

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 6:00pm and also every other Friday morning. There are different start points.

We 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 in partnership with the Bridgend Centre, Walkers are Welcome and East Cheshire Ramblers.

The walks can be found inside this leaflet. Please ring the Bridgend Centre if you require any more information.

	Easy, less than 2 miles in length, no stiles, with gentle slopes. These walks are on Mondays at 6:00pm. These walks are run by the Bridgend Centre.
	Easy, less than 2 miles in length, no stiles, with gentle slopes. These walks are on every other Friday, run by the East Cheshire Ramblers and Walkers are Welcome.

**Bridgend Centre**

104 Palmerston Street, Bollington, SK10 5PW

01625 576311 or [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

**Bollington**

# Walks for Health



Short guided walks in Bollington and surrounding areas  
April—October 2017

In partnership with:



No hills, no stiles;  
all walks shorter than two miles!

## Bollington Walks for Health Calendar 2017

### April 2017

Date and time of walk	Starting point
Friday 21st April at 10:30am	Springfield Car Park, Prestbury (SK10 4DW)
Monday 24th April at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)

### May 2017

Date and time of walk	Starting point
Friday 5th May at 10:30am	Middlewood Way Bridge at Clarke Lane (SK10 5AJ)
Monday 8th May at 6pm	Adlington Road Car Park, Boll (SK10 5JT)
Monday 15th May at 6pm	Luca's Café, Ovenhouse Lane, Bollington (SK10 5EA)
Friday 19th May at 10:30am	Canal Bridge at Clarke Lane (SK10 5AJ)
Monday 22nd May at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)
Monday 29th May at 6pm	Whiteley Green Holehouse Lane Car Park (SK10 5SR)

### June 2017

Date and time of walk	Starting point
Friday 2nd June at 10:30am	Luca's Café, Ovenhouse Lane, Bollington (SK10 5EA)
Monday 5th June at 6pm	Shirleys Car Park, Prestbury (SK10 4XP)
Monday 12th June at 6pm	Waterside Café, Bollington (SK10 5GR)
Friday 16th June at 10:30am	Bowling Green, West Park, Macclesfield (SK10 3BJ)
Monday 19th June at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 26th June at 6pm	Adlington Road Car Park, Bollington (SK10 5JT)

### July 2017

Date and time of walk	Starting point
Monday 3rd July at 6pm	Luca's Café, Ovenhouse Lane, Bollington (SK10 5EA)
Friday 7th July at 10:30am	Canal Bridge at Clarke Lane (SK10 5AJ)
Monday 10th July at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)
Monday 17th July at 6pm	Whiteley Green Holehouse Lane Car Park (SK10 5SR)

Friday 21st July at 10:30am	Luca's Café, Ovenhouse Lane Bollington (SK10 5EA)
Monday 24th July at 6pm	Shirleys Car Park, Prestbury (SK10 4XP)
Monday 31st July at 6pm	Waterside Café, Bollington (SK10 5GR)

### August 2017

Date and time of walk	Starting point
Friday 4th August at 10:30am	Middlewood Way, Clarke Lane (SK10 5AJ)
Monday 7th August at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 14th August at 6pm	Adlington Road Car Park, Bollington (SK10 5JT)
Friday 18th August at 10:30am	Luca's Café, Ovenhouse Lane, Bollington (SK10 5EA)
Monday 21st August at 6pm	Luca's Café, Ovenhouse Lane, Bollington (SK10 5EA)

### September 2017

Date and time of walk	Starting point
Friday 1st September at 10:30am	Whiteley Green Holehouse Lane C.P. (SK10 5SR)
Monday 4th September at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)
Monday 11th September at 6pm	Whiteley Green Holehouse Lane C.P. (SK10 5SR)
Friday 15th September at 10:30am	Teggs Nose Car Park (charge applies) (SK11 0AP)
Monday 18th September at 6pm	Shirleys Car Park, Prestbury (SK10 4XP)
Monday 25th September at 6pm	Waterside Café (SK10 5GR)
Friday 29th September at 10:30am	Whiteley Green Holehouse Lane C.P. (SK10 5SR)

### October 2017

Date and time of walk	Starting point
Monday 2nd October at 6pm	Jackson Lane Car Park, Kerridge (SK10 5BJ)
Monday 9th October at 6pm	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 16th October at 6pm	Luca's Café, Ovenhouse Lane, Bollington (SK10 5EA)
Monday 23rd October at 6pm	Clough Bank Car Park, Grimshaw Lane (SK10 5JA)