

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 morning at 10:15am for the duration of the Autumn/Winter. There are different start points around Bollington and surrounding areas each week on a rotational basis. All the walks are easy, approximately 2 miles in length, with no stiles and only gentle or short slopes/steps to climb or go down.

Some surfaces and paths we travel are can be rough, uneven or muddy so we do 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 by the Bridgend Centre. A certain basic level of fitness is required to do these walks so please ring the Bridgend Centre if you require any guidance or more information.



Bridgend Centre

104 Palmerston Street, Bollington, SK10 5PW

01625 576311 - [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)—[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

Registered Charity (CIO) Number: 1123287

Bollington

# Walks for Health



Autumn-Winter 2022-2023



Short guided walks in Bollington and surrounding areas on a Monday morning

**October 2022 to March 2023**

All walks around  
two miles



# Bollington Walks for Health Calendar Autumn Winter 2022-2023

## October 2022

Date and time of walk	Starting point
Monday 31st Oct 10:15am	Bridgend Centre, Bollington (SK10 5PW)

## November 2022

Date and time of walk	Starting point
Monday 7th Nov 10.15am	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 14th Nov 10.15am	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)
Monday 21st Nov 10.15am	Jackson Lane near the Car Park, Kerridge (SK10 5BJ)
Monday 28th Nov 10.15am	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

## December 2022

Date and time of walk	Starting point
Monday 5th Dec 10.15am	Shirley's Car Park, Prestbury (SK10 4XP)
Monday 12th Dec 10.15am	Macclesfield Riverside Car Park (SK10 2SL)
Monday 19th Dec 10.15am	Bridgend Centre, Bollington (SK10 5PW)

## January 2022

Date and time of walk	Starting point
Monday 9th Jan 10.15am	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 16th Jan 10.15am	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Monday 23rd Jan 10.15am	Jackson Lane near the Car Park, Kerridge (SK10 5BJ)
Monday 30th Jan 10.15am	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

## February 2022

Date and time of walk	Starting point
Monday 6th Feb 10.15am	Shirley's Car Park, Prestbury (SK10 4XP)
Monday 13th Feb 10.15am	Macclesfield Riverside Car Park (SK10 2SL)
Monday 20th Feb 10.15am	Bridgend Centre, Bollington (SK10 5PW)
Monday 27th Feb 10.15am	Adlington Road Car Park, Bollington (SK10 5JT)

## March 2022

Date and time of walk	Starting point
Monday 6th Mar 10.15am	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Monday 13th Mar 10.15am	Jackson Lane near the Car Park, Kerridge (SK10 5BJ)
Monday 20th Mar 10.15am	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 27th Mar 10.15am	Shirley's Car Park, Prestbury (SK10 4XP)

