

Walk This Way - Weekly Health Walk Timetable

Day	Morning	Afternoon
Monday	Halliwell ★ 🍵 Time: 11.30am (every other week) Meet: St Pauls Church, Halliwell Road, Bolton. BL1 8BP	Ladybridge ★★ Time: 2:00pm Meet: Outside Ladybridge Surgery, Broadgate, Ladybridge BL3 4PZ
Tuesday	Brightmet ★ 🍵 Time: 10:00am Meet: Inside Lancashire Wildlife Centre, Bury Rd, Brightmet BL2 6DH	Harwood ★★★ / ★★★★ 🍵 Time: 1:30pm Meet: Inside entrance to Morrisons off Lee Gate, Harwood BL2 3HN
	Hulton ★★ 🍵 Time: 10:00am Meet: Outside Hulton Lane Community Centre, Hulton Lane, BL3 4JJ	
	Farnworth ★★★ Time: 10:00am Meet: Outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN	Farnworth ★ / ★★ Time: 10:30am Meet: Outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN
	Breighmet ★★ Time: 9.45am Meet: St Stephen and All Martyrs, Radcliffe Road, Bolton. BL2 1NZ	
Wednesday	Kearsley ★★ 🍵 Time: 10:00am Meet: Outside Kearsley Mount Methodist Church, Manchester Rd, Kearsley, BL4 8QL	Smithills ★★★ Time: 1:00pm Meet: Main Car Park, Moss Bank Park, off Moss Bank Way, Smithills, BL1 6NB
Thursday	Farnworth ★★ Time: 10:30am Meet: Outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN	
Sunday	Brightmet ★★ Time: 10:30am Meet: Inside Leverhulme Park Community Leisure Centre, Long lane, Brightmet, BL2 6EB	

Walk Levels:

Walking for Health Walks - Short, accessible walks over easy terrain.

- ★ - **30 minutes - 1 hour duration** - gentle pace, good footpaths, fairly flat, no steps or stiles.
- ★★ - **Maximum 1½ hours duration** - medium pace, varied but accessible terrain, some gentle hills, occasional steps & / or stiles.

Longer Walks - Suitable for those who are used to walking and would like to walk that little bit further.

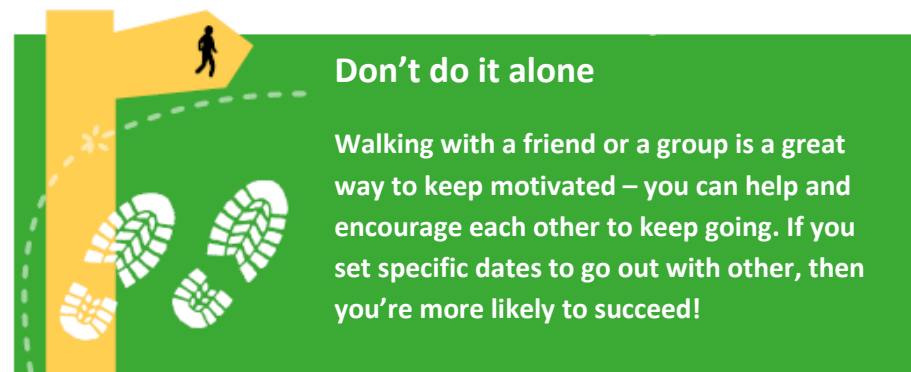
- ★★★ - **Approx. 1½ - 2½ hours** - brisk pace, uneven terrain, some challenging hills, steps & / or stiles.

🍵 - **Refreshments available** on return to the centre.

Our scenic walks are suitable for all abilities so you're sure to find one which meets your needs. Our team of friendly, fully trained walk leaders are there to meet you and guide you with a welcoming group of people to walk with on a weekly basis.

For all walks please wear comfortable and sturdy shoes or boots with a good grip and support. Bring waterproofs or other clothing suitable for the weather. In summer, please also bring water, sun hat or sun cream, especially on the longer walks.

All walks are undertaken at your own risk. Leaders take every care to ensure that the walk is undertaken in a safe manner, but those leaders are not responsible for accident or injury.



Don't do it alone

Walking with a friend or a group is a great way to keep motivated – you can help and encourage each other to keep going. If you set specific dates to go out with other, then you're more likely to succeed!

**For more info on
Walk This Way – Bolton
contact:**

Sport and Active Living Services
www.sportandactiveliving.co.uk
Email:
sportandactiveliving@bolton.gov.uk
Tel: 01204 332323

**For more walks in the
Bolton area, contact:**

Bolton CHA
www.boltoncha.org.uk
Email: stridingout@hotmail.co.uk

Bolton Ramblers
www.boltonramblers.org.uk

Bolton HF Walking Club
Email: boltonhf@gmail.com

Would You Like To Be A Health Walk Leader?

We offer a free one-day Volunteer Walk Leader training course for anyone wishing to lead short health walks in the Bolton area. The course includes everything from simple route planning and risk assessments through to simple ways to support others to walk more. For more information please contact us

Testimonials

“I enjoy walking and it has so many social and health benefits.”

“They are such a friendly group of walkers.”

“I’ve now been able to stop my insulin totally and that is all due to my increased activity levels.”

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Council**

**WALK
THIS WAY**
Bolton Led Walks

Walking is a great way to increase your physical activity levels. It's FREE and doesn't require specialist equipment. Joining our led walk programme is a fantastic way to meet new friends, socialise and improve your health.

walking
for health

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