



Health Walks

Schedule Halton Oct - Dec 2024

With Health & Wellbeing Walks, 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 along, see our info leaflet about dogs and health walks on our webpage below)

- **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 mainly flat surface walk, approx. 20 minutes.

- **Every Tuesday 11am Murdishaw Health Centre**

Meet at Murdishaw Health Centre, Gorsewood rd, Runcorn, WA7 6ES for a walk of around 30-minutes or optional 60-minute route. (May include an optional café visit at end of walk)

- **Every Tuesday 1pm Windmill Hill (includes café stop mid-way)**

Meet where Southwood Avenue crosses Lockgate West, Windmill Hill, WA7 6LF
Find location with what3words: pays.comical.boring
All walks approx. 1-hour easy pace walking plus approx 30-45 minutes midway re café visit

- **“Mindful Walk” Every Third Tuesday of the Month 1pm Runcorn Hill**

An Opportunity to just **be**. Meet near Esposito’s cafe, Highlands rd, Runcorn, WA7 4PX for a walk of around 60-minutes including reflections and grounding exercise. May include an optional café visit at end of walk. Not sure what a Mindful walk is? Call Paula 0151 511 8550

- **Every Wednesday 11am at various locations see schedule over page:**

All walks approx 1 hour steady pace

- **Every Thursday 10am Short Walk Victoria Park Widnes, WA8 6SQ**
Meet at the Bandstand/cafe 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.
- **Every Friday 1pm Short Walk St Pauls Health Centre**
Meet at St Pauls Health Centre, High St, Runcorn, WA7 1AB. All walks approx. 30-minutes
- **Every Wednesday 11am at various locations see schedule below:**
All walks approx 1 hour

Date	Venue	Meeting Point
Oct 2 nd	Runcorn Old Town	Car park at The Brindley, WA7 1BG
Oct 9 th	Phoenix Park	Phoenix Park Castlefield's Ave WA7 2NY
Oct 16 th	Pickering's Pastures	Pickering's Pastures car park Off Mersey rd WA8 8LP
Oct 23 rd	Brookvale	Queen of Hearts car park Jack Search Way WA7 6SA
Oct 30 th	Beechwood	Beechwood pub car park, Beechwood Ave, WA7 2PZ
Nov 6 th	Moore	Moore Nature reserve car park, WA4 6XE
Nov 13 th	Western New Route	Near St John's Church, Heath Rd South WA7 4LY
Nov 20 th	Runcorn Hill	Near Esposito's Deli, Highlands rd WA7 4PX
Nov 27 th	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
Dec 4 th	Phoenix Park	Phoenix Park Castlefield's Ave WA7 2NY
Dec 11 th	Town Park Ski Slope	Ski Slope car park, Stockham Lane WA7 6PT
Dec 18 th	Runcorn Town Hall	Town Hall car park Heath rd WA7 5TD
Dec 25 th	No walk	<i>Merry Christmas</i>

- **For updated timetables/schedules:** <https://activehalton.co.uk/walking/>
- **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



Face book QR code



Complete our new participant registration form at session or via this QR code