

## Essential Information

All walks start at 10:15am from the Bridgend Centre unless otherwise stated. The cost is £3.00 per walk. On a Wednesday this price includes tea, coffee and biscuits at the end of the walk.

The walks vary in difficulty & length each week and so we have a ratings system to provide information on the difficulty of each one, which is detailed below. If you are unsure of your level, try a short and easy walk first. You can also have a chat beforehand with any of the Bridgend staff to get information on what the terrain may be like. Please bear in mind that the conditions underfoot will vary depending on the weather. Please wear suitable footwear, clothing and equipment. It is also advisable to bring a drink on the walks.

Dogs are welcome to join us on most walks, but should always be kept on a lead. If dogs are not allowed on any of the walks, it will be indicated on the walk information (for example if we go on a path where they are not allowed). All those taking part do so at their own risk.



### Boot rating for walks



Easy: No steep climbs and taken at a gentle pace



Moderate: May have steep climbs, but if they do they will be taken at a gentle pace



Energetic: Generally will involve steep climbs and descents, will cover a moderate distance at a steady pace



Strenuous: Will include several climbs and/or will be a long distance at a brisk pace



Very strenuous: Will involve steep climbs and long distances at a fast pace. You will need good physical stamina for this walk

# Bridgend Centre Walks

## Wednesdays



## Guided walks in and around Bollington












January to March 2025

Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW

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We are a Charitable Incorporated Organisation (CIO). Registered charity no: 1123287

# Bridgend Walks Calendar January to March 2025

		Length	Boot rating
8th Jan 2025	Higher Hurdsfield and back (Heritage Trail 6)	5.5 miles	
15th Jan 2025	Beyond the Rain(b)ow - travel to beyond Rainow village via Kerridge Ridge	5.5 miles	
22nd Jan 2025	Rainow and Rainowlow (shortened version of Heritage Trail 4)	4 miles	
29th Jan 2025	Woods and Wildflowers - Hedgerow, Harrop and Further Harrop (Heritage Trail 2)	5 miles	
		Length	Boot rating
5th Feb 2025	The one on the other side of the road - Macclesfield canal, Bollington Cross, Tytherington and return via Kerridge	5 miles	
12th Feb 2025	In the shadow of Nancy - Ingersley, White Nancy and Kerridge	3.5 miles	
19th Feb 2025	Adlington and return - the drier way! Walk to Adlington via the Middlewood Way and canal and return via the fields and Sugar Lane	5 miles	
26th Feb 2025	Up the Nab, then down Long Lane and back along the Canal	4.5 miles	
		Length	Boot rating
5th March 2025	Tinkers Clough, Clarke Lane, Swanscoe and return through Kerridge	5 miles	
12th March 2025	Highways and Secret Byways - Ingersley Vale, Rainow and Oakenbank (Heritage Trail 4)	4.5 miles	
19th Mar 2025	Bee Happy - Green Lane, Long Lane, the Windmill pub (Heritage Trail 1)	3 miles	
26th Mar 2025	Written in Stone - Around Kerridge (Heritage Trail 3)	3 miles	