



# Health Walks

with **activeMe**

## 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)

- **“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 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 2 <sup>nd</sup>	Runcorn Old Town	Car park at The Brindley, WA7 1BG
Oct 9 <sup>th</sup>	Phoenix Park	Phoenix Park Castlefield's Ave WA7 2NY
Oct 16 <sup>th</sup>	Pickering's Pastures	Pickering's Pastures car park Off Mersey rd WA8 8LP
Oct 23 <sup>rd</sup>	Brookvale	Queen of Hearts car park Jack Search Way WA7 6SA
Oct 30 <sup>th</sup>	Beechwood	Beechwood pub car park, Beechwood Ave, WA7 2PZ
Nov 6 <sup>th</sup>	Moore	Moore Nature reserve car park, WA4 6XE
Nov 13 <sup>th</sup>	Western New Route	Near St John's Church, Heath Rd South WA7 4LY
Nov 20 <sup>th</sup>	Runcorn Hill	Near Esposito's Deli, Highlands rd WA7 4PX
Nov 27 <sup>th</sup>	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
Dec 4 <sup>th</sup>	Phoenix Park	Phoenix Park Castlefield's Ave WA7 2NY
Dec 11 <sup>th</sup>	Town Park Ski Slope	Ski Slope car park, Stockham Lane WA7 6PT
Dec 18 <sup>th</sup>	Runcorn Town Hall	Town Hall car park Heath rd WA7 5TD
Dec 25 <sup>th</sup>	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](mailto:Paula.Parle@halton.gov.uk)



Face book QR code



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