

**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 and due to popular demand we have now launched an evening walk on a Tuesday once per month at 6:30pm.**

**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 on 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  
Cheshire  
SK10 5PW**

**[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)  
[info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)**

**We are a Charitable Incorporated Organisation  
Registered charity no: 1123287**



## **Walks for Health**

**April to September 2025**



**Short guided walks in Bollington and surrounding areas**

**Mondays and Tuesdays  
Open to all - £2 per walk**



# Bridgend Centre Guided Walks April to September 2025

Monday 7th April - 10:15am  
Whiteley Green - Holehouse Lane Car Park  
(SK10 5SR)

Tuesday 8th April - 6:30pm  
Macclesfield Riverside Car Park (SK10 2SL)

Monday 14th April - 10:15am  
Macclesfield Riverside Car Park (SK10 2SL)

Monday 28th April - 10:15am  
Bridgend Centre (SK10 5PW)

Tuesday 6th May - 6:30pm  
Bridgend Centre (SK10 5PW)

Monday 12th May - 10:15am  
Adlington Road Car Park (SK10 5JT)

Monday 19th May - 10:15am  
Sweet Kitchen Cafe, Crossfield Road (SK10 5EA)

Monday 2nd June - 10:15am  
Jackson Lane, near the Car Park (SK10 5BE)

Tuesday 3rd June - 6:30pm  
Adlington Road Car Park (SK10 2SL)

Monday 9th June - 10:15am  
Whiteley Green, Holehouse Lane Car Park  
(SK10 5SR)

Monday 16th June - 10:15am  
Macclesfield Riverside Car Park (SK10 2SL)

Monday 23rd June - 10:15am  
Bridgend Centre (SK10 5PW)

Monday 30th June - 10:15am  
Adlington Road Car Park (SK10 5JT)

Monday 7th July - 10:15am  
Sweet Kitchen Cafe, Crossfield Road  
(SK10 5EA)

Tuesday 8th July - 6:30pm  
Sweet Kitchen Cafe, Crossfield Road  
(SK10 5EA)

Monday 14th July - 10:15am  
Jackson Lane, near the Car Park (SK10 5BE)

Monday 21st July - 10:15am  
Whiteley Green, Holehouse Lane Car Park  
(SK10 5SR)

Monday 28th July - 10:15am  
Macclesfield Riverside Car Park (SK10 2SL)

Monday 4th August - 10:15am  
Bridgend Centre (SK10 5PW)

Tuesday 5th August - 6:30pm  
Jackson Lane, near the Car Park (SK10 5BE)

Monday 11th August - 10:15am  
Adlington Road Car Park (SK10 5JT)

Monday 18th August - 10:15am  
Sweet Kitchen Cafe, Crossfield Road  
(SK10 5EA)

Monday 1st September - 10:15am  
Jackson Lane, near the Car Park (SK10 5BE)

Tuesday 2nd September - 6:30pm  
Whiteley Green, Holehouse Lane Car Park  
(SK10 5SR)

Monday 8th September - 10:15am  
Whiteley Green, Holehouse Lane Car Park  
(SK10 5SR)

Monday 15th September - 10:15am  
Macclesfield Riverside Car Park (SK10 2SL)

Monday 22nd September - 10:15am  
Bridgend Centre (SK10 5PW)

Monday 29th September - 10:15am  
Adlington Road Car Park (SK10 5JT)