

LIFESTYLES

HEALTH WALKS – SEPTEMBER 2017

FOR ALL WALKS PLEASE ENSURE YOU WEAR SUITABLE CLOTHING AND FOOTWEAR

Telephone 0300 003 0818 for further information

DAY	DATE	START TIME	MEETING POINT
Friday	01/09/2017	10.30 am	Windy Bank Woods Meet opposite restaurant, Warrington Road, Glazebury WA3 5NX
Monday	04/09/2017	1.00 pm	Sankey Valley Park Meet at car park off Waterways, WA5 1HA
Tuesday	05/09/2017	12.00 noon	Moore Nature Reserve Meet at car park, Lapwing Lane, WA4 6XE
Wednesday	06/09/2017	11.00 am	Mary Ann Meadows Meet on car park off Blackshaw Drive, WA5 8XT
Friday	08/09/2017	10.30 am	Mersey Flood Defences Meet at Larkfield Avenue, off Manchester Road, WA1 3NE
Monday	11/09/2017	1.00 pm	Victoria Park Meet on main car park off Knutsford Road
Tuesday	12/09/2017	12.00 noon	Walton Hall Gardens, Higher Walton Meet at car park, WA4 6SN
Wednesday	13/09/2017	11.00 am	Richmond Bank Meet at Ferry Tavern car park, Station Road, Penketh, WA5 2UJ
Friday	15/09/2017	10.30 am	Woolston Neighbourhood Hub Meet at library, Hall Road, WA1 4PN
Monday	18/09/2017	1.00 pm	Peel Hall Park Meet at car park off Foxfield Close, WA2 0RP
Tuesday	19/09/2017	12.00 noon	Lymm Dam Meet at car park, Crouchley Lane, WA13 0AS
Wednesday	20/09/2017	11.00 am	Callands Woods Meet on car park, North Park Brook Road, WA5 9SX
Friday	22/09/2017	10.30 am	Birchwood Library Brock Road, WA3 7PT
Monday	25/09/2017	1.00 pm	North Sankey Valley Park, Meet on car park, Old Alder Lane, WA5 4BN
Tuesday	26/09/2017	12.00 noon	Broomfields Leisure Centre Meet at reception, WA4 3AE
Wednesday	27/09/2017	11.00 am	Mary Ann Meadows Meet on car park off Blackshaw Drive, WA5 8XT
Friday	29/09/2017	10.30 am	The Plough Inn Meet at car park, Mill Lane, Houghton Green, WA2 0SU

THE LENGTH OF ALL WALKS IS APPROXIMATELY ONE HOUR.

Our walks are designed for a wide range of abilities but they may include some rough terrain or stiles. If you are unsure of the suitability for you of a particular walk, please contact the walks organiser prior to attending. Please note that unfortunately we are unable to accommodate dogs on these walks.

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