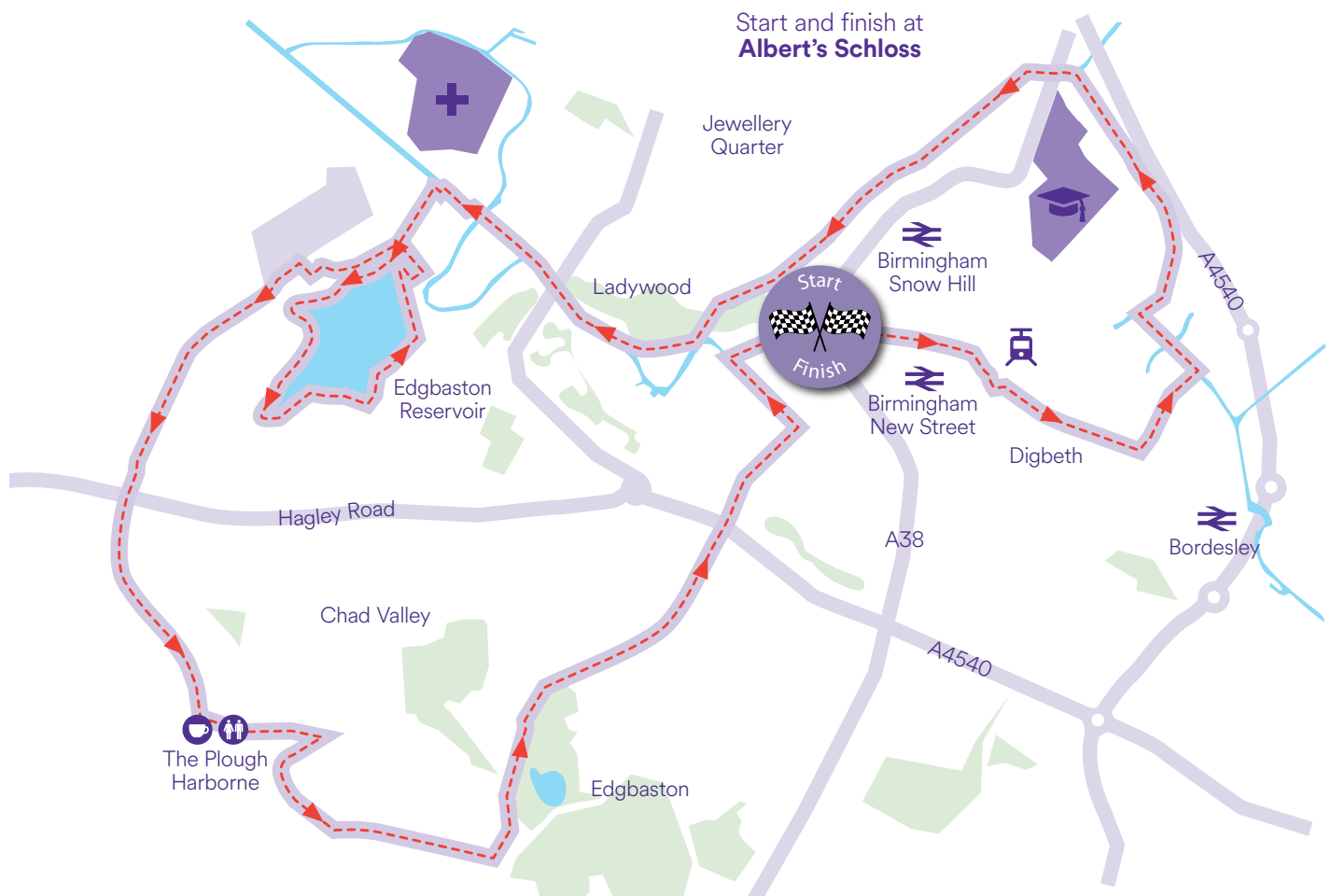


Walk for Wellbeing Birmingham

Sunday, 13 October 2024

Walk starts at 10:00am, registration at 09:30.



- Walk to The Custard Factory & join the canal towpath on Heath Mill Lane.
- Follow the Canal through Curzon Street tunnel to Brindley Place.
- Follow the Canal from NIA towards Edgbaston.
- Walk around Edgbaston Reservoir.
- Follow the Harborne Walkway to The Plough.
- Plough towards The Vale (Uni Halls) rejoin the canal and finish at Albert's Schloss.
- Please dispose of litter carefully
- Advise the organisers of medical conditions
- Walk at the pace you feel comfortable with
- If you need assistance call:
Conrad Brunton: 07838 389 746
Caitlin Allwood: 07513 119 522
- **In the event of an emergency, call 999**

*walk for
wellbeing.*

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Let's walk the walk and make a positive difference together