

The **activeMe** Walking for Health Halton Walk Schedule April – June 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
2 nd April	Phoenix Park	Near visitor centre, WA7 2NY
16 th April	Phoenix Park	Near visitor centre, WA7 2NY
30 th April	Phoenix Park	Near visitor centre, WA7 2NY
14 th May	Phoenix Park	Near visitor centre, WA7 2NY
28 th May	Phoenix Park	Near visitor centre, WA7 2NY
11 th June	Phoenix Park	Near visitor centre, WA7 2NY
25 th June	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
3 rd April	Phoenix Park	Near visitor centre, café WA7 2NY
10 th April	Runcorn Hill	Near Esposito's Deli, Highlands rd WA7 4PX
17 th April	The Dream St Helens	Union Bank Lane, WA8 5XB
24 th April	Marina	Under motorway bridge at Preston Brook WA7 3AH
1 st May	Moore Nature Reserve	Moore Nature reserve car park, WA4 6XE
8 th May	Murdishaw Woods	Car park Northwich rd, near Brookvale community centre, WA7 6PE (temp meeting point)
15 th May	Old Town	Car park at The Brindley, WA7 1BG
22 nd May	Beechwood	Beechwood Community Centre WA7 2PZ
29 th May	Halton Castle	Halton Castle car park, WA7 2BE
5 th June	Hale Park	Meet in park car park, L24 4AX
12 th June	Runcorn Hill	Near Esposito's Deli, Highlands rd WA7 4PX
19 th June	Weston	Near St Johns church, WA7 4LY
26 th June	Widnes Gateway	Car park at rear of Hive Premier Inn WA8 OGY

- **New: The Deck** – The first Wednesday of each month 7pm 3rd April, 1st May, 5th June (approx. 1 hour) Meet at The Deck near Deck 6, Runcorn, WA7 1GR

- **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, 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

Log onto www.walkingforhealth.org.uk

Find Local Walking Schedules

Walking Events and News

and advice for walkers

Walking Tips and Health advice

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Join Walking for Health Halton on Facebook:

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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