

Bollington 'Walks for Health' is a programme of short, easy guided walks in and around Bollington designed to encourage new walkers. They provide a great opportunity to enjoy some exercise and meet people.

The walks on this programme are weekly on a Monday evening at 6:00pm and also every other Friday morning at 10:30am. There are different start points.

We recommend you wear sturdy shoes and appropriate clothing for the weather conditions. You may like to bring a drink. There is no charge for these walks.

These walks have been planned and organised in partnership with the Bridgend Centre, Walkers are Welcome and East Cheshire Ramblers.

The walks can be found inside this leaflet. Please ring the Bridgend Centre if you require any more information.

	Easy, less than 2 miles in length, no stiles, with gentle slopes. These walks are on Mondays at 6:00pm. These walks are run by the Bridgend Centre.
	Easy, less than 2 miles in length, no stiles, with gentle slopes. These walks are on every other Friday at 10:30am, run by the East Cheshire Ramblers and Walkers are Welcome.

**Bridgend Centre**

104 Palmerston Street, Bollington, SK10 5PW

01625 576311 or [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

**Bollington**

# Walks for Health



2018



Short guided walks in Bollington and surrounding areas  
April—June 2018

In partnership with:



No hills, no stiles;  
all walks shorter than two miles!

## Bollington Walks for Health Calendar 2018

### April 2018

Date and time of walk	Starting point
Friday 20th April at 10:30am	Canal Bridge at Clarke Lane (SK10 5AJ)
Monday 23rd April at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 30th April at 6pm	Adlington Road Car Park, Boll (SK10 5JT)

### May 2018

Date and time of walk	Starting point
Friday 4th May at 10:30am	Riverside Park, Tytherington (SK10 2SL)
Monday 14th May at 6pm	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Friday 18th May at 10:30am	Teggs Nose Car Park (SK11 0AP) parking charge applies
Monday 21st May at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)

### June 2018

Date and time of walk	Starting point
Friday 1st June at 10:30am	Middlewood Way, Clarke Lane (SK10 5AJ)
Monday 4th June at 6pm	Whiteley Green Holehouse Lane Car Park (SK10 5SR)
Monday 11th June at 6pm	Shirleys Car Park, Prestbury (SK10 4XP)
Friday 15th June at 10:30am	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Monday 18th June at 6pm	Waterside Café, Bollington (SK10 5GR)
Monday 25th June at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Friday 29th June at 10:30am	Whiteley Green Holehouse Lane Car Park (SK10 5SR)

### July 2018

Date and time of walk	Starting point
Monday 2nd July at 6pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 9th July at 6pm	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Friday 13th July at 10:30am	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)

Monday 16th July at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)
Monday 23rd July at 6pm	Whiteley Green Holehouse Lane Car Park (SK10 5SR)
Friday 27th July at 10:30am	Riverside Park, Tytherington (SK10 2SL)
Monday 30th July at 6pm	Shirleys Car Park, Prestbury (SK10 4XP)

### August 2018

Date and time of walk	Starting point
Monday 6th August at 6pm	Waterside Café, Bollington (SK10 5GR)
Friday 10th August at 10:30am	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 13th August at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 20th August at 6pm	Adlington Road Car Park, Bollington (SK10 5JT)
Friday 24th August at 10:30am	Whiteley Green Holehouse Lane C.P. (SK10 5SR)

### September 2018

Date and time of walk	Starting point
Monday 3rd September at 6pm	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Friday 7th September at 10:30am	Shirleys Car Park, Prestbury (SK10 4XP)
Monday 10th September at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)
Monday 17th September at 6pm	Whiteley Green Holehouse Lane C.P. (SK10 5SR)
Friday 21st September at 10:30am	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Monday 24th September at 6pm	Shirleys Car Park, Prestbury (SK10 4XP)

### Stroller Walks

A new programme of walks from East Cheshire Ramblers at 10.30 am on alternate Friday mornings from 13th April to 28th September. These are walks of up to 4 miles taken at a gentle pace. For further details see [www.ramblerseastcheshire.org.uk](http://www.ramblerseastcheshire.org.uk).