

Walking for Health Halton

Walk Schedule April - June 2017

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)

- **Short walk for adults with a learning disability and carers - Every Monday at 1pm**
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.

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

Date	Venue	Meeting point
4 th April	Runcorn Hill	Near visitor centre, WA7 4PT
11 th April	Phoenix Park	Near visitor centre, WA7 2NY
18 th April	Canal side	Car park at The Brindley, WA7 1BG
25 th April	Phoenix Park	Near visitor centre, WA7 2NY
2 nd May	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
9 th May	Phoenix Park	Near visitor centre, WA7 2NY
16 th May	Runcorn Hill	Near visitor centre, WA7 4PT
23 rd May	Phoenix Park	Near visitor centre, WA7 2NY
30 th May	Canal side	Car park at The Brindley, WA7 1BG
6 th June	Phoenix Park	Near visitor centre, WA7 2NY
13 th June	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
20 th June	Phoenix Park	Near visitor centre, WA7 2NY
27 th June	Canal side	Car park at The Brindley, WA7 1BG

- **Short Walk Murdishaw - Every Tuesday 11am** (All walks approx. 30-minutes)
 Meet at Murdishaw health Centre, Gorsewood rd, Runcorn, WA7 6ES
- **Tuesday afternoon walks, 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
5 th April	Phoenix Park	Near visitor centre, café WA7 2NY
12 th April	Runcorn Hill	Near visitor centre, off Highlands rd WA7 4PT
19 th April	The Dream St Helens	Union Bank Lane, WA8 5XB
26 th April	Marina	Under motorway bridge at Preston Brook WA7 3AH
3 rd May	Moore Nature Reserve	Moore Nature reserve car park, WA4 6XE
10 th May	Murdishaw Woods	Murdishaw Ave, (nr Halton Arms WA7 6HP)
17 th May	Old Town	Car park at The Brindley, WA7 1BG
24 th May	Wigg Island – 2016-17	*The Brindley car pk,WA7 1BG*due to Bridge work, walk still around Wigg Island
31 st May	Halton Castle	Halton Castle Car park, WA7 2BE
7 th June	Hale Park	Meet in park car park, L24 4AX
14 th June	Runcorn Hill	Near visitor centre, off Highlands rd WA7 4PT
21 st June	Weston	Car park by St Johns church, WA7 4LY
28 th June	Widnes Gateway	Car park at rear of Hive Premier Inn WA8 OGY

- **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, whilst exploring the hidden beauties of Runcorn.

Contact Lou Shannon on 07540 260 450 for further info

- **Widnes and Runcorn Cancer Support**

Operate monthly Health Walks for people touched by cancer; call 0151 423 5730 for details or visit

www.widnesandruncorncancersupport.org.uk

- **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:

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Follow us on Twitter: [@HaltonGetActive](https://twitter.com/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