

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 10:15am for the duration of the Autumn/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 are 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

01625 576311 - [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)—[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

Registered Charity (CIO) Number: 1123287

Bollington

# Walks for Health



2023-2024



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

**October 2023— March 2024**



All walks around  
two miles

# Bollington Walks for Health Calendar 2023—2024

## October 2023

Date and time of walk	Starting point
Monday 2nd Oct 10.15am	Bridgend Centre, Bollington (SK10 5PW)
Monday 9th Oct 10.15am	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)
Monday 16th Oct 10.15am	Jackson Lane, Kerridge (SK10 5BJ) opposite entrance to Hollin House
Monday 23rd Oct 10.15am	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 30th Oct 10.15am	Shirley's Car Park, Prestbury (SK10 4XP)

## November 2023

Date and time of walk	Starting point
Monday 6th Nov 10.15am	Macclesfield Riverside Car Park (SK10 2SL)
Monday 13th Nov 10.15am	Bridgend Centre, Bollington (SK10 5PW)
Monday 20th Nov 10.15am	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 27th Nov 10.15am	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)

## December 2023

Date and time of walk	Starting point
Monday 4th Dec 10.15am	Jackson Lane, Kerridge (SK10 5BJ) opposite entrance to Hollin House
Monday 11th Dec 10.15am	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 18th Dec 10.15am	Shirley's Car Park, Prestbury (SK10 4XP)

## January 2024

Date and time of walk	Starting point
Monday 8th Jan 10.15am	Macclesfield Riverside Car Park (SK10 2SL)
Monday 15th Jan 10.15am	Bridgend Centre, Bollington (SK10 5PW)
Monday 22nd Jan 10.15am	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 29th Jan 10.15am	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)

## February 2024

Date and time of walk	Starting point
Monday 5th Feb 10.15am	Jackson Lane, Kerridge (SK10 5BJ) opposite entrance to Hollin House
Monday 12th Feb 10.15am	Holehouse Lane Car Park, Whiteley Green (SK10 5SR)
Monday 19th Feb 10.15am	Shirley's Car Park, Prestbury (SK10 4XP)
Monday 26th Feb 10.15am	Macclesfield Riverside Car Park (SK10 2SL)

## March 2024

Date and time of walk	Starting point
Monday 4th Mar 10.15am	Bridgend Centre, Bollington (SK10 5PW)
Monday 11th Mar 10.15am	Adlington Road Car Park, Bollington (SK10 5JT)
Monday 18th Mar 10.15am	Sweet Kitchen Café, Ovenhouse Lane (SK10 5EA)
Monday 25th Mar 10.15am	Jackson Lane, Kerridge (SK10 5BJ) opposite entrance to Hollin House