



## Walking for Health Halton Walk Schedule 2<sup>nd</sup> Jan – 27<sup>th</sup> Mar 2019

**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 the Café. Call 0151 511 6606 for further info. This is a flat surface walk, approx 20 minutes.
- **Every Monday 11am Hallwood Health Centre, Hospital Way, Runcorn, WA7 2UT**  
Meet at the health centre for a walk with options of a 30-minute or 60-minute walk, *mums and tots welcome.*
- **Tuesday morning walks, 10am** (All walks approx. 1 hour)

Date	Venue	Meeting point
8 <sup>th</sup> Jan	Phoenix Park	Near visitor centre, WA7 2NY
22 <sup>nd</sup> Jan	Phoenix Park	Near visitor centre, WA7 2NY
5 <sup>th</sup> Feb	Phoenix Park	Near visitor centre, WA7 2NY
19 <sup>th</sup> Feb	Phoenix Park	Near visitor centre, WA7 2NY
5 <sup>th</sup> Mar	Phoenix Park	Near visitor centre, WA7 2NY
19 <sup>th</sup> Mar	Phoenix Park	Near visitor centre, WA7 2NY

- **Short Walk Murdishaw - Every Tuesday 11am**  
Meet at Murdishaw Health Centre, Gorsewood rd, Runcorn, WA7 6ES for a walk with options for a 30-minute or 60-minute walk
- **Short Walk Castlefields - Every Tuesday 11am** (All walks approx. 30-minutes)  
Meet at Castlefields Health Centre, The Village Square, Runcorn, WA7 2ST
- **Every Tuesday afternoon, 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
2 <sup>nd</sup> Jan	Weston	Near St Johns church, WA7 4LY
9 <sup>th</sup> Jan	Runcorn Town Hall	Town Hall car park WA7 5TD
16 <sup>th</sup> Jan	The Dream St Helens	Union Bank Lane, WA8 5XB
23 <sup>rd</sup> Jan	Brookvale	Car park Northwich rd, near Brookvale community centre, WA7 6PE
30 <sup>th</sup> Jan	Beechwood	Beechwood Community Centre WA7 2PZ
6 <sup>th</sup> Feb	SandyMoor	Rudheath Lane, (near lake) WA7 1GD
13 <sup>th</sup> Feb	Ski Slope -Town Park	Ski slope car park, WA7 6PT
20 <sup>th</sup> Feb	Widnes Gateway	Car park at rear of Hive Premier Inn WA8 OGY
27 <sup>th</sup> Feb	Hale Park	Meet in Park car park, L24 4AX
6 <sup>th</sup> Mar	Castle Park	Castle Park car park, Frodsham, WA6 6SE
13 <sup>th</sup> Mar	Pickerings Pasture	Off Mersey Rd Widnes WA8 8LP
20 <sup>th</sup> Mar	Wigg Island	*The Brindley car pk, WA7 1BG*due to Bridge work, walk still around Wigg Island
27 <sup>th</sup> Mar	Halton Castle	Halton Castle car park, WA7 2BE

- **Short Walk St Pauls Health Centre – Every Friday 11am** (All walks approx. 30-minutes)  
Meet at St Pauls Health Centre, High St, Runcorn, WA7 1AB

- **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, U3A Halton - Rather Leisurely Ramblers 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](http://www.activehalton.co.uk)

Log onto [www.walkingforhealth.org.uk](http://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](http://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](mailto:Paula.Parle@halton.gov.uk)