Walking for Health Halton
Walk Schedule Oct - Dec 2018

With Walking for Health, you can take part in free short walks to get active, meet new people and explore Halton

Call Paula Parle, Halton Borough Council for further information: 0151 511 8550
(Please make enquiries before bringing a dog on the health walks)

- **Every Monday at 1pm -Short walk for adults with a learning disability and carers Victoria Park, Widnes, WA8 6SJ**
  Meet the Adult Learning Disability team outside Visitor Centre/Café. Call 0151 511 6606 for further info. This is a flat surface walk, approx 20 minutes.

- **Every Monday 11am Hallwood Health Centre, Hospital Way, Runcorn, WA7 2UT**
  Meet at the health centre for a walk with options of a 30-minute or 60-minute walk, *mums and tots welcome.*

- **Tuesday morning walks, 10am** (All walks approx. 1 hour)

Date	Venue	Meeting point
2 Oct	Phoenix Park	Near visitor centre, WA7 2NY
16th Oct	Phoenix Park	Near visitor centre, WA7 2NY
30th Oct	Phoenix Park	Near visitor centre, WA7 2NY
13th Nov	Phoenix Park	Near visitor centre, WA7 2NY
27th Nov	Phoenix Park	Near visitor centre, WA7 2NY
11th Dec	Phoenix Park	Near visitor centre, WA7 2NY

- *Short Walk* **Murdishaw – Every Tuesday 11am** (All walks approx. 30-minutes)
  Meet at Murdishaw Health Centre, Gorsewood rd, Runcorn, WA7 6ES

- *Short Walk* **Castlefields – Every Tuesday 11am** (All walks approx. 30-minutes)
  Meet at Castlefields Health Centre, The Village Square, Runcorn, WA7 2ST

- **Every Tuesday afternoon, Windmill Hill, 1pm (includes Norton Priory walks and cafe)**
  Meet outside Priory View (LHT community house), Southwood Avenue, Windmill Hill, WA7 6LF
  (All walks approx 1 hour walking plus approx 30 minutes midway re café visit).

- **Wednesday Morning Walks, 11am** (All walks approx 1 hour)

Date	Venue	Meeting Point
3rd Oct	Old Town	Car park at The Brindley, WA7 1BG
10th Oct	Phoenix Park	Near visitor centre, café WA7 2NY
17th Oct	Pickerings Pasture	Off Mersey Rd WA8 8LP
24th Oct	Halton Arms (temp?)	Car park Northwich rd, near Brookvale community centre, WA7 6PE (temp meeting point)
31st Oct	Widnes Gateway	Car park at rear of Hive Premier Inn WA8 OGY
7th Nov	Moore Nature Reserve	Moore Nature reserve car park, WA4 6XE
14th Nov	Weston	Near St Johns church, WA7 4LY
21st Nov	Runcorn Hill	Near Esposito's Deli, Highlands rd WA7 4PX
28th Nov	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
5th Dec	Phoenix Park	Near visitor centre, café WA7 2NY
12th Dec	Town Park	Ski slope car park, WA7 6PT
19th Dec	Runcorn Town Hall	Town Hall car park WA7 5TD

- *Short Walk* **St Pauls Health Centre – Every Friday 11am** (All walks approx. 30-minutes)
  Meet at St Pauls Health Centre, High St, Runcorn, WA7 1AB

- **Plodders – Just Walk, 7:30pm every Thursday at Heath Park Duck Pond**
Gentle strolls through to brisk 5km walks. Options allow you to choose a pace and distance that suits you, walking, jogging or running, whist exploring the hidden beauties of Runcorn.
Contact Lou Shannon on 07540 260 450 for further info

- **Other local walking groups include the Ramblers, Cronton Pathways and Cheshire Wildlife Trust,** contact Paula Parle for contact details

Public Transport directions, call Travel Line Public Transport information: 0871 200 223

- **For updated timetables/schedules**: www.activehalton.co.uk

Log onto www.walkingforhealth.org.uk
Find Local Walking Schedules
Walking Events and News
and advice for walkers
Walking Tips and Health advice
Find other people to walk with

Log on to www.walk4life.info
Find local Walking Routes
Track your progress and fitness profile Supporting Materials
Share your own walking routes with others
Measure your walking routes with an easy on-line tool

Join Walking for Health Halton on Facebook:
https://www.facebook.com/pages/Walking-for-Health-Halton/482818178431169

Follow us on Twitter: @HaltonGetActive

For further information on physical activity in Halton, Social Sports and Community activities, or interested in being a walk leader, call: Paula Parle, Sport & Physical Activity Development Officer on 0151 511 8550, or via email Paula.Parle@halton.gov.uk

www.activehalton.co.uk