



**Canal &
River Trust**

Making life better by water

Waterways Wellbeing

Sensory Walks & Beginners Birdsong
Walks - Wigston



Instagram: [Waterways_Wellbeing_Leicester](#)

Sensory Walks & Beginners Birdsong Walks

This spring, visit your local canal and discover the wonders of birdsong or go on a journey of sensory exploration.

Join us for a sensory journey along Leicester's Grand Union Canal. Experience the sights, sounds, smells and textures along the way.

Or do you want to learn to identify common birds by their calls, while spending time outside, improving your mental and physical health?

Come and take part in our fully funded, spring towpath walks, our walks will be slow paced and wont cover too much distance. These sessions are available to residents of Market Harborough, Oadby, Wigston or Blaby.

Our waterways are making a difference to millions of lives every year. We want as many people as possible to feel the difference by making canals and rivers part of their daily lives.

Sensory Walk: 7th March, 10:30am-12:30am (Kilby Bridge)

Birdsong Walks: 14th March and 21st March, 10:30am-12:30am (Kilby Bridge)

Booking is essential, please use the QR code below or contact Sean

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