

## Walking for Health Halton Walk Schedule July - Sept 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 <sup>th</sup> July	Phoenix Park	Near visitor centre, WA7 2NY
11 <sup>th</sup> July	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
18 <sup>th</sup> July	Phoenix Park	Near visitor centre, WA7 2NY
25 <sup>th</sup> July	Canal side	Car park at The Brindley, WA7 1BG
1 <sup>st</sup> Aug	Phoenix Park	Near visitor centre, WA7 2NY
8 <sup>th</sup> Aug	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
15 <sup>th</sup> Aug	Phoenix Park	Near visitor centre, WA7 2NY
22 <sup>nd</sup> Aug	Canal side	Car park at The Brindley, WA7 1BG
29 <sup>th</sup> Aug	Phoenix Park	Near visitor centre, WA7 2NY
5 <sup>th</sup> Sept	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
12 <sup>th</sup> Sept	Phoenix Park	Near visitor centre, WA7 2NY
19 <sup>th</sup> Sept	Canal side	Car park at The Brindley, WA7 1BG
25 <sup>th</sup> Sept	Phoenix Park	Near visitor centre, WA7 2NY

- **Short Walk Murdishaw - Every Tuesday 11am** (All walks approx. 30-minutes)  
Meet in 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 <sup>th</sup> July	Moore Nature Reserve	Moore Nature reserve car park, WA4 6XE
12 <sup>th</sup> July	Castle Park	Castle park car park, Frodsham, WA6 6SE
19 <sup>th</sup> July	Runcorn Town Hall Park	Runcorn Town Hall car park, WA7 5TD
26 <sup>th</sup> July	Pickerings Pasture	Off Mersey Rd WA8 8LP
2 <sup>nd</sup> Aug	Murdishaw Woods	Murdishaw Ave, (nr Halton Arms WA7 6HP)
9 <sup>th</sup> Aug	Old Town	Car park at The Brindley, WA7 1BG
16 <sup>th</sup> Aug	The Dream St Helens	Union Bank Lane, WA8 5XB
23 <sup>rd</sup> Aug	Wigg Island -	*The Brindley car pk,WA7 1BG*due to Bridge work, walk still around Wigg Island
30 <sup>th</sup> Aug	Halton Castle	Halton Castle Car park, WA7 2BE
6 <sup>th</sup> Sept	Runcorn Town Park	Ski Slope car park, WA7 6TP
13 <sup>th</sup> Sept	Marina	Under motorway bridge at Preston Brook WA7 3AH
20 <sup>th</sup> Sept	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
27 <sup>th</sup> Sept	Hale Park	Meet in park car park, L24 4AX

- **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](http://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](http://www.activehalton.co.uk)

**Log onto [www.walkingforhealth.org.uk](http://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](http://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](mailto:Paula.Parle@halton.gov.uk)**