

Walking for Health Halton Walk Schedule Jan – Mar 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)

- **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
2 nd Jan	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
9 th Jan	Phoenix Park	Near visitor centre, WA7 2NY
16 th Jan	Canal side	Car park at The Brindley, WA7 1BG
23 rd Jan	Phoenix Park	Near visitor centre, WA7 2NY
30 th Jan	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
6 th Feb	Phoenix Park	Near visitor centre, WA7 2NY
13 th Feb	Canal side	Car park at The Brindley, WA7 1BG
20 th Feb	Phoenix Park	Near visitor centre, WA7 2NY
27 th Feb	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP
6 th March	Phoenix Park	Near visitor centre, WA7 2NY
13 th March	Canal side	Car park at The Brindley, WA7 1BG
20 th March	Phoenix Park	Near visitor centre, WA7 2NY
27 th March	Town Park/near Ski Slope	Ski Slope car park, WA7 6TP

- **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
3 rd Jan	Weston	Car park by St Johns church, WA7 4LY
10 th Jan	Runcorn Town Hall	Town Hall car park WA7 5TD
17 th Jan	The Dream St Helens	Union Bank Lane, WA8 5XB
24 th Jan	Halton Arms	Murdishaw Ave, (nr Halton Arms WA7 6HP)
31 st Jan	Marina	Under motorway bridge at Preston Brook WA7 3AH
7 th Feb	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
14 th Feb	Town Park	Ski slope car park, WA7 6TP
21 st Feb	Widnes Gateway	Car park at rear of Hive Premier Inn WA8 0GY
28 th Feb	Hale Park	Meet in park car park, L24 4AX
7 th Mar	Castle Park	Castle park car park, Frodsham, WA6 6SE
14 th Mar	Pickerings Pasture	Off Mersey Rd WA8 8LP
21 st Mar	Wigg Island	*The Brindley car pk,WA7 1BG*due to Bridge work, walk still around Wigg Island
28 th Mar	Halton	Murdishaw Ave, (nr Halton Arms WA7 6HP)

- **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

- **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