



Registered Charity no 1091608

Health Walks Programme

March to August 2016

For more information Tel: 0151 348 5494 or 0151 348 5493

Keeping fit could not be easier!

Why not join us on our **FREE** walks. Our friendly walk leaders are there to guide you and keep you motivated towards a healthier lifestyle.

March 2016

Thursday 3rd March 2016 Malpas Longer Walk 60 – 90 mins. Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Monday 7th March 2016 90 mins. Leader Ita

Lostock Gralam to Wincham via Trent + Mersey canal + return

Meet 1pm at The Watermead, Lostock Gralam CW9 7UA

Tuesday 8th March 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 10th March 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Monday 14th March 2016 approx 60-70 mins Leader Ita

Northwich to Greenbank via Marshall's Arm Nature Reserve + return

Meet 1pm outside Waitrose, Northwich

Thursday 17th March 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Thursday 17th March 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Monday 21st March 2016 90 mins Leader Ita

Two Stations. Lostock Gram to Plumley and return

Meet at 1pm The Watermead, Lostock Gram CW9 7UA

Tuesday 22nd March 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 24th March 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Thursday 31st March 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Thursday 31st March 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

April 2016

Monday 4th April 2016 90mins Leader Ita

Canal Walk Winnington to Saltersford Tunnel, Barnton + return

Meet 1pm at Weaver Vale Garden Centre, Winnington CW8 4EE (by café)

Tuesday 5th April 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 7th April 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

**Meet 1.00pm Countess of Chester Hospital Country Park Car Park
(off Countess Way)**

Monday 11th April 2016 90 mins Leader Ita

River Weaver Trail via Fury Woods

Meet 1pm at Waitrose, Northwich

Thursday 14th April 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 14th April 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Monday 18th April 90 mins Leader Ita

“Two Lostocks” Lostock Gralam and Lostock Green circular

Meet 1pm at The Watermead, Lostock Gralam CW9 7UA

Tuesday 19th April 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 21st April 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Monday 25th April 2016 90 mins Leader Ita

Greenbank train Trail *note refreshments at Waitrose after walk*

Meet 1pm Greenbank Station

Thursday 28th April 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 28th April 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

May 2106

Tuesday 3rd May 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 5th May 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Thursday 12th May 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 12th May 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Monday 16th May 2016 90 mins Leader Ita

Lostock Loop. Town + Country circular walk towards + along Trent + Mersey Canal

Meet 1pm Costa coffee at Tesco, Northwich

Tuesday 17th May Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 19th May 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Monday 23rd May 2016 90 mins Leader Ita

Plumley Rail Trail (left side)

Meet 1pm The Golden Pheasant, Plumley WA16 9RX

Thursday 26th May 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 26th May 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital Country Park Car Park (off Countess Way)

Tuesday 31st May Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

June 2016

Thursday 2nd June 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Thursday 9th June 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 9th June 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Monday 13th June 90 mins Leader Ita

Great Budworth to Marston circular

Meet 1pm at Great Budworth Ice Cream Farm, Heath Lane CW9 6ND

Tuesday 14th June 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Wednesday 15th June 2016 4miles Leader – John

Parkgate

Meet 10:45 for 11:00 start at Old baths car park SJ273790

Optional lunch at The Boathouse afterwards.

Please note: this walk is over 90mins and not within the Walking for Health scheme.

Thursday 16th June 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Thursday 23rd June 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 23rd June 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Tuesday 28th June 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 30th June 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

July 2016

Thursday 7th July 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Thursday 7th July 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Tuesday 12th July 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 14th July 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Thursday 21st July 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Thursday 21st July 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Monday 25th July 2016 90 mins Leader Ita

Riverside Walk to Vale Royal locks + return

Meet 1pm Anderton Place, Sandbach Drive, Kingsmead, Northwich CW9 8SQ

Tuesday 26th July 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 28th July 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

August 2016

Monday 1st August 90mins Leader Ita

Plumley Rail Trail (right side)

Meet 1pm The Golden Pheasant, Plumley WA16 9RX

Thursday 4th August 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Thursday 4th August 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Tuesday 9th August 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 11th August 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Thursday 18th August 2016 Malpas Longer Walk 60 – 90 mins Leader Sue (01948 861101)

Malpas - outside the village into the countryside

Meet 10:15 High Street Church

Wednesday 17th August 2016 4 Miles – Leader John

Delamere Forest

Meet 10:30 for 10:45pm Start at Barnsbridge Gate car park, Ashton Road
(SJ541715) Coffee+ comfort breaks at Linnere.

Please note: this walk is over 90mins and not within the Walking for Health scheme.

Thursday 18th August 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Tuesday 23rd August 2016 Malpas Shorter Walk 30 – 45mins Leader Sue (01948 861101)

Malpas village

Meet 10:15 at High Street Church

Thursday 25th August 2016 approx. 2miles – Leader Alistair (07767113136)

Countess of Chester Country Park Health Walk

Meet 1.00pm Countess of Chester Hospital, Country Park Car Park (off Countess Way)

Why not try one of our Chester Area - Weekly Walks

Mondays – Blacon

Meeting point: United Reformed Church, Saughall Road, Blacon, CH1 5EY

Time: 10.30am Duration: 1hr

A gentle walk at a pace to suit all, taking in the Greenway and areas around Blacon

Tuesdays – Westminster Park

Meeting Point: Golf Café, Westminster Park, CH4 8JQ

Time: 10.30am Duration: 1.5hrs

For those who can walk a bit further, a slightly longer but very sociable walk exploring the local area. Stroll also available (in and around the Park)

Wednesdays – Christleton and Caldy Valley

Meeting Point: Café in Sainsbury's superstore on Caldy Valley Road, CH3 5QJ

NOTE: On the first Wednesday of each month, this group meets at the Ring o' Bells, Village Road, Christleton, CH3 7AS

Time: 10.30am Duration: 1.5hrs

An ideal starter walk, at a pace to suit all, taking in the Caldy Valley Nature Park.

Thursdays - Hoole

Meeting point: Bawn Lodge, 10 Hoole Road, Chester CH2 3NH

Time: 10.30am Duration: 1hr 45 mins

Distance: 4 - 5 miles

A slightly longer but very sociable walk exploring the local area.

NOTE: On the first Thursday of each month there is the option to take a shorter walk.

Ellesmere Port and Neston – Weekly Walks

Tuesdays

Meeting Point: Rivacre Valley, Ranger Cabin, Riveracre Road, CH66 2UQ

Time: 10.30am Duration: 1.5hrs

NOTE: Please wear sturdy shoes. There are slight inclines on this walk.

Fabulous display of bluebells in season (usually beginning of May).

Fridays

Meeting point: Ness Gardens car park, Ness CH64 4AY

Time: 10.30am Duration: 1.5hrs

This walk takes in the estuary, sometimes the woods. There are some hills and paths which may be muddy. Not suitable for absolute beginners.

First Saturday of each month

Meeting point: Neston Library car park (behind the library), CH64 6QE

Time: 10.30am Duration: 2-2.5hrs

This is a challenging walk at a faster pace. Some paths may be muddy.

Vale Royal Area - Weekly Walks

Wednesdays - Frodsham

Meeting Point: Inside Castle Park House, Frodsham Castle Park, Frodsham, WA6 6SE

Time: 10.30am Duration: 1.5 - 2hrs

NOTE: On the last Wednesday of each month this group meets at Frodsham Community Centre WA6 7QN.

Wednesdays - Northwich

Meeting Point: Marbury Park Rangers Cabin, CW9 6AT

Time: 10.30am Duration: 1.5hrs

STROLLS - On level ground with lots of stops. Ideal for people recovering from illness or in rehabilitation. (Maximum 1-2 miles. Very slow pace)

Remember to keep hydrated—bring a bottle of water with you. No special equipment is required but a pair of sensible walking boots / shoes and a waterproof jacket is advisable.

For more information Tel: 0151 348 5494 or 0151 348 5493

www.ageuk.org.uk/cheshire

Important notice - whilst we try to make sure that a trained walk leader is available to guide the walk, on some occasions this may not be possible. In this case, walkers are advised that if they choose to walk without the leader, they do so entirely at their own risk. Age UK Cheshire cannot be held responsible for their health and safety.