

Green Time Walk Your Way to Health

The Natural Way to Good Emotional Wellbeing and Mental Health

Green Time Autumn Walk - Putting Your Heart into Walking

Sunday 28th September 2025

America Wood

2pm to 4.30pm

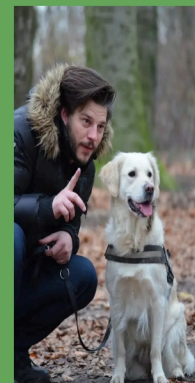
Meeting Point: Shanklin Railway Station

Car Parking – £1.20 Shanklin Railway Station Car Park

3 Miles, 482km Circular Flat Easy Walk, 281.4 Kcal, 6,680 Steps

Mental
Health
Alliance

Isle of Wight



Funded by



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Council



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Join Mark at Shanklin Railway Station for an Autumn Sunday walk along the old railway footpath and woodland trails whilst taking part in an Autumn Scavenger Hunt. You will also take part in a team learning activity focused on why it is important to reconnect to nature, the health benefits of walking and the health benefits of the Great Outdoors for our emotional wellbeing and mental health.

This three mile circular flat easy walk offers a mix of old railway footpath passing beneath two original brick bridges and woodland trails and quiet country bridle ways. You will explore the woodland of America Wood meandering through the woodland paths and crossing the stream. Unusually for the Isle of Wight, most of the wood today is high oak forest with downy birch. The woodland floor supports a great deal of holly but little else in the way of ground cover. A badger set has been reported and red squirrels occasionally spotted.

The walk follows the valley to Ninham Farm and Ninham where you will join the bridle way path to and through Lower Hyde Holiday Park back to Shanklin Railway Station.

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. This walk is not pushchair, child buggy, mobility scooter or wheelchair friendly. Green Time is a fun, informal way of using the great outdoors to enhance positive emotional wellbeing, self-confidence, self-esteem and mental health.

Green Time

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

Equals IW



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

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