

Essential Information



All walks start at 10:15am 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. On Saturday the walks finish mid-afternoon, after the Bridgend Centre has closed for the day, so please

bring a packed lunch and/or some snacks. There will be no Saturday walk in October due to the close proximity to the Bollington Walking Festival.

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 talking 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

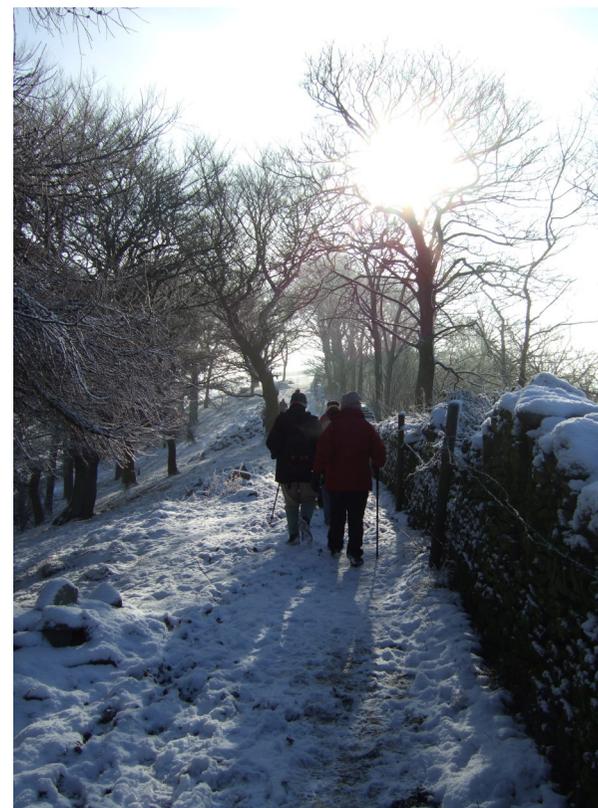


Strenuous: Will include several climbs and/or will be a long distance at a brisk pace



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



Guided walks in and around Bollington

October to December 2019

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

01625 576311—info@bridgendcentre.org.uk - www.bridgendcentre.org.uk

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

Bridgend Walks Calendar October—December 2019

<i>Date</i>	<i>Walk Description</i>	<i>Length</i>	<i>Boot rating</i>
Wednesday 2nd October	Highways and Secret Byways - Rainow and return via Rainowlow	5 miles	
Wednesday 9th October	Infrequently walked route - Lima Farm via Blaze Hill	4 miles	
Wednesday 16th October	Up the Nab and back through Savio	4 miles	
Wednesday 23rd October	Hedgerow, Harrop, Further Harrop	5 miles	
Wednesday 30th October	Water and steam via Adlington	6 miles	
Saturday 2nd November	Bus to Higher Poynton and return around Lyme Park and Dale Top. Please bring money for the bus. Meet at Bridgend at 10:15am for bus at 10:40am	10 miles	
Wednesday 6th November	Pott Shrigley, Harrop Wood and Ingersley Vale	5.5 miles	
Wednesday 13th November	Around Kerridge	3.5 miles	
Wednesday 20th November	Long Lane, Styperson Pool, Canal and Middlewood Way	5 miles	
Wednesday 27th November	Hedgerow, Harrop, Further Harrop	5 miles	
Wednesday 4th December	Higher Hurdsfield and back	5 miles	
Saturday 7th December	Lyme Park via Harrop Valley, Sponds Hill and return via the Canal and Styperson Pool	10.5 miles	
Wednesday 11th December	Up the Nab and back down Long Lane	4 miles	
Wednesday 18th December	Christmas Ramble - Windmill Lane, Kerridge Ridge, White Nancy, Waulkmill Wood	4 miles	

