

## For more info on Walk This Way - Bolton contact:

Get Active Bolton  
www.getactivebolton.co.uk  
**Email:** getactive@bolton.gov.uk  
**Tel:** 0800 458 9029

## For more walks in the Bolton area, contact:

**Bolton CHA**  
www.boltoncha.org.uk  
**Email:** stridingout@hotmail.co.uk  
**Tel:** 01204 394649

**Bolton Ramblers**  
www.boltonramblers.org.uk  
**Tel:** 01204 692458

**Bolton HF Walking Club**  
**Email:** boltonhf@gmail.com

## Would You Like To Be A Health Walk Leader?

We offer a free one-day Volunteer Walk Leader training course for anyone wishing to lead short health walks in the Bolton area. The course includes everything from simple route planning and risk assessments through to simple ways to support others to walk more. For more information please contact **Get Active**.

## Testimonials

“I enjoy walking and it has so many social and health benefits.”

“They are such a friendly group of walkers.”

“I’ve now been able to stop my insulin totally and that is all due to my increased activity levels.”

 Follow us on Twitter - **@getactivebolton**  
 Like us on Facebook - **Get-Active-Bolton**





# WALK THIS WAY

## Bolton Led Walks



Walking is a great way to increase your physical activity levels. It's **FREE** and doesn't require specialist equipment. Joining our led walk programme is a fantastic way to meet new friends, socialise and improve your health.

**Bolton  
Council**



# Walk This Way - Weekly Health Walk Timetable

Day	Morning	Afternoon
<b>Monday</b>		<b>Ladybridge</b> ★★ Time: 2.00pm Meet: Outside Ladybridge Surgery, Broadgate, Ladybridge, BL3 4PZ
<b>Tuesday</b>	<b>Brightmet</b> ★ ☕ Time: 10.00am Meet: Inside Lancashire Wildlife Centre, Bury Rd, Brightmet, BL2 6DH	<b>Harwood</b> ★★★ / ★★★★ ☕ Time: 1.30pm Meet: Inside entrance to Morrisons off Lee Gate, Harwood, BL2 3HN
	<b>Hulton</b> ★★★ ☕ Time: 10.00am Meet: Outside Hulton Lane Community Centre, Hulton Lane, BL3 4JJ	
	<b>Farnworth</b> ★★★ Time: 10.00am Meet: Outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN	
	<b>Farnworth</b> ★ / ★★★ Time: 10.30am Meet: Outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN	
<b>Wednesday</b>	<b>Kearsley</b> ★★★ ☕ Time: 10.00am Meet: Outside Kearsley Mount Methodist Church, Manchester Rd, Kearsley, BL4 8QL	<b>Smithills</b> ★★★ Time: 1.00pm Meet: Main Car Park, Moss Bank Park, off Moss Bank Way, Smithills, BL1 6NB
<b>Thursday</b>	<b>Farnworth</b> ★★ Time: 10.30am Meet: Outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN	
<b>Sunday</b>	<b>Brightmet</b> ★★ Time: 10.30am Meet: Inside Leverhulme Park Community Leisure Centre, Long Lane, Brightmet, BL2 6EB	

## Walk Levels:

**Walking for Health Walks** - Short, accessible walks over easy terrain.

★ - **30 minutes - 1 hour duration** - gentle pace, good footpaths, fairly flat, no steps or stiles.

★★ - **Maximum 1½ hours duration** - medium pace, varied but accessible terrain, some gentle hills, occasional steps & / or stiles.

**Longer Walks** - Suitable for those who are used to walking and would like to walk that little bit further.

★★★ - **Approx. 1½ - 2½ hours** - brisk pace, uneven terrain, some challenging hills, steps & / or stiles.

☕ - **Refreshments available** on return to the centre.

Our scenic walks are suitable for all abilities so you're sure to find one which meets your needs. Our team of friendly, fully trained walk leaders are there to meet you and guide you with a welcoming group of people to walk with on a weekly basis.

For all walks please wear comfortable and sturdy shoes or boots with a good grip and support. Bring waterproofs or other clothing suitable for the weather. In summer, please also bring water, sun hat or sun cream, especially on the longer walks.

All walks are undertaken at your own risk. Leaders take every care to ensure that the walk is undertaken in a safe manner, but those leaders are not responsible for accident or injury.



### Inspire to Action

As part of Bolton's **Inspire to Action** programme there is a **monthly short walk of 30 minutes maximum**.

The dates and times vary so please contact Bolton Arena on **01204 488100** for more information or to book your place.

