

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.

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 a small charge of £2.

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
info@bridgendcentre.org.uk**

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



Walks for Health

October 2025 to March 2026



Short guided walks in Bollington and surrounding areas

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

Bridgend Centre Walks for Health October 2025 to March 2026

Monday 6th October - 10:15am
Whiteley Green, Holehouse Lane Car Park (SK10 5SR)

Monday 13th October - 10:15am
Macclesfield Riverside Car Park (SK10 2SL)

Monday 20th October - 10:15am
Bridgend Centre (SK10 5PW)

Monday 27th October - 10:15am
Adlington Road Car Park (SK10 5JT)

Monday 3rd November - 10:15am
Sweet Kitchen Café, Crossfield Road (SK10 5EA)

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

Monday 17th November - 10:15am
Whiteley Green, Holehouse Lane Car Park (SK10 5SR)

Monday 24th November - 10:15am
Macclesfield Riverside Car Park (SK10 2SL)

Monday 1st December - 10:15am
Bridgend Centre (SK10 5PW)

Monday 8th December - 10:15am
Adlington Road Car Park (SK10 5JT)

Monday 15th December - 10:15am
Sweet Kitchen Café, Crossfield Road (SK10 5EA)

Monday 22nd December - 10:15am
Jackson Lane, near the Car Park (SK10 5BE)

Monday 29th December - 10:15am
Whiteley Green, Holehouse Lane Car Park (SK10 5SR)

Monday 5th January - 10:15am
Macclesfield Riverside Car Park (SK10 2SL)

Monday 12th January - 10:15am
Bridgend Centre (SK10 5PW)

Monday 19th January - 10:15am
Adlington Road Car Park (SK10 5JT)

Monday 26th January - 10:15am
Sweet Kitchen Café, Crossfield Road (SK10 5EA)

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

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

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

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

Monday 2nd March - 10:15am
Adlington Road Car Park (SK10 5JT)

Monday 9th March - 10:15am
Sweet Kitchen Café, Crossfield Road (SK10 5EA)

Monday 16th March - 10:15am
Jackson Lane, near the Car Park (SK10 5BE)

Monday 23rd March - 10:15am
Whiteley Green, Holehouse Lane Car Park (SK10 5SR)

Monday 30th March - 10:15am
Macclesfield Riverside Car Park (SK10 2SL)