

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 10:30am for the duration of the Autumn and Winter. 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 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

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Registered Charity (CIO) Number: 1123287

Bollington

Walks for Health



2024-2025



Short guided walks in Bollington and surrounding areas on a Monday morning run by the Bridgend Centre

October 2024 to March 2025



All walks around
two miles

Bollington Walks for Health Calendar 2024-2025

All walks start at 10:30am

October 2024

Date and time of walk	Starting point
Monday 7th Oct	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 14th Oct	Shirley's Car Park, Prestbury (SK10 4XQ)
Monday 21st Oct	Macclesfield Riverside Car Park (SK10 2SL)
Monday 28th Oct	Bridgend Centre, Bollington (SK10 5PW)

November 2024

Date and time of walk	Starting point
Monday 4th Nov	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 11th Nov	Sweet Kitchen Café, Crossfield Road (SK10 5EA)
Monday 18th Nov	Jackson Lane, Kerridge (SK10 5BE) opp. entrance to Hollin House
Monday 25th Nov	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

December 2024

Date and time of walk	Starting point
Monday 2nd Dec	Shirley's Car Park, Prestbury (SK10 4XQ)
Monday 9th Dec	Macclesfield Riverside Car Park (SK10 2SL)
Monday 16th Dec	Bridgend Centre, Bollington (SK10 5PW)

January 2025

Date and time of walk	Starting point
Monday 6th Jan	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 13th Jan	Sweet Kitchen Café, Crossfield Road (SK10 5EA)
Monday 20th Jan	Jackson Lane, Kerridge (SK10 5BE) opp. ent to Hollin House
Monday 27th Jan	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)

February 2025

Date and time of walk	Starting point
Monday 3rd Feb	Shirley's Car Park, Prestbury (SK10 4XQ)
Monday 10th Feb	Macclesfield Riverside Car Park (SK10 2SL)
Monday 17th Feb	Bridgend Centre, Bollington (SK10 5PW)
Monday 24th Feb	Adlington Road Car Park, Bollington (SK10 5JT)

March 2025

Date and time of walk	Starting point
Monday 3rd Mar	Sweet Kitchen Café, Crossfield Road (SK10 5EA)
Monday 10th Mar	Jackson Lane, Kerridge (SK10 5BE) opp. ent to Hollin House
Monday 17th Mar	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 24th Mar	Shirley's Car Park, Prestbury (SK10 4XQ)
Monday 31st Mar	Macclesfield Riverside Car Park (SK10 2SL)