



**Wednesday
7th December 2022**
10am – 12:00pm



Parents and Carers Well Being Walk

booking is essential

Join us for a well being walk at Sandwell Valley Country Park.

This is a wonderful opportunity to meet other parents and carers and explore one of the many beautiful trails of the valley. The trail is just under 2 miles long and the pace is suitable for all fitness levels.

Children are welcome to come along, providing they are supervised at all times.

Sandwell Valley Country Park, Salters Lane, West Bromwich B71 4BG

Booking: To book please visit: <https://shop.autismwestmidlands.org.uk>

For more information please contact Donna:
E: donnab@autismwestmidlands.org.uk T: 07881 109 525

The Course

The course is walked on a mixture of tarmac paths and trail paths. Some sections of the course may accumulate mud, leaves and puddles after rain.

Trail Description

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- Starting at the path in the corner of the car park at the bottom of Salters Lane next to Sandwell Park Farm
- We will cross the bridge and carry straight on towards the ruins of Sandwell Priory past the well from which Sandwell gets its name.
- Once we have reached these monuments, we will carry on up a steady incline towards Park Lane.
- Just before we reach the end, we will turn left through the park land for about 1km and left towards Swan Pool.
- At Swan pool, we will turn left walking clockwise around Swan Pool until we reach the cross path.
- Here we will carry straight on over the bridge and then left back towards Sandwell Valley Farm.

The walk starts at the trail path on the corner of the car park at the bottom of Salters Lane within Sandwell Valley Country Park.

Getting There

Getting there by public transport

The nearest Metro station is Kenrick Park (1.2 miles) and nearest railway stations are Smethwick Galton bridge (1.8 miles) and Sandwell and Dudley (2 miles).

The following buses stop on Lloyd Street (adjacent to Salters Lane) 45, 46 and 64. The best route into Sandwell Valley from here is through Dartmouth Park.

Getting there on foot

The Country Park lies in the heart of West Bromwich and can be found just off Junction 1 of the M5 motorway. It is just 10 minutes walk from West Bromwich town centre.

Getting there by road

If using SAT NAV use postcode B71 4BG. Once in salters Lane head to the bottom of the road to the main car park. Car parking charges apply @ 40 pence per hour.

Facilities

Toilets are open from 8:30am at the Pavillion at the top of the Showground and from 10:00am in the Park Farm Building.

Funded by

