

Green Time Walk Your Way to Health

The Natural Way to Good Emotional Wellbeing and Mental Health

Green Time Walk

Sunday 15th September 2024

Merstone Community Orchard and Railway Station

2pm to 5pm

Meeting Point: Merstone Old Railway Station PO30 3DQ

Free Car Parking – Route 2 Bus Stops at Station

Mental
Health
Alliance

Isle of Wight



Redway Loop - Easy Circular Walk 3.2 miles – 5km, 289 Kcal, 6,900 Steps

Join Mark at the far end of the car park at picnic tables just past the station platform to explore and learn all about the Community Orchard and heritage of the old railway station. The Community Orchard is home to a range of wildflowers, fruit trees and the blossom also provides a great source of early nectar.

Mark will guide you on a beautiful circular walk initially taking the country lane and woodland pathway to Redway. You will walk across the country fields to Horryngford and return back on the hard-packed cycle track, the old railway line to Merstone Old Railway Station and Community Orchard.

Pushchair, child buggy, mobility scooter or wheelchair alternative walk along the hard-packed cycle track, the old railway line to Horryngford, where you will meet the group members walking on the circular walk to return all together.

You may find apples to be picked at the Community Orchard and blackberries to pick on route; remember to bring something to put these seasonal wild fruits in. Please bring your own snacks to eat, hot water will be provided to make yourself a drink at the end of the walk.

Please wear trainers or either walking shoes/boots and clothing suitable for the weather. This walk is open to children accompanied by parents, young people and adults, with no upper age limit. Dogs are also very welcome but must be kept on a lead at all times.

Green Time is a fun, informal way by using the great outdoors to enhance positive emotional wellbeing, self-confidence, self-esteem and mental health.

 **0785 - 485 - 2518 Text or Call Mark**
Today To Book A Place!



Green Time

- ✓ Physical Exercise
- ✓ Creative Activities
- ✓ Food & Health
- ✓ Emotional Wellbeing
- ✓ Mental Health

Equals IW



For more info visit our website
www.equalsiw.org.uk