

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

Registered Charity (CIO) Number: 1123287

Bollington

# Walks for Health



Short guided walks in Bollington and surrounding areas on a Monday evening

**April—September 2022**



All walks around two miles

# Bollington Walks for Health Calendar 2022

## April 2022

Date and time of walk	Starting point
Monday 25th Apr 6.30pm	Bridgend Centre, Bollington (SK10 5PW)

## May 2022

Date and time of walk	Starting point
Monday 9th May 6.30pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 16th May 6.30pm	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)
Monday 23rd May 6.30pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 30th May 6.30pm	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

## June 2022

Date and time of walk	Starting point
Monday 6th Jun 6.30pm	Shirley's Car Park, Prestbury (SK10 4XP)
Monday 13th Jun 6.30pm	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)
Monday 20th Jun 6.30pm	Macclesfield Riverside Car Park (SK10 2SL)
Monday 27th Jun 6.30pm	Bridgend Centre, Bollington (SK10 5PW)

## July 2022

Date and time of walk	Starting point
Monday 4th July 6.30pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 11th July 6.30pm	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Monday 18th July 6.30pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 25th July 6.30pm	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

## August 2022

Date and time of walk	Starting point
Monday 1st Aug 6.30pm	Shirley's Car Park, Prestbury (SK10 4XP)
Monday 8th Aug 6.30pm	Bridgend Centre, Bollington (SK10 5PW)
Monday 15th Aug 6.30pm	Macclesfield Riverside Car Park (SK10 2SL)
Monday 22nd Aug 6.30pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)

## September 2022

Date and time of walk	Starting point
Monday 5th Sep 6:30pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 12th Sep 6.30pm	Sweet Kitchen Cafe, Ovenhouse Lane, Boll (SK10 5EA)
Monday 19th Sep 6.30pm	Shirley's Car Park, Prestbury (SK10 4XP)
Monday 26th Sep 6.30pm	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

