

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 6:30pm for the duration of the Spring/Summer. 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—www.bridgendcentre.org.uk

Registered Charity (CIO) Number: 1123287

Bollington

Walks for Health



2024



Short guided walks in Bollington and surrounding areas on a Monday morning run by the Bridgend Centre

April to September 2024



All walks around
two miles

Bollington Walks for Health Calendar 2024

April 2024

Date and time of walk	Starting point
Monday 8th April 6:30pm	Sweet Kitchen Café, Crossfield Road (SK10 5EA)
Monday 15th April 6:30pm	Jackson Lane, Kerridge (SK10 5BE) opposite entrance to Hollin House
Monday 22nd April 6:30pm	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 29th April 6:30pm	Shirley's Car Park, Prestbury (SK10 4XQ)

May 2024

Date and time of walk	Starting point
Monday 13th May 6:30pm	Macclesfield Riverside Car Park (SK10 2SL)
Monday 20th May 6:30pm	Bridgend Centre, Bollington (SK10 5PW)

June 2024

Date and time of walk	Starting point
Monday 3rd June 6:30pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 10th June 6:30pm	Sweet Kitchen Café, Crossfield Road (SK10 5EA)
Monday 17th June 6:30pm	Jackson Lane, Kerridge (SK10 5BE) opposite entrance to Hollin House
Monday 24th June 6:30pm	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

July 2024

Date and time of walk	Starting point
Monday 1st July 6:30pm	Shirley's Car Park, Prestbury (SK10 4XQ)
Monday 8th July 6:30pm	Macclesfield Riverside Car Park (SK10 2SL)
Monday 15th July 6:30pm	Bridgend Centre, Bollington (SK10 5PW)
Monday 22nd July 6:30pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 29th July 6:30pm	Sweet Kitchen Café, Crossfield Road (SK10 5EA)

August 2024

Date and time of walk	Starting point
Monday 5th Aug 6:30pm	Jackson Lane, Kerridge (SK10 5BE) opposite entrance to Hollin House
Monday 12th Aug 6:30pm	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 19th Aug 6:30pm	Shirley's Car Park, Prestbury (SK10 4XQ)

September 2024

Date and time of walk	Starting point
Monday 2nd Sep 6:30pm	Macclesfield Riverside Car Park (SK10 2SL)
Monday 9th Sep 6:30pm	Bridgend Centre, Bollington (SK10 5PW)
Monday 16th Sep 6:30pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 23rd Sep 6:30pm	Sweet Kitchen Café, Crossfield Road (SK10 5EA)
Monday 30th Sep 6:30pm	Jackson Lane, Kerridge (SK10 5BE) opposite entrance to Hollin House