



Health Walks

with **activeMe**

Health Walks

Schedule Halton Oct- Dec 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 along)

New Walk -Starts Oct TBC:

- **Every Monday 11am Short Walk Hallwood Health Centre**

Meet at Hallwood Health Centre, Hospital Way, Runcorn, WA72UT. All walks approx. 30-minutes. Parking: Car Park 1 Halton Lea- pedestrian exit on level 3 leads down to Health Centre.

- **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 over page**

All walks approx 1 hour

- **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 30-45 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
- **Every Wednesday 11am at various locations see schedule below**
All walks approx 1 hour

| Date | Venue | Meeting Point |
|----------------------|---------------------|---|
| Oct 4 th | Runcorn Old Town | Car park at The Brindley, WA7 1BG |
| Oct 11 th | Phoenix Park | Phoenix Park Castlefields Ave WA7 2NY |
| Oct 18 th | Pickerings Pastures | Pikerings Pastures car park Off Mersey rd WA8 8LP |
| Oct 25 th | Brookvale CC | Car park Northwich rd, near Brookvale Community Centre, WA7 6PE |
| Nov 1 st | Beechwood | Beechwood pub car park, Beechwood Ave, WA7 2PZ |
| Nov 8 th | Moore | Moore Nature reserve car park, WA4 6XE |
| Nov 15 th | Western New Route | Near St John's Church, Heath Rd South WA7 4LY |
| Nov 22 nd | Runcorn Hill | Near Esposito's Deli, Highlands rd WA7 4PX |
| Nov 29 th | Sandymoor | Rudheath Lane, (near lake) WA7 1GD |
| Dec 6 th | Phoenix Park | Phoenix Park Castlefields Ave WA7 2NY |
| Dec 13 th | Town park Ski Slope | Ski Slope car park, Stockham Lane WA7 6PT |
| Dec 20 th | Runcorn Town Hall | Town Hall car park Heath rd WA7 5TD |
| Dec 27 th | Brookvale CC | Car park Northwich rd, near Brookvale community centre, WA7 6PE |

- **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

