



**Canal &
River Trust**

Making life better by water

Canalside Walks

Do you want to spend more time
outside?



Instagram: [Waterways_Wellbeing_Leicester](#)

Canalside Walks

Do you want to spend more time outside?

Canals and rivers are the perfect places to boost your mood and improve your physical and mental health. Even in busy towns and cities, they provide special spaces where you can relax, recharge.

Our free, guided canalside walks are an easy way to be active and to socialise. We go at a gentle pace, suitable for anyone who has a basic level of fitness. Walks are around 1 hour long.

All participants must book on before attending using the QR code below or by contacting Sean.

22nd Aug - Wistow - 10:00-11:30
29th Aug - Glen Parva - 10:00-11:30
5th Sept - Kilby Bridge - 10:00-11:30
12th Sept - Wistow - 10:00-11:30
19th Sept - Glen Parva - 10:00-11:30
26th Sept - Kilby Bridge - 10:00-11:30
10th Oct - Wistow - 10:00-11:30
24th Oct - Glen Parva - 10:00-11:30
31st Oct - Kilby Bridge - 10:00-11:30
7th Nov - Wistow - 10:00-11:30
14th Nov - Glen Parva - 10:00-11:30

Contact:

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Charity number 1146792.

2024

