



Walking for Health Halton Walk Schedule Oct - Dec 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
3 rd Oct	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
10 th Oct	Phoenix Park	Near visitor centre, WA7 2NY
17 th Oct	Canal side	Car park at The Brindley, WA7 1BG
24 th Oct	Phoenix Park	Near visitor centre, WA7 2NY
31 st Oct	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
7 th Nov	Phoenix Park	Near visitor centre, WA7 2NY
14 th Nov	Canal side	Car park at The Brindley, WA7 1BG
21 st Nov	Phoenix Park	Near visitor centre, WA7 2NY
28 th Nov	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
5 th Dec	Phoenix Park	Near visitor centre, WA7 2NY
12 th Dec	Canal side	Car park at The Brindley, WA7 1BG
19 th Dec	Phoenix Park	Near visitor centre, WA7 2NY
	<i>Merry Christmas</i>	



- **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
4 th Oct	Old Town	Car park at The Brindley, WA7 1BG
11 th Oct	Phoenix Park	Near visitor centre, café WA7 2NY
18 th Oct	Pickerings Pasture	Off Mersey Rd WA8 8LP
25 th Oct	Castle Park	Castle park car park, Frodsham, WA6 6SE
1 st Nov	Widnes Gateway	Car park at rear of Hive Premier Inn WA8 OGY
8 th Nov	Moore Nature Reserve	Moore Nature reserve car park, WA4 6XE
15 th Nov	Weston	Car park by St Johns church, WA7 4LY
22 nd Nov	Runcorn Hill	Near visitor centre, off Highlands rd WA7 4PT
29 th Nov	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
6 th Dec	Phoenix Park	Near visitor centre, café WA7 2NY
13 th Dec	Town Park	Ski slope car park, WA7 6TP
20 th Dec	Runcorn Town Hall	Town Hall car park WA7 5TD
	<i>Merry Christmas</i>	



- **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:

<https://www.facebook.com/pages/Walking-for-Health-Halton/482818178431169>

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