

Get walking in Palacefields!

The Palacefields Health Walk has been developed by Halton Borough Council and Urbanwalks in order to support local residents in and around Dorset Gardens Sheltered Accommodation become more active.

Walking is an ideal way to increase physical activity; it's easy and doesn't cost a penny. People who are physically active reduce their risk of developing major chronic diseases by up to 50%, and the risk of premature death by about 20-30%.

Walking has many health benefits including:

- **Reduced blood pressure**
- **Weight reduction**
- **Prevention of diabetes**
- **Reduced risk of falls**
- **Reduced risk of coronary heart disease**
- **It makes you feel Good!**

When walking you may feel a little out of breath, this is fine providing you can hold a conversation without gasping for breath. Ensuring you work at a moderate level and do not over do it. Always remember to wear suitable footwear, do not wear slip on shoes or elevated heels.

Points of interest in Palacefields: Palacefields Community Centre

Palacefields Community Centre operates a varied programme of activity.

Town Park, Runcorn

Town Park is the largest area of public space in Runcorn.

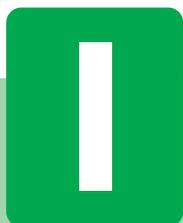
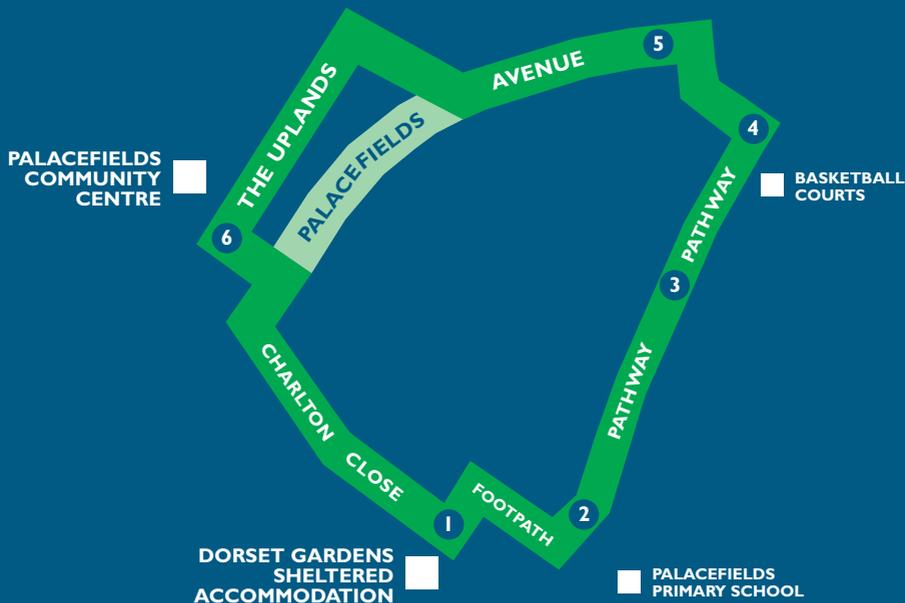
For further information about health walks and other physical activity opportunities in Halton call: **Paula Parle, Health and Physical Activity Development Officer on: 0151 907 8300 ext 4190.**

Useful information:

Dorset Gardens Sheltered Accommodation: 01928 716098

Palacefields Community Centre: 01928 796235

Town Park: 01928 719373



Runcorn Dorset Gardens Sheltered Accommodation

1. Starting outside Dorset Gardens Sheltered Accommodation main entrance, turn right and walk along footpath to the end.
2. Turn left and walk along the back of the house and follow the woodlands pathway straight ahead.
3. Continue walking straight ahead on the winding pathway passing the basketball courts on your right.
4. After the basketball courts bear left down the pathway then take your 1st right and carefully cross over Palacefields Avenue at the railings.
5. Turn left and walk up Palacefields Avenue then at the next set of railings turn right and walk through the houses then turn left onto The Uplands.
6. At the end of The Uplands turn left, then carefully cross back over Palacefields Avenue to walk down Charlton Close until you are back where you started.

- Distance = One mile / 2400 steps
- This walk should take around 15-20 minutes
- A-Z Street Atlas, Page 168, Grid reference A4

Get walking in Halton Lea!

The Halton Lea Health Walk has been developed by Halton Borough Council and Urbanwalks in order to support patients from Brookvale Practice at Hallwood Health Centre and Halton General Hospital become more active.

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Points of interest in Halton Lea / Brookvale:

Halton Castle is one of two ruined Norman Castles in Cheshire and it would be easy to extend the health walk to include a walk to Halton Castle.

Brookvale Recreation Centre

Brookvale Recreation Centre operates a variety of sports and physical activities.

Brookvale Community Centre

Brookvale Community Centre runs a varied programme of activity.

For further information about health walks and other physical activity opportunities in Halton call: **Paula Parle, Health and Physical Activity Development Officer on: 0151 907 8300 ext 4190.**

Useful information:

Brookvale Practice: 01928 718182 Weavervale Practice: 01928 711911

Halton Castle / Norton Priory Museum and Gardens 01928 569895

Brookvale Recreation Centre: 01928 712051 Brookvale Community Centre: 01928 751699



Runcorn Hallwood Health Centre

1. From the car park entrance of Hallwood Health Centre, turn left and cross over the road onto the right hand side using the sloped kerbs.
2. At the roundabout turn right onto East Lane and walk along to next roundabout.
3. Follow pathway around the roundabout onto Holt Lane and walk to the other end.
4. Carefully cross over Holt Lane and turn left onto Main Street and continue along until you arrive at a pub on your right hand side.
5. Carefully cross over and turn right onto The Underway and walk along the left hand side to the other end.
6. At the end of The Underway turn left onto Main Street then carefully cross back over and walk down the left hand side of Holt Lane and retrace your steps back to the start.

- **Distance = One and a half miles / 3600 steps**
- **This walk should take around 20-25 minutes**
- **A-Z Street Atlas, Page 167, Grid reference F3**

Please Note: Take care when walking along The Underway at Point 5 as there is no pathway at some parts.

Get walking in West Bank!

The West Bank Health Walk has been developed by Halton Borough Council and Urbanwalks in order to support local residents in and around West Bank become more active.

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Points of interest in West Bank:

Spike Island is a public open space and part of the Trans Pennine Trail and Mersey Way.

The Catalyst Museum is a listed building, previously Gossages Soap Factory; which now houses a science and discovery centre.

Transporter Bridge House hosts a number of Sure Start activities and a healthy food community café at set times during the week.

West Bank Promenade includes open space and parks.

For further information about health walks and other physical activity opportunities in Halton call: **Paula Parle, Health and Physical Activity Development Officer on: 0151 907 8300 ext 4190.**

Useful information:

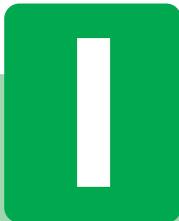
Spike Island Visitor Centre and West Bank Promenade: 0151 420 3707

Catalyst Science Discovery Centre: 0151 420 1121

Sure Start Children's Centre: 0151 907 8350

St Mary's Parish Community Centre: 0151 424 9187

West Bank Promenade: 0151 420 3707



Widnes St Mary's Parish Community Centre

1. Starting across the road from the Transporter Bridge Offices turn left to walk down onto Victoria Promenade.
2. Continue along the promenade then at the end turn left up the slope and right onto Terrace Road.
3. Take your next right turn onto Trans Pennine Trail pathway and follow pathway to the locks.
4. At the locks turn right and cross over the water to follow pathway straight ahead onto Spike Island.
5. Continue walking then at the next bridge cross over the water again and turn left to follow pathway along to the locks.
6. At the locks take the pathway to the right up to the main road then turn left onto Upper Mersey Road and continue straight along until you arrive back where you started.

- Distance = One and a half miles / 3600 steps
- This walk should take around 20-25 minutes
- A-Z Street Atlas, Page 152, Grid reference F3

Get walking in Murdishaw!

The Murdishaw Health Walk has been developed by Halton Borough Council and Urbanwalks in order to support local residents become more active.

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Points of interest in Murdishaw:

Murdishaw Community Centre

Murdishaw Community Centre operates a varied programme of activity.

Murdishaw Valley Wood and Nature Reserve

Murdishaw Valley Wood and Nature Reserve, free public access.

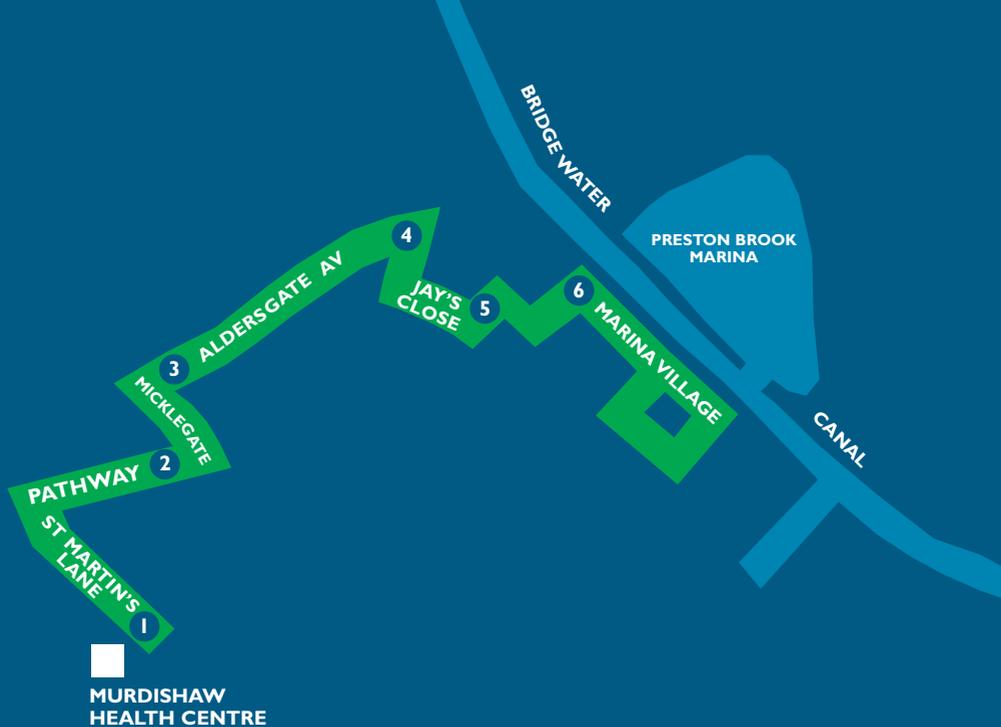
For further information about health walks and other physical activity opportunities in Halton call: **Paula Parle, Health and Physical Activity Development Officer on: 0151 907 8300 ext 4190.**

Useful information:

Murdishaw Health Centre: 01928 712061

Murdishaw Valley Wood and Nature Reserve, call Jeff Clarke on: 01928 583905

Murdishaw Community Centre: 01928 718285



Runcorn Murdishaw Health Centre

1. From the Murdishaw Health Centre carefully cross over St Martin's Lane then turn left and 1st right at the houses.
2. Follow pathway along crossing through car park and between houses to turn left onto Micklegate.
3. Turn right onto Aldersgate Avenue and continue straight along until you arrive at the traffic island at the bottom of Moorland Drive.
4. Cross straight over using traffic island bearing right onto Barington Drive then 1st left into Jay's Close.
5. Bear left onto pathway through the houses then follow to the right and at the end carefully cross over Marina Lane into Marina Village.
6. Bear right at the canal and walk along the waterside, then just before the end turn right through the houses then right again until you are back at the canal side. Now retrace your steps back to where you started.

- **Distance = One mile / 2400 steps**
- **This walk should take around 15-20 minutes**
- **A-Z Street Atlas, Page 169, Grid reference D3**