#### **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.

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.

Please note that in January and some of February, the Bridgend Centre will be closed due to the roof of our building being replaced. During that time we will be delivering our services at the 'Pavilion on the Recreation Ground'. All walks will start from there during this time. The address is Adlington Rd, Bollington, SK10 5JT. This may slightly affect the length of the walks, because they have been calculated based on starting and finishing at Bridgend. Refreshments will still be available at the end of the Wednesday walks. As we go to print we do not have the exact dates, so keep an eye out for posters, look on our website, Facebook page or ask a member of staff.

# **Bridgend Centre Walks**





## Guided walks in and around Bollington

#### January to March 2020

Boo	t rat	ing f	or			
wal	ks					
() U					Easy: No steep climbs and taken at a gentle pace	
∰ ₩	<b>A</b>				Moderate: May have steep climbs, but if they do they will be taken at a gentle pace	
<u>ب</u>	<b>M</b>	() U	Energetic: Generally will involve steep climbs and descents, will cover a moderate distance at a steady pace			
() U			AND 11	Strenuous: Will include several climbs and/or will be a long distance at a brisk pace		
<u>ال</u>	(###	() () ()	() ()	() () ()	Very strenuous: Will involve steep climbs and long distances at a fast pace. You will need good physical stamina for this walk	

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 January to March 2020**

Date	Walk Description	Length	Boot rating
Saturday 4th January	Marple - waterways, lakes and teashops. Marple Station, canal, Roman Lakes, Marple Bridge, Etherow Country Park. Bus based walk, booking required.	7 miles	
Wednesday 8th January	Hedgerow, Harrop Wood	5 miles	
Wednesday 15th January	Green Lane, Long Lane, the Windmill pub	3 miles	
Wednesday 22nd January	Around Kerridge	3.5 miles	
Wednesday 29th January	Ingersley Vale, Rainow and Oakenbank - Highways and secret byways	4.5 miles	
Saturday 1st February	Teggs Nose. Via the foot of Kerridge, Rainow, Windyway House and	10 miles	
Wednesday 5th February	return via Back Eddisbury Road, Swanscoe and Bollington Cross Higher Hurdsfield and back	5 miles	
Wednesday 12th February	Water and steam via Adlington	6 miles	
Wednesday 19th February	Butley Town, Dumbah Hollow and the Middlewood Way	6 miles	
Wednesday 26th February	Infrequently walked route - Lima Farm via Blaze Hill	4 miles	
Wednesday 4th March	Pott Shrigley, Rainlowlow and Savio	4.5 miles	
Saturday 7th March	The Moors around Bollington - Lima Clough, Rainowlow, Harrop Valley, Sponds Hill and Bakestonedale Moor	8 miles	
Wednesday 11th March	Kerridge, Tinkers Clough, Dumbah Hollow, Butley Town	5 miles	
Wednesday 18th March	Up the Nab and along Long Lane (not as far as Styperson)	4 miles	
Wednesday 25th March	Long Lane, Styperson Pool, Canal and Middlewood Way	5 miles	() () () () () () () () () () () () () (