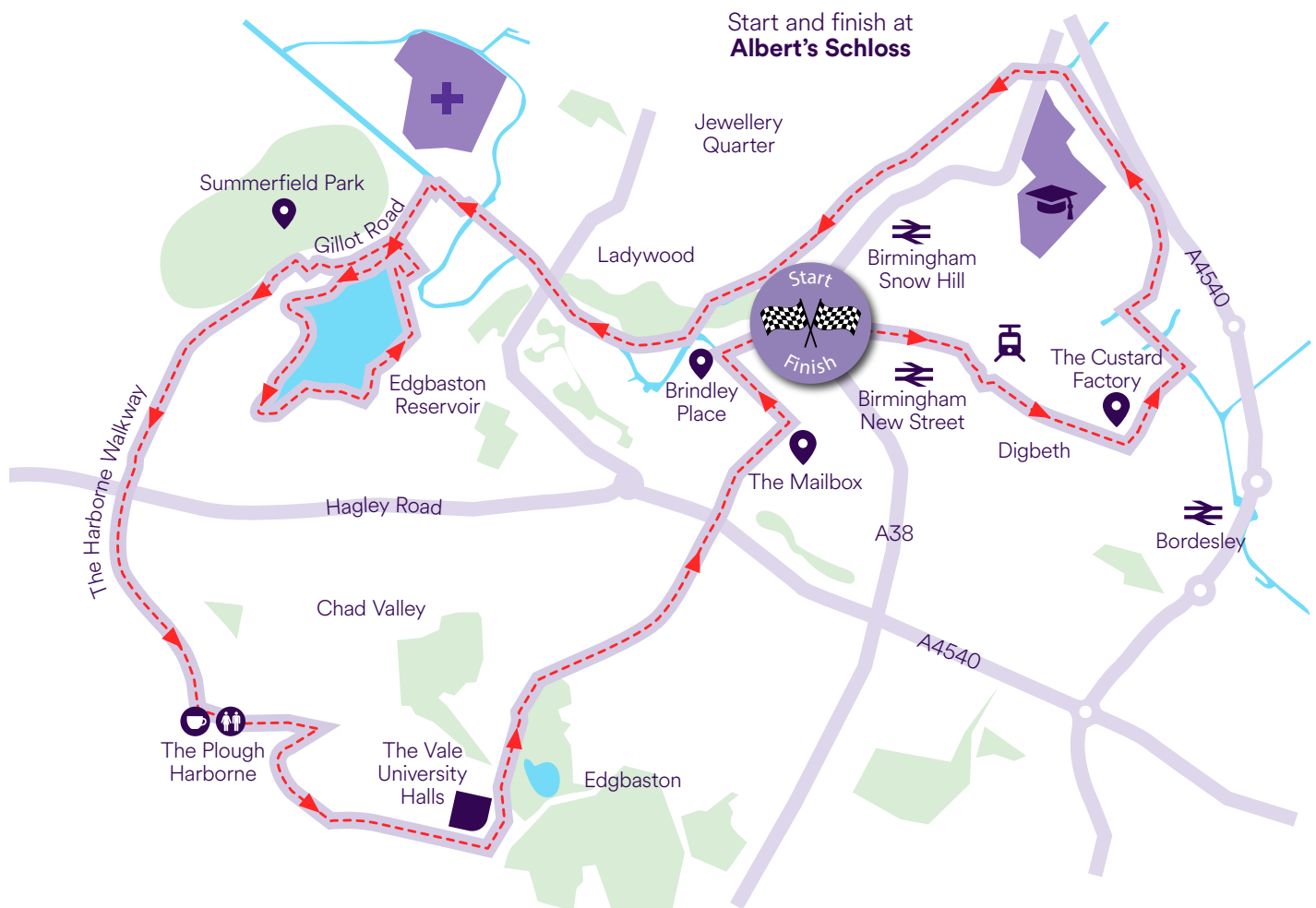


# Walk for Wellbeing Birmingham

Sunday, 19 October 2025

Walk starts at 10:00am, registration at 09:30.



- Walk to The Custard Factory & join the canal towpath on Heath Mill Lane.
- Follow the Canal through Curzon Street tunnel to Brindley Place.
- Follow the Canal from NIA towards Edgbaston.
- Walk around Edgbaston Reservoir.
- Follow the Harborne Walkway to The Plough.
- Plough towards The Vale (Uni Halls) rejoin the canal and finish at Albert's Schloss.

- Please dispose of litter carefully
- Advise the organisers of medical conditions
- Walk at the pace you feel comfortable with
- If you need assistance call:  
Conrad Brunton: 07838 389 746  
Caitlin Allwood: 07513 119 522
- **In the event of an emergency, call 999**

*walk for  
wellbeing.*

in support of

**Hospitality  
Action**

powered by

**mum.**  
talent taken care of

hosted by

**TONIC**  
TALENT IN HOSPITALITY

Let's walk the walk and make a positive difference together