

STOCKPORT MOVES

at VIADUCT
PARK & Merseyway

FREE event for all the family

Sunday 9 June 11:00 am - 2 pm



Group walks &
led bike rides

fitness challenges

& holistic

movement

Food stalls, interactive family sessions
and lots of games and activities

Ambitious Stockport, creating opportunities *for everyone*



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

STOCKPORT MOVES

For more information about the
event visit

<https://bit.ly/stockportmoves>

Activities on the day:

- Led cycle rides
- An area to try out accessible bikes
- Bring your bike down for an MOT
- Yoga for all ages
- Qigong
- The fastest goal challenge
- A scavenger Hunt
- Physical activity sessions
- Guided walks



To book on a guided walk use the links below:

5 mile Walkaday walk bit.ly/4bMV8GC

Historic Mile <https://bit.ly/3wB0030>