



Health Walks

with **activeMe**

Health Walks

Schedule Halton July- Sept 2023

With 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 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 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)

- **“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 below**

All walks approx 1 hour

Date	Venue	Meeting Point
July 5 th	Pexhill	Norlands Lane, Widnes, WA8 5AY
July 12 th	Castle Park	Car Park inside Castle Park, Frodsham, WA6 6SE
July 19 th	Runcorn Town Hall	Town Hall car park Heath rd WA7 5TD
July 26 th	Pickerings Pastures	Pickerings Pastures car park Off Mersey Rd WA8 8LP



Aug 2 nd	Murdishaw Woods	Queen of Hearts car park Jack Search Way WA7 6SA
Aug 9 th	Runcorn Old Town	Car park at The Brindley, WA7 1BG
Aug 16 th	The Dream	Union Bank Lane, St Helens WA8 5XB
Aug 23 rd	Wigg Island	Wigg Island car park, Off Astmoor Road, WA7 1RP
Aug 30 th	Halton Castle	Halton Castle car park, Castle Rd WA7 2BE
Sept 6 th	Town Park Ski Slope	Ski Slope car park, Stockham Lane WA7 6PT
Sept 13 th	Marina	Under motorway bridge at Preston Brook WA7 3AH
Sept 20 th	Weston	Near St Johns church Heath rd South WA7 4LY
Sept 27 th	Hale Village	Hale Park car park L24 4AX

- Every Thursday 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 minutes midway re café visit.
- 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
- 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

