

About Cheshire West Wellbeing Walks

Our walks aim to be free, fun and friendly, helping people get some gentle exercise, explore their local area and meet new people. All walks are led by trained walk leaders from a partnership of organisations and volunteers who have come together to form a network of short walks across the borough. For more information about the walks and network in Cheshire West visit <http://cheshirewestandchester.gov.uk/walks> or use the Health Ranger email below.

How you can get involved

For most walks in the network, you can simply turn up and join a walk, although we do recommend that people get in touch with the walk, or network coordinator prior to attending for the first time so that they can discuss any needs they have and support that can be given. If you become a regular walker, we do have a sign-up process which you can do for free online at <https://www.ramblers.org.uk/wellbeing-walks-sign-up> or walk leaders will have forms.

Some walks have separate sign-up processes and may require you to book prior to joining the walk (see details overleaf).

Please arrive at the meeting place a few minutes early, so that the walk organiser can welcome you.

You can take part in as many walks as you like, as often as you like.

All our walks are on good paths but please wear comfortable supportive footwear and dress appropriately for the weather.

We are also looking for volunteers to help with our walks or set up new walks. If you want to find out more contact healthranger@cheshirewestandchester.gov.uk.

Why walk (with us)?

•No need to plan your route
– our walk leaders will lead the way.

•It's good for your health – from benefits to your physical health to supporting your mental health, walking can benefit your, heart, lungs, blood pressure, weight, mood, joints, muscles, bones and cholesterol.

•Open to all – within our network we aim to have walks to suit all needs.

•It's free – all our walks are free and you don't need any fancy equipment.

•Better together – our walking groups provide a supportive environment to help you walk whilst benefiting from being in a social group.



Brought to you by

Cheshire West Wellbeing Walks Network



Walks Programme

There are walks taking place every day throughout the week in Cheshire West and Chester. All walks take place on a regular basis, most are weekly, others fortnightly or monthly.



Ellesmere Port

| | | | | | |
|-----------|---------|---------------|------------|---|---------|
| Monday | 13:00pm | Westminster | (CH65 2ER) | | 45 mins |
| Tuesday | 13:30pm | Stanney Woods | (CH65 9DN) | | 75 mins |
| Wednesday | 10:00am | Canal | (varies) | 🏠 | 60 mins |
| Wednesday | 13:00pm | Whitby Park | (CH65 2ER) | | 45 mins |
| Thursday | 11:00am | Great Sutton | (CH66 3SP) | 🏠 | 45 mins |

Chester

| | | | | | |
|-----------|---------|-------------------------|-----------|---|--------------|
| Monday | 10:00am | Blacon Butterflies (WI) | (varies) | 🏠 | 60 mins |
| Monday | 11:00am | Caldy Valley | (CH3 6DL) | 🏠 | 30 – 60 mins |
| Tuesday | 10:00am | Blacon | (CH1 5HN) | | 45 mins |
| Tuesday | 10:30am | Great Boughton | (CH3 5LU) | 🏠 | 60 mins |
| Tuesday | 11:00am | Grosvenor Park | (CH1 1QU) | 🏠 | 30 mins |
| Wednesday | 10:00am | Lache | (CH3 5LU) | | 45 mins |
| Wednesday | 10:00am | Canal | (varies) | 🏠 | 60 mins |
| Thursday | 10:00am | Newton | (CH2 2LL) | | 45 - 60 mins |
| Thursday | 10:00am | Blacon | (CH1 5BD) | 🏠 | 45 - 60 mins |
| Thursday | 10:00am | Lache | (CH4 8NU) | 🏠 | |
| Friday | 13:00pm | Countess Country Park | (CH1 4BE) | | 60 mins |
| Saturday | 10:30am | Chester City | (CH1 2AR) | 🏠 | 60 mins |

Rural South

| | | | | | |
|-----------|---------|------------|------------|---|-------------|
| Tuesday | 10:15am | Malpas | (SY14 8NE) | 🏠 | 45 mins |
| Wednesday | 10:15am | Tattenhall | (CH3 9PR) | 🏠 | 30 -60 mins |
| Thursday | 10:15am | Malpas | (SY14 8NE) | 🏠 | 90 mins |

Rural North

| | | | | | |
|-----------|---------|--------------|------------|---|------------|
| Tuesday | 10:30am | Frodsham | (WA6 6SE) | 🏠 | 30 mins |
| Tuesday | 10:30am | Frodsham | (WA6 6SE) | | 60 mins |
| Tuesday | 13:00pm | Neston | (CH64 6QG) | | 45 mins |
| Wednesday | 10:00am | Elton & Ince | (CH2 4PU) | | 45-60 mins |
| Wednesday | 10:00am | Picton area | (varies) | 🏠 | 60 mins |
| Wednesday | 10:30am | Frodsham | (WA6 6SE) | | 60 mins |
| Wednesday | 10:30am | Frodsham | (WA6 6SE) | | 90 mins |
| Thursday | 10:30am | Helsby | (WA6 0AB) | | 45 mins |
| Thursday | 12:00pm | Hooton | (CH66 6AD) | 🏠 | 90 mins |

Northwich and Winsford

| | | | | | |
|---------|---------|------------------|-----------|---|---------|
| Monday | 10:00am | Whitegate Way | (CW7 2QE) | | 60 mins |
| Tuesday | 10:00am | Winsford Library | (CW7 2AS) | | 90 mins |
| Tuesday | 13:30pm | Marbury | | 🏠 | 60 mins |
| Friday | 10:00am | Canal | (CW9 6FW) | 🏠 | 60 mins |
| Friday | 10:30am | Northwich | (varies) | 🏠 | 60 mins |

For more information

visit www.cheshirewestandchester.gov.uk/walks, alternatively, contact Suzannah or Mary at healthranger@cheshirewestandchester.gov.uk or 07872464989 / 07769910127

Key



walks that are shorter and ideal for those starting out walking or people who have had a break from walking



Walks that take place fortnightly or monthly, rather than weekly



Walks that require some form of booking online

All other walks you can simply turn up and join the walk weekly