

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.

All those taking part do so at their own risk and should take into consideration their ability to walk unaided, bearing in mind the boot rating of the walk and the weather conditions on the day.



**Bridgend Centre
104 Palmerston Street
Bollington
Cheshire
SK10 5PW**

**www.bridgendcentre.org.uk
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**We are a Charitable Incorporated Organisation
Registered charity no: 1123287**



Walks for Health

April to September 2026



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

**Mondays
Open to all - £2 per walk**

Bridgend Centre Walks for Health April to September 2026

Monday 13th April - 10:15am
Whiteley Green, Holehouse Lane Car Park
(SK10 5SR)

Monday 20th April - 10:15am
Macclesfield Riverside Car Park (SK10 2SL)

Monday 27th April - 10:15am
Bridgend Centre (SK10 5PW)

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

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

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

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

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

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

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

Monday 6th July - 10:15am
Sweet Kitchen Café, Crossfield Road
(SK10 5EA)

Monday 13th July - 10:15am
Jackson Lane, near the Car Park (SK10 5BE)

Monday 20th July - 10:15am
Whiteley Green, Holehouse Lane Car Park
(SK10 5SR)

Monday 27th July - 10:15am
Macclesfield Riverside Car Park (SK10 2SL)



Monday 3rd August - 10:15am
Bridgend Centre (SK10 5PW)

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

Monday 17th August - 10:15am
Sweet Kitchen Café, Crossfield Road
(SK10 5EA)

Monday 24th August - 10:15am
Jackson Lane, near the Car Park (SK10 5BE)

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

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

Monday 21st September - 10:15am
Bridgend Centre (SK10 5PW)

Monday 28th September - 10:15am
Adlington Road Car Park (SK10 5JT)