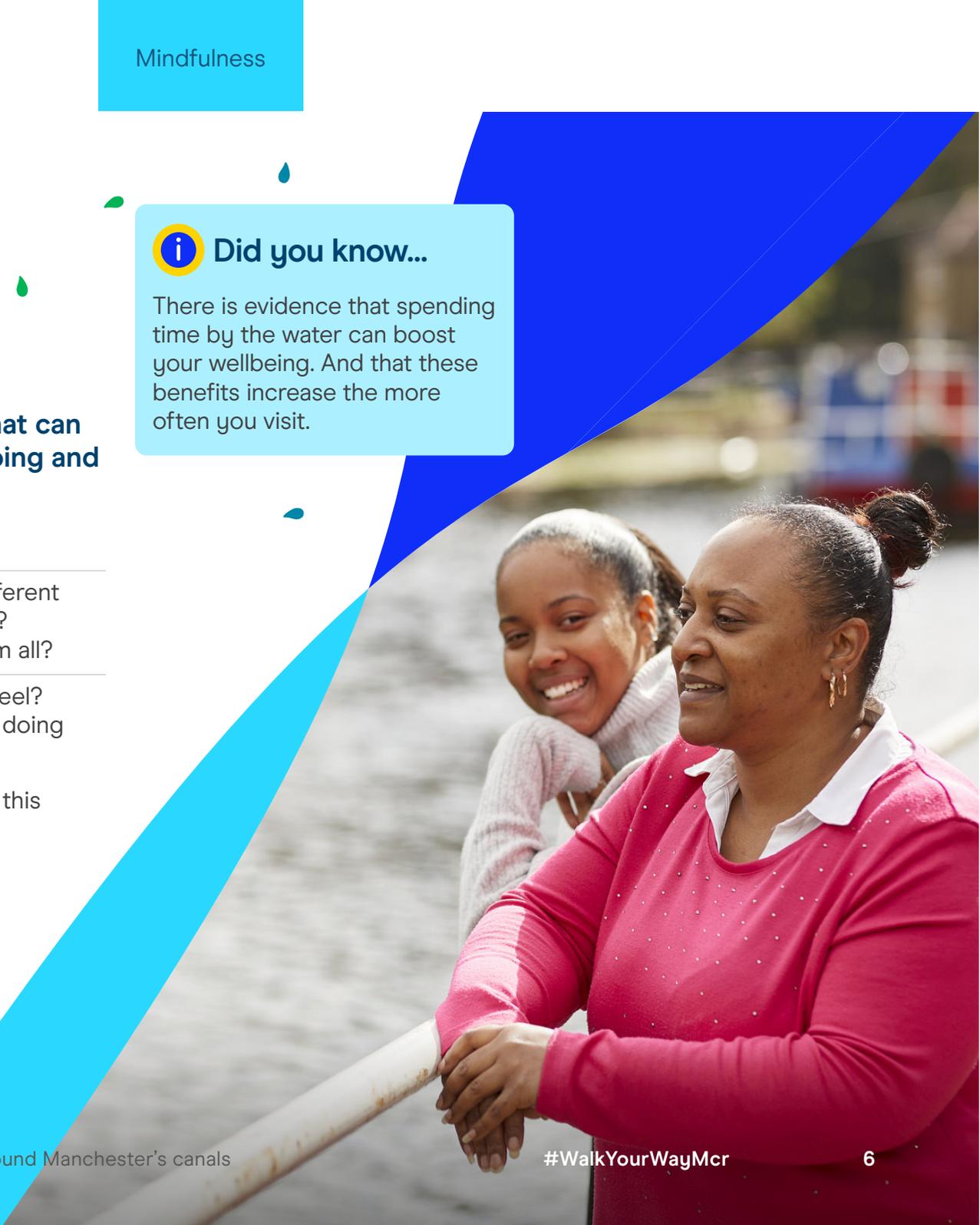
- 1 Find a place where you feel comfortable and won't be disturbed.
- 2 Sit down quietly, placing your feet on the floor, with your arms either by your side or in your lap.
- 3 Breathe in and out slowly, calming yourself down and feeling your feet connect to the ground. (You can close your eyes if you want to.)

- 4 Listen. How many different sounds can you hear? Can you identify them all?
- 5 Notice. How do you feel? Spend a few minutes doing this activity.

Practice until you can do this for five minutes or more.

### Did you know...

There is evidence that spending time by the water can boost your wellbeing. And that these benefits increase the more often you visit.



Stay active

# Your free outdoor gym

Head to your local canal and enjoy a free workout in the fresh air.

Our canals and rivers are great places to go for a run, ride, walk or paddle. However, there are so many more ways to get active down by the water.

We've created a series of short videos on [tree](#), [bench](#) and [step](#) exercises to show you how to spice up your exercise regime by the canal. Visit [canalrivertrust.org.uk/news-and-views/features/your-free-outdoor-gym](https://canalrivertrust.org.uk/news-and-views/features/your-free-outdoor-gym) for more information on how you can safely workout by your local canal.



Stay connected

# Share your experience

## Share a photo

We'd love you to share photos of your walk via your social media. All you need to do is tag or mention @canalrivertrust and include #WalkYourWayMcr and @CRTNorthWest in your caption.

### Information

If you want go for a longer walk our canals and rivers are great places to visit. Have a look at our website to download a free regional guide [canalrivertrust.org.uk/places-to-visit](https://canalrivertrust.org.uk/places-to-visit)



### An impromptu litter pick

Peter Stelfox

"A full tub of #plastic, cans and polystyrene from the basins @NWMuseum and surrounds. Nice to see the wildflowers after the rain."

 65  40  24



### Enjoy your canal all year round

"It doesn't seem to matter if it's sunny or snowing, we use the canals whatever the weather... there's all the wildlife and it's just beautiful."

Lorraine, Kennet & Avon Canal

## Help make life better by water

Will you help us during this critical time to carry on protecting local waterways?

At this time, a stroll by our rivers and canals is more precious than ever before. But our waterways need care and maintenance to stay open.

Please help protect our waterways today  
[canalrivertrust.org.uk/donate](https://canalrivertrust.org.uk/donate)



**Canal &  
River Trust**

Making life better by water

Keep in touch

# We'd love to keep in touch with you

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## Sign up!

Be the first to hear more  
#WalkYourWayMcr news.

For news about how we're caring  
for your local canal or river, visit  
[canalrivertrust.org.uk/newsletter](https://canalrivertrust.org.uk/newsletter)

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## Follow us

@canalrivertrust  
#WalkYourWayMcr

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## Questionnaire

We want to hear what you think.  
To complete our evaluation  
questionnaire [here](#).

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## Contact us

T: 0303 040 4040  
W: [canalrivertrust.org.uk/contactus](https://canalrivertrust.org.uk/contactus)

