

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.

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

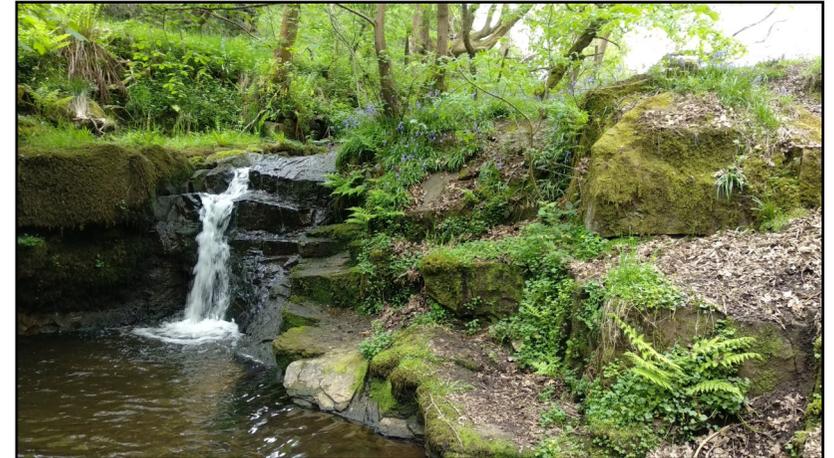


Strenuous: Will include several climbs and/or will be a long distance at a brisk pace



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 2021

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 to December 2021

<i>Date</i>	<i>Walk Description</i>	<i>Length</i>	<i>Boot rating</i>
6th October 2021	As the Crow Flies—Higher Hurdsfield and back (Heritage Trail 6)	5 miles	
13th October 2021	Bee Happy—Green Lane, Long Lane and the Windmill pub (Heritage Trail 1)	3 miles	
20th October 2021	Rainow and Rainowlow	5 miles	
27th October 2021	Infrequently walked paths—Lima Farm via Blaze Hill and return via Kerridge Ridge. Includes one fairly steep climb	4 miles	
3rd November 2021	Written in Stone—Around Kerridge (Heritage Trail 3)	3.5 miles	
10th November 2021	Travelling in Time via Adlington (Heritage Trail 7)	6 miles	
17th November 2021	Digging up the Past—Hedgerow, Bakestonedale, Styperson and return via canal (Heritage Trail 5)	6.5 miles	
24th November 2021	Up the Nab and along Long Lane	4 miles	
1st December 2021	Woods and Wildflowers—Hedgerow, Harrop and Further Harrop (Heritage Trail 2)	5 miles	
8th December 2021	Highways and Secret Byways—Ingersley Vale, Rainow and Oakenbank (Heritage Trail 4)	4.5 miles	
15th December 2021	Upstairs, Downstairs—Butley Town, Dumbah Hollow and the Middlewood Way (Heritage Trail 8)	6 miles	
22nd December 2021	Christmas walk up Nancy, along the ridge and back through Ingersley Vale	3.5 miles	

