

Cheshire West Wellbeing Walks



Free, regular, gentle, social walks in your local area

The Chester Series

Updated 01/26

Walks from 30 minutes

Caldy Valley 30 - 60 mins
Monday 11 am (weekly)

To find out more contact:
Louise on 07436 126010 or
louise.gough3@nhs.net

CH3 6DL

Grosvenor Park 30 mins
Tuesday 11am (weekly)

To find out more contact:
Mal on 07826 625367 or
mcraig7619@gmail.com

CH1 1QU

Blacon 45 mins
Tuesday 10am (weekly)

To find out more contact: Tim
on 07514405930 or
timothyat23a@gmail.com

CH1 5HN

Great Boughton 60 mins
Tuesday 10.30am (monthly)

To find out more contact: Claire on
07861041795 or vxcc@great
boughtonparishcouncil.gov.uk

CH3 5LU

Lache 45 mins
Wednesday 10am (weekly)

To find out more contact:
Suzannah on 07872 464989 or
healthranger@cheshirewest.gov.uk

CH3 5LU

Canal Walk Wednesday Location varies
10am (weekly) 60 mins

To find out more contact: The Canal and River Trust
<https://www.eventbrite.com/cc/lets-walk-cheshire-2531769> or 07500571573

Newton 45 - 60 mins
Thursday 10am (weekly)

To find out more contact:
Suzannah on 07872 464989 or
healthranger@cheshirewest.gov.uk

CH2 2LL

Blacon 45 - 60 mins
Thursday 10am (weekly)

To find out more contact: Anna
on 07308 477055

CH1 5BD

Countess of Chester Country Park 60 mins
Friday 1pm (weekly)

To find out more contact:
Mary on 07769 910127 or
healthranger@cheshirewest.gov.uk



For further information on all walks, including in other locations visit <http://cheshirewestandchester.gov.uk/walks> or contact us at healthranger@cheshirewestandchester.gov.uk or 07872464989 / 07769 910127.



Cheshire West Wellbeing Walks

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The Rural North Series

Updated 01/26

Walks from 30 minutes

Rural North

Frodsham walk

30 or 60 mins

Tuesday 10.30am (weekly)

To find out more contact:

Lesley on lesleyannmitchell@btinternet.com

WA6 6SE

Neston

45 mins

Tuesday 1pm (weekly)

To find out more contact: Mary on

07769910127 or

CH64 6QG

healthranger@cheshirewestandchester.gov.uk

Elton and Ince walk

60 mins

Wednesday 10am (weekly)

To find out more contact: Helen on

07741907131 or [helen.pike-](mailto:helen.pike-waterhouse@nhs.net)

[waterhouse@nhs.net](mailto:helen.pike-waterhouse@nhs.net)

CH2 4PU

Frodsham walk

60 or 90 mins

Wednesday 10.30am (weekly)

To find out more contact:

Lesley on lesleyannmitchell@btinternet.com

WA6 6SE

Helsby walk

45 mins

Thursday 10.30am (weekly)

To find out more contact: John on

01928722292 or

j.c.dearden@ljamu.ac.uk

WA6 0AB

Hooton walk

90 mins

Thursday 12.00pm (monthly)

To find out more contact: David on

07940488060 or dvdshrwsbryg@aol.com

CH66 6AD

Wild walkabout

60 mins

Wednesday 10am (monthly)

To find out more contact: Suzannah on 07872

464989 or healthranger@cheshirewest.gov.uk

Location varies

See also **The Ellesmere Port Series** for other walks nearby.

For further information on all walks, including in other locations visit <http://cheshirewestandchester.gov.uk/walks> or contact us at healthranger@cheshirewestandchester.gov.uk or 07872464989 / 07769 910127.



Cheshire West Wellbeing Walks

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The Northwich and Winsford Series

Updated 01/26

Walks from 60 minutes

Winsford Whitegate Way
Monday 10am 60 mins

To find out more contact: Mary
on 07769 910127 or
healthranger@cheshirewest.
gov.uk

CW7 2QE

Winsford Wellbeing
Tuesday 10am 90 mins

To find out more contact: Mary
on 07769 910127 or
healthranger@cheshirewest.
gov.uk

CW7 2QE

Marbury Men's 60 mins
Tuesday 1.30pm

To find out more contact: Chris
C on 07970 861062 or
mail@merseyforest.org.uk

Location on enquiry

Northwich Strollers 60 mins
Wednesday 10:30am

To find out more contact: Mary
on 07769 910127 or
healthranger@cheshirewest.
gov.uk

CW7 5DR

Northwich Canal 60mins
Friday 10am

To find out more contact:
<https://www.eventbrite.com/cc/lets-walk-cheshire-2531769> or
07500571573

CW9 6FW

Northwich 60 mins
Friday 10.30am

To find out more contact:
Chris C on 07970 861062 or
mail@merseyforest.org.uk

Location varies

For further information on all walks, including in other locations visit <http://cheshirewestandchester.gov.uk/walks> or contact us at healthranger@cheshirewestandchester.gov.uk or 07872464989 / 07769 910127.

Brought to you by

Cheshire West **Wellbeing Walks** Network



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The Ellesmere Port Series

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Walks from 45 minutes

Westminster Walk 45 mins
Monday 1pm (weekly)

To find out more contact: Suzannah on 07872 464989 or healthranger@cheshirewest.gov.uk

CH65 2ER

Stanney Woods Woodland Walk 75 mins
Tuesday 1.30pm (weekly)

To find out more contact: Suzannah on 07872 464989 or healthranger@cheshirewest.gov.uk

CH65 9DN

Canal Walk 60 mins
Wednesday 10am (weekly)

To find out more contact: The Canal and River Trust <https://www.eventbrite.com/cc/lets-walk-cheshire-2531769> or 07500571573

varies

Ellesmere Port Library 45 mins
Wednesday 1pm (weekly)

To find out more contact: Suzannah on 07872 464989 or healthranger@cheshirewest.gov.uk

CH65 0BG

See also **The Rural North Series** for other walks nearby.

For further information on all walks, including in other locations visit <http://cheshirewestandchester.gov.uk/walks> or contact us at healthranger@cheshirewestandchester.gov.uk or 07872464989 / 07769 910127.





The Rural South Series

Updated 01/26

Walks from 10 minutes

Malpas 45 mins

Tuesday 10.15am (fortnightly)

To find out more contact: Margaret or Chris at
margaret.miles14@gmail.com or
moth_clegg@hotmail.com

SY14 8NE

Tattenhall Up to 45 mins (flexible,
Wednesday 10.15am (weekly) with options from 10 mins)

To find out more contact: Pauline, Dave or Karen on
07791429887 / 07849264956 or
paulinefittes@gmail.com / kazstock1@sky.com

CH3 9PR

Malpas 90 mins

Thursday 10.15am (fortnightly)

To find out more contact: Margaret or Chris at
margaret.miles14@gmail.com or
moth_clegg@hotmail.com

SY14 8NE



For further information on all walks, including in other locations visit <http://cheshirewestandchester.gov.uk/walks> or contact us at healthranger@cheshirewestandchester.gov.uk or 07872464989 / 07769 910127.



Cheshire West Wellbeing Walks

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The Libraries Series

Updated 01/26

Walks from 30 minutes

Winsford Library 90 mins
Tuesday 10am (weekly)

To find out more contact: Mary on 07769910127 or healthranger@cheshirewestandchester.gov.uk **CW7 2AS**

Blacon Library 90 mins
Tuesday 10am (weekly)

To find out more contact: Tim on 07514405930 or timothyat23a@gmail.com **CH1 5HN**

Neston Library 45 mins
Tuesday 1pm (weekly)

To find out more contact: Mary on 07769910127 or healthranger@cheshirewestandchester.gov.uk **CH64 6QG**

Lache Library* 45 mins
Wednesday 10am (weekly)

To find out more contact: Suzannah on 07872 464989 or healthranger@cheshirewest.gov.uk **CH3 5LU**

Elton and Ince walk 60 mins
Wednesday 10am (weekly)

To find out more contact: Helen on 07741907131 or helen.pike-waterhouse@nhs.net **CH2 4PU**

Tattenhall Library* 45 mins
Wednesday 10.15am (weekly)

To find out more visit: Pauline, Dave or Karen on 07791429887 / 07849264956 or paulinefittes@gmail.com / kazstock1@sky.com **CH3 9PR**

Northwich Library** 60 mins
Wednesday 10:30am (weekly)

To find out more contact: Mary on 07769910127 or healthranger@cheshirewestandchester.gov.uk **CW9 5DR**

Ellesmere Port Library 45 mins
Wednesday 1pm (weekly)

To find out more contact: Suzannah on 07872 464989 or healthranger@cheshirewest.gov.uk **CH65 0BG**

*Walk starting location is nearby and can pick up from the library around this time on request

**Walk starting location is at the old library building on Witton Street

Further walks available from other locations. Find out more at <http://cheshirewestandchester.gov.uk/walks> or contact healthranger@cheshirewestandchester.gov.uk.

