Essential Information

All walks start at 10:15am unless otherwise stated. It is **£3.00 per walk** – includes tea, coffee and biscuits at the end of the walk.

The Wednesday walks vary in difficulty & length each week and so we have a ratings system to provide information on the difficulty of each one which is detailed in the key at the bottom of this sheet. If you are unsure of your level, try a short and easy walk first. You can also have a chat beforehand with any of the Bridgend staff to get information on what the terrain may be like. Please bear in mind that the conditions underfoot will vary depending on the weather. Please wear suitable footwear, clothing and equipment. It is also advisable to bring a drink on the walks as we normally have one five minute stop.

We also have a longer walk on the first and second Saturdays of most months (marked in blue). Please bring a packed lunch with you on these walks as they are expected to finish at approximately mid-afternoon.

Dogs are welcome to join us on most walks, but should always be kept on a lead. If dogs are not allowed on any of the walks, it will be indicated on the walk information (for example if we go on a path where they are not allowed). All those talking part do so at their own risk.

Boot rating for walks

Easy: No steep climbs and taken at a gentle pace

Moderate: May have steep climbs, but if they do they will be taken at a gentle pace

Energetic: Generally will involve steep climbs and descents, will cover a moderate distance at a steady pace

Strenuous: Requires fitness and stamina to cope with several steep climbs and will cover a long distance at a faster pace

Bridgend Centre Walks

Guided walks in Bollington

January—March 2018

Bridgend Centre at the ♥ of our community

Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW

01625 576311 or info@bridgendcentre.org.uk

www.bridgendcentre.org.uk

We are a registered charity. Charity no: 1123287

Commissioned to deliver services for

Cheshire East Council

Bridgend Walks Calendar January—March 2018

Date	*Walk Description*	*Length*	*Boot rating*
Wednesday 3rd January	Hedgerow and Harrop Wood	4 miles	
Saturday 6th January	Teggs Nose via Swanscoe and return via the Gritstone Trail	8.5 miles	
Wednesday 10th January	Up the Nab	4 miles	
Wednesday 17th January	Green Lane, Long Lane, the Windmill Pub and the Middlewood Way (Nostalgia Trail 1)	4 miles	
Saturday 20th January	Harrop Valley, Bakestonedale Moor, & return via the canal	6.5 miles	
Wednesday 24th January	Long Lane, Styperson Pool, Canal and Middlewood Way	5 miles	
Wednesday 31st January	Higher Hurdsfield and back (Nostalgia trail 6)	5 miles	
Saturday 3rd February	White Nancy, Kerridge Ridge, Rainow and return via the canal	6.5 miles	
Wednesday 7th February	Butley Town, Dumbah Hollow and the Middlewood Way (Nostalgia Trail 8)	6 miles	
Wednesday 14th February	Around Nancy	5 miles	
Saturday 17th February	Walk to Lyme Park via Sponds Hill and the Bowstones. Return cross country and the canal	10 miles	
Wednesday 21st February	Secret Cottage walk – Macclesfield Canal, 'The Hole' and the Middlewood Way	5 miles	
Wednesday 28th February	Hedgerow, Bakestonedale Moor, Styperson, Macclesfield Canal	6.5 miles	
Saturday 3rd March	Kettleshulme and Taxal Edge	11 miles	
Wednesday 7th March	Up the Nab and back around Savio	4 miles	
Wednesday 14th March	Ingersley Vale, Rainow and Oakenbank (Nostalgia Trail 4)	4.5 miles	
Saturday 17th March	Lima Clough, Rainowlow, Harrop Valley, up to Sponds Hill, back over Bakestonedale Moor	8 miles	
Wednesday 21st March	Savio, Ingersley Vale, Waulkmill Wood, under Nancy and Kerridge	5 miles	
Wednesday 28th March	Middlewood Way, Tinker's Clough, Canal and the Rally Road	5 miles	