

# Health walks



**Description:** These are informal walks which bring together people to enjoy low-level activity while socialising with others. Health Walks are very low intensity and last for around 45 mins (some may be slightly longer)

**To note:** Walking and being a little active is very safe for most people. However, if you have any concerns about your health and attending a walk you may want to check with your doctor before you start. Participants walk at their own risk

**Booking:** No booking required, just turn up dressed for the weather

**Cost:** Free

## **Tatton Canal Walk, Chorley**

Every Monday, 1pm

Join Health Walk leaders for a brisk walk along the canal. Refreshment point mid-way.

Meet at – New meeting point TBC – Walk currently not taking place

## **Eccleston Health Walk**

Every Second + Fourth Monday of the Month, 10.30am

Enjoy a walk around the village and its beautiful countryside.

Meet at Eccleston Library, The Carrington Centre, The Green, Eccleston, PR7 5TE

## **Euxton Walk**

Every Third Monday of the Month, 10.00am

Join the Health Walk leaders and enjoy a walk around Euxton.

Meet at Euxton Library St Mary's Gate, Euxton, Chorley PR7 6AH

## **Adlington Walk**

Every Tuesday, 10am

Enjoy a scenic walk along the Leeds and Liverpool Canal and the surrounding Adlington countryside.

Meet at the entrance to Jubilee Rec on Park Road

### **Astley Park, Chorley**

Every Wednesday, 10.30am

Discover the beautiful surroundings of Astley Park with this organised walk.

Meet outside Astley Hall, the grade 1 listed historic house in Astley Park, Chorley

### **Croston**

Every Wednesday, 10.45am

Join the leaders for a walk taking in the historic village of Croston.

Meet on the Car Park on Out Lane (next to the Doctor's Surgery)

### **Yarrow Valley Park**

Every Thursday, 10am

Lace up your walking boots for a walk in the country park.

*Long and short options are available.*

Meet at the Yarrow Valley Visitor Centre off Birkacre Road, Chorley

### **Whittle le Woods**

Every Friday, 10am

Come and take in the beautiful surroundings of Whittle-le-Woods, including Cuerden Valley!

Meet at the Whittle War Memorial, just off Preston Road

### **Cuerden Valley Country Park**

#### ***8<sup>th</sup> June restart***

Every Tuesday & Thursday, 10am

Long and short options are available. Join the regulars for a stroll around the Park. Followed by refreshments and a chat in the Barn.

Meet at Cuerden View Café / Visitors Centre

Address: Cuerden Valley Park, Berkeley Drive, Bamber Bridge, PR5 6BY

*To note: walkers have to pay for parking as any other visitor, but the walks are not chargeable. Parking costs £1.50 for up to two hours or £2.50 for up to four hours*