

The activeMe
Walking for Health Halton
Walk Schedule Jan - Feb 2022

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)

Some of our weekly walks are still on hold; we will update our walks schedule as and when they are ready to re-start.

Please check our webpage or facebook page as below for updates.

Please follow Covid-safe advice inc social distancing

- **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 the Café. Call 0151 511 6606 for further info.
This is a flat surface walk, approx 20 minutes.
- **Every Tuesday 11am Murdishaw** Meet at Murdishaw Health Centre, Gorsewood rd, Runcorn, WA7 6ES for a walk of around optional 30-minutes or 60-minute route
- **Every Thursday afternoon, Windmill Hill, 1pm (includes Norton Priory walks and cafe)**
Meet where Southwood Avenue crosses Lockgate West, Windmill Hill, WA7 6LF
Find location with what3words: pays.comical.boring
(All walks approx 1 hour walking plus approx 30 minutes midway re café visit).

Continued over leaf:

- **Wednesday Morning Walks, 11am** (All walks approx 1 hour)

Date	Venue	Meeting Point
Jan 5th	Weston	Near St John's Church, Heath rd South WA7 4LY
Jan 12th	Town Hall	Runcorn Town Hall car park, Heath rd, WA7 5TD
Jan 19th	The Dream	Union Bank Lane, St Helens WA8 5XB
Jan 26th	Brookvale CC	Car park Northwich rd, near Brookvale Community Centre, WA7 6PE
Feb 2nd	Marina	Under motorway bridge at Preston Brook WA7 3AH
Feb 9th	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
Feb 16th	Town Park Ski Slope	Ski Slope car park Stockham Lane WA7 6PT
Feb 23rd	Spike Island	Mersey Rd Widnes, Catalyst Museum car park WA8 ODF

- **Short Walk Victoria Park, Widnes WA8 6SQ- Every Thursday 10am**

Meet at the Bandstand for a short 20-30-minute walk around the Park, and maybe a cuppa and a chat afterwards. This walk can be shortened to 10-15 minutes if required.

- For updated timetables/schedules: www.activehalton.co.uk

- 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