


Get Telford Walking

Regular Walking Activities .


These are regular walks that happen on a regular basis.

The Bowring Park and  Ramblers Wellbeing Walks meet at the same time and place every week (except Dawley, once a month). The others vary, please follow the links for more details of other walks they offer. .

Please see the separate programme for 21st and 22nd May




Monday May 16th


10:00am LEEGOMERY Grade: 2, 3 Meet at the Post-box by the Community Centre, Leegate Avenue, Leegomery, Telford, Shropshire, TF1 6NA (2 separate walks, finish with coffee at the community centre) 



11:00am BOWRING PARK, Wellington . Bowring Walkers Main Entrance to Bowring Park off Haygate Rd, Wellington TF1 1QX for a walk of about 2.5 miles returning to the Park at 12.00 pm for a cup of coffee at Bowring Park Café. See <https://www.facebook.com/groups/375309080871185>


1:30pm STIRCHLEY Grade: 2 Meet at Sambrook Centre, (Library) Stirchley, Telford, TF3 1FA 

2:00pm APLEY CASTLE PARK Grade: 3 (but 1 hour) Meet at the Iron Horse Gate, Peregrine Way, Telford, Shropshire, TF1 6TH 

Tuesday May 17th

10:15am ASDA DONNINGTON WOOD Grade: 2 & 3 (2 walks, both 90 mins) Overflow carpark (past the fuel station) TF2 7RX Often visiting Granville Country Park 

10:30am ASDA DONNINGTON WOOD Grade: 1 For those needing a gentle walk ASDA Donnington Wood as above.  

2:00pm HORSEHAY Grade: 2 Meet at the Horsehay Golf Club, TF4 3BT 

Wednesday May 18th

9:03 am train Telford Central, 9:10 am train Wellington. WELSPPOOL CIRCULAR via Powis Castle estate paths (6 miles moderate). Return Welshpool 14:55 (arr. Wellington 15:45 and Telford 15:53). Rail Rambles. See <https://www.railrambles.org/>


1:00pm COALBROOKDALE Grade: 3 Community Centre, Darby Rd, Coalbrookdale, TF8 7DX 


2:00pm WELLINGTON Grade: 1, 2 & 3 (3 walks) Wellington Leisure Centre, TF1 1LX 


Thursday May 19th

10:00am LAWLEY & LIGHTMOOR LOOP, Telford and East Shropshire Ramblers. 5 Miles Short & Social Pub Walk - Leisurely. Finish 13.00 approx. Meet Car Park entrance off Gresham Drive Lawley TF3 5ES
A walk around green open spaces, local nature reserves plus historic interest between Lawley, Dawley & Horsehay. Optional drinks, food Grazing Cow after. See <https://www.tesramblers.org.uk/>

10:30am Newport. Meet outside The Guildhall for a walk led by The Newport Community Walking Group, in and around Newport for between 4 and 5 miles for about 90 minutes. See <https://www.facebook.com/Newport-Shropshire-Community-Walking-Group-374185563146462/>

10:30am St GEORGES Grade: 2 Meet in the car park behind the cricket club, TF2 9LU 

1:30pm DAWLEY Grade: 2 (90 mins) Holy Trinity Church Car Park, TF4 3NH 

2:00pm TELFORD TOWN PARK Grade: 2 Outside Meeting Point House, Southwater, Telford Town Centre, TF3 4HS  

6:00pm LILLESBALL, Grade: 3 (60 mins) Meet in The Last Inn car park, TF10 9EJ 

Friday 20th May

10:15am SHAWBIRCH, Grade: 1 & 2 (2 walks) The Woolpack car park, TF5 0LW   

 **Ramblers Wellbeing Walks, Telford and Wrekin,** <https://walkingforhealthtelfordandwrekin.org.uk>

or phone 07512 123995   Wheelchair and pushchair friendly.

Grade 1: Very few or no gradients. Easy terrain. 15 – 30 mins

Grade 2: Possible but few gradients, steps or uneven ground. 30 – 60 mins

Grade 3: Definite or likely gradients, possible steps & uneven ground. Brisk walk. 60 - 90 mins.