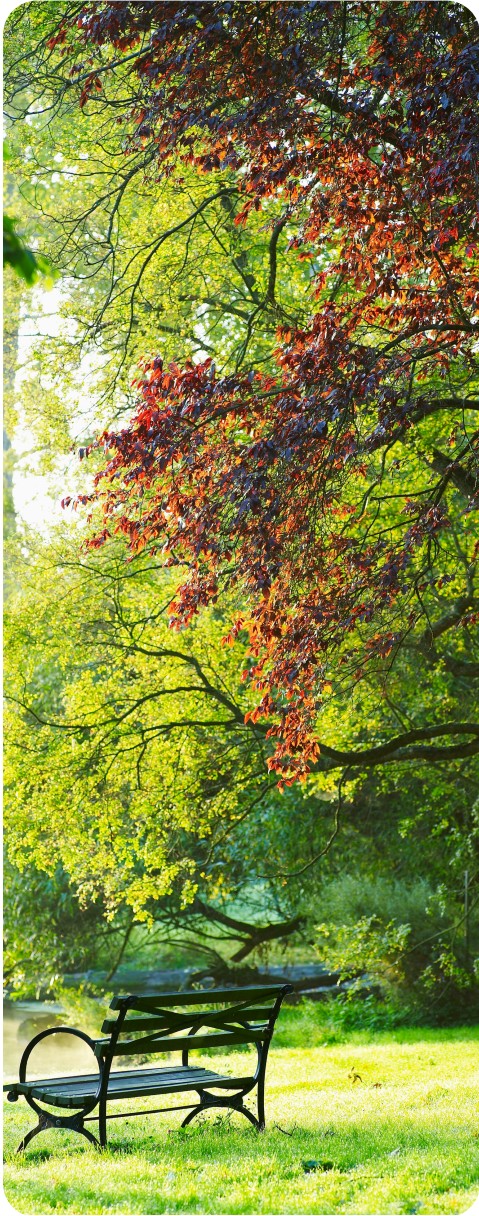


Couch to Out & About



This map was designed as part of Ageing in Place Moorside, in collaboration with local organisations Friends of Chesham Woods and Friends of Clarence Park and the residents of Moorside.

The map displays three walking routes around Clarence Park connected by six social talking benches, designed to encourage social interaction.

These social benches have been strategically placed by residents to give walkers peace of mind that they can rest if they need to, whilst chatting to friends or passers-by.

You may choose to start off small and build up over time. The routes for the walks include around The Lido, Walkers Field, Chesham Woods and Clarence Park.

There are several suggested walking routes on this map.

You can use these as a quick walk from A to B, but these routes have been designed for a more mindful and social experience, appreciating the sounds and sights around you either alone, with a friend or group.

Walking regularly doesn't just make us feel healthier, it has also been proven to reduce stress levels and make us feel happier.

***All you need to get started
is a pair of comfy shoes
and this map!***



**For a list of key services,
take a look at Bury Directory:**



Scan the QR code or follow the link to their website:
<https://theburydirectory.co.uk/>

**Want to know more about the
Ageing in Place project?**

Contact Steven Greason,
Community and Engagement
Manager:



steven.greason@personasupport.org







07356 108 494

Or, scan the QR code or follow the link to our website:
<https://tinyurl.com/AiPUupdates>



Clarence Park

- Easiest Route (wheelchair accessible) - 1.3km
- Intermediate Route (wheelchair accessible for those with offroad tyres) - 1.8km
- Hardest Route (not wheelchair accessible) - 2.3km

- Standard Benches
-  Sound Post
-  Age Friendly Benches
-  Sign Post
-  Accessible Toilets

The Jubilee Centre & Café



Small bridge

3



Optional 0.4km extension to route - uneven terrain, steps and small wooden bridges

One high step

The Green Community Café



Milner Avenue

The Lido

2 Wooden bridge

4

Partly gravel

Steps x3

Cut grass path - wheelchair accessible with off-road tyres

Muddy in winter when it's been raining

Cut grass path

Royal Avenue

1

6

5

Walmersley Road

Hamilton Street

Delamere Street
Halstead Street

Chesham road



Bury
COUNCIL

Persona
We're all about you

**AGEING
IN PLACE
PATHFINDER**
DOING THINGS DIFFERENTLY
FOR GREATER MANCHESTER

