



Health Walks

with **activeMe**

Health Walks

Schedule Halton April - June 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)

- **Every Wednesday 11am at various locations see schedule below**

All walks approx 1 hour

Date	Venue	Meeting Point
April 5 th	Phoenix Park	Phoenix Park Castlefields Ave WA7 2NY
April 12 th	Runcorn Hill	Near Esposito's Deli/café, Highlands rd WA7 4PX
April 19 th	Pexhill	Norlands Lane, Widnes, WA8 5AY
April 26 th	Marina	Under motorway bridge at Preston Brook WA7 3AH

May 3 rd	Moore	Moore Nature reserve car park, WA4 6XE
May 10 th	Murdishaw Woods	Queen of Hearts car park Jack Search Way WA7 6SA
May 17 th	Runcorn Old Town	Car park at The Brindley, WA7 1BG
May 24 th	Beechwood	Beechwood pub car park, Beechwood Ave, WA7 2PZ
May 31 st	Halton Castle	Halton Castle car park, Castle Rd WA7 2BE
June 7 th	Hale Village	Hale Park car park, L24 4AX
June 14 th	Weston – New Route	Near St John’s Church, Heath rd South WA7 4LY
June 21 st	Sandymoor	Rudheath Lane, (near lake) WA7 1GD
June 28 th	Spike Island	Mersey Rd, Widnes Catalyst car park WA8 ODF

- **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

