



**Canal & River Trust**

Making life better by water

# Stanley Lock Flight Wellbeing Walk

Total walk distance 1.2km (0.8 miles). This is a linear walk.

Walking times are approximate, measured on an average pace of two miles an hour.

Please use the area below to record your progress.

Name \_\_\_\_\_

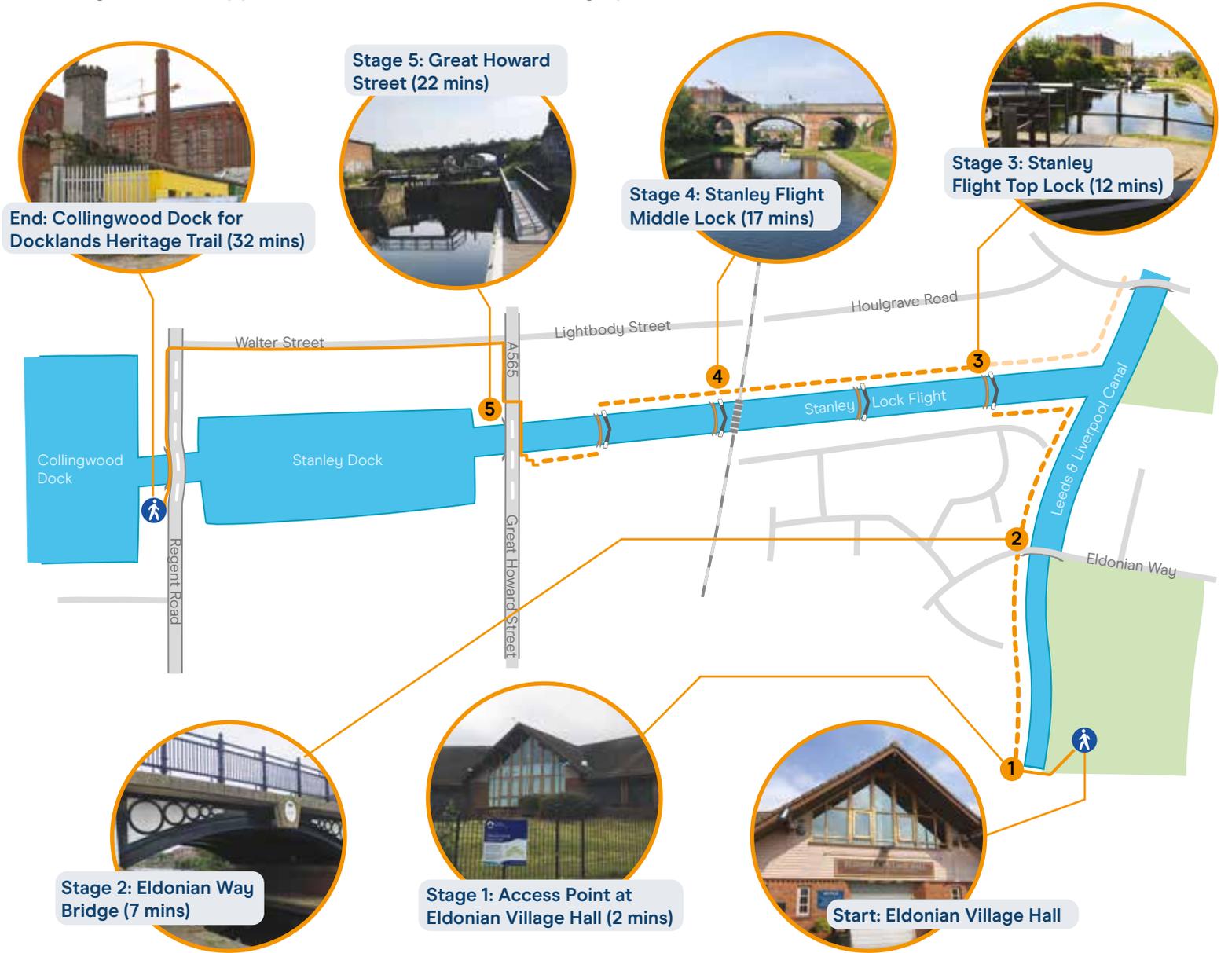
Date	Stage	Time

### Walking Tips

Walking is a good way to achieve the recommended levels of physical activity for good physical and mental health.

Walk at a level that is appropriate for you and gradually increase the speed and / or duration of your walk over time.

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





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# Recharge by your local canal in the North West

There's plenty to see and do here. Our towpaths offer traffic-free routes for a relaxing stroll, taking time-out, daily exercise, or getting to the places you need to go. They pass through some of our busiest towns and cities, and calming countryside.



## Places to visit

### Manchester city centre

Both the Ashton and Rochdale Canals flow through Manchester city centre, connecting New Islington and Ancoats with Canal Street's famous Gay Village.

### Anderton Boat Lift

One of the 'Seven Wonders of the Waterways'. With a visitor centre, coffee shop, brand new Let's Play area and nearby Northwich Woodlands, it's an unmissable treat.

### Ellesmere Port Waterways Museum

Home of the national waterway collection and sitting where the Shropshire Union Canal meets the Manchester Ship Canal and the River Mersey. The old docks have been transformed into a fantastic museum and family day out.

### The Peak Forest Canal

One of Britain's most scenic waterways, the Peak Forest Canal boasts two Scheduled Ancient Monuments in its 15-mile length – the grand, three-arch Marple Aqueduct and the historic Bugsworth Basin near Whaley Bridge.

## Five simple ways to recharge by water



### Family and friends

Spend time together on the towpath, enjoy each other's company and connect with nature.



### Go for a walk

It doesn't matter how fast or how far you go. A short walk can make a big difference.



### Get some 'me time'

Sit by the water, just for a while. Watch the ducks and take deep breaths.



### Ride your bike

Enjoy the fresh air and take in the view on a leisurely bike ride. There's plenty more to discover on two wheels.



### Have a calmer commute

Avoid the stress of traffic and busy buses or trains. The canal is a great way to get to work.



Canal & River Trust

# Explorers

Visit our Canal & River Explorers website to find ideas and activities to help you and your family have fun outdoors by our rivers and canals.

We have free learning activities for you to download and take with you on your walk.

[canalrivertrust.org.uk/explorers](http://canalrivertrust.org.uk/explorers)

**We're the charity looking after 2,000 miles of canals and rivers. We believe life is better by water and the more time you spend there the happier and healthier you can feel.**

Thanks to our generous supporters, we're working with volunteers and communities to transform our canals and rivers into spaces that can be enjoyed by everyone, every day.

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