

# Walk this way...



## ...on to a Bolton Health Walk

Join us for a friendly, short group walk around Bolton's parks and countryside.

**Get healthy, make friends...get walking!**

For more information contact us:

Tel: **01204 334195**

E-mail: **[sporthealthinclusion@bolton.gov.uk](mailto:sporthealthinclusion@bolton.gov.uk)**

Web: **[www.bolton.gov.uk/walking](http://www.bolton.gov.uk/walking)**



**Bolton  
Council**

# Walks timetable:

## Short walks (30-45 mins)

### Tuesdays 10.30am

Moses Gate Country Park, Hall Lane, Farnworth  
Meet at Rock Hall Visitor Centre. Pushchair & wheelchair friendly  
(with option of a further 45 mins walk to make 1hr 15mins intermediate walk)

### Thursdays 10.30am

Moses Gate Country Park, Hall Lane, Farnworth  
Meet at Rock Hall Visitor Centre. Pushchair & wheelchair friendly  
(with option of a further 45 mins walk to make 1hr 15mins intermediate walk)

## Intermediate walks (45 mins – 1 hr)

### Mondays 2pm

Ladybridge surgery, Broadgate, Ladybridge  
Meet outside the surgery entrance

### Tuesdays 10am

Seven Acres Country Park, Brightmet  
Meet at Wildlife Trust, Bury Road

### Tuesdays 1.30pm

Longsight Park, Harwood  
Meet at the entrance to Morrisons off Lea Gate

### Sundays 10.30am

Leverhulme Park, Brightmet  
Meet at the entrance to Leverhulme Community Club off Long Lane

## Longer walks (approx. 2 hrs)

### Tuesdays 10am

Hulton Lane Community Centre, Hulton Lane  
Meet at the entrance of the centre  
(This walk has minimal gradients and steps)

### Wednesdays 1.30pm

Moss Bank Park, Smithills  
Meet in the main car park off Moss Bank Way  
(A challenging walk, includes steep gradients and steps)

**Please note the walks can be subject to change, for more information please call 01204 334195**