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, weigh, 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.

Coordinating **by the Green Infrastructure Team** in partnership with

Updated 06/01/26

Cheshire West Wellbeing Walks

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.

Cheshire West Wellbeing Walks

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 0BG		45 mins

Chester

Monday	11:00am	**Caldy Valley**	(CH3 6DL)		40 mins
Monday	10:00am	**Blacon Butterflies (WI)**	(varies)		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
Friday	13:00pm	**Countess Country Park**	(CH1 4BE)		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	**Wervin Woods**	(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**	(location on enquiry)		60 mins
Wednesday	10:30am	**Northwich**	(CW9 5DR)		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

Primary Care Cheshire · CHESTER SOUTH Primary Care Network · Chester East Primary Care Network Practices in Partnership · Cheshire Community Action · Canal & River Trust Making life better by water · Chester Football Club Community Trust · The Mersey Forest more from trees · Cheshire West and Chester