

# WINTER WALKING IN CHORLEY

We're really lucky in Chorley to have some fantastic open countryside and beautiful scenery and what better way to make the most of it than to take part in one of the many organised walks.

All our health walks are led by trained volunteer health walk leaders and no booking is required, just turn up on the day! Come dressed for the weather conditions wearing sturdy footwear.

## Every Monday at Tatton

Join health walk leaders for a brisk walk along the canal. Refreshment stop en route. Meet at Tatton Recreation Ground, off Silverdale Road, Chorley. FREE.

1pm - 2.30pm



## Every Tuesday at Adlington

Enjoy a scenic walk along the Leeds and Liverpool Canal and surrounding Adlington countryside. Meet at Jubilee Recreation Ground, on Park Road. FREE.

10am - 11am



## Every Wednesday at Astley Park

Discover the beautiful surroundings of Astley Park with this organised walk. Meet outside Astley Hall. FREE.

10.30am - 11.30am



## Every Wednesday at Croston

A walk taking in the historic village of Croston. Meet on the car park on Out Lane (Next to the doctors' surgery). FREE.

10.45am - 11.45am



## Every Thursday at Yarrow Valley Country Park

Lace up your walking boots for a walk in the country park. Meet at Yarrow Valley Visitor Centre, off Birkacre Road. FREE.

10am - 11am



## Every Friday at Whittle-le-Woods

Enjoy your walk around Whittle-le-Woods. Walk takes up to one hour, and refreshments are available. Meet at the War Memorial car park. FREE

10am - 11am



## Euxton Poetry Health Walk Every 4th Friday of the month

2pm - 3pm

Practise your poetry with this new walk that interprets local scenes around Euxton, taking in Peartree Farm and Ransnap Woods. Meet at Euxton Library. FREE.



# Health Walk Leader Training

FREE

The health walk leader training runs over one day, and will provide participants with all the information they need to enable them to lead a safe and effective group walk with confidence. Anyone interested in this opportunity should attend at least one of our listed health walks and then register their interest with Abi O'Brien or Jo Oliver on 01257 515151. [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

## Guided Walk Adlington Circular Sunday 15 November

10am - 1pm

Join the rangers for this 6-mile circular walk around Adlington. Come dressed for the weather conditions and wearing sturdy footwear. Meet at Jubilee Recreation Ground, Park Road, Adlington. FREE.

## Guided Walk Chorley Circular Sunday 3 January

10am start

Come and join the rangers for this 10-mile circular walk round Chorley taking in much of Yarrow Valley Country Park and Astley Park. Bring a packed lunch and come dressed for the weather conditions and wearing sturdy footwear. Meet at Yarrow Valley Country Park outside Treeface Café.

## Guided Walk Yarrow to Euxton Circular Sunday 21 February

10am start

Join the rangers for this gentle 6-mile circular walk from Yarrow Valley Country Park to Euxton. Come dressed for the weather conditions and wearing sturdy footwear. Meet at Yarrow Valley Country Park outside Treeface Café.



## Chorley Ramblers

Full Listing [www.chorleyramblers.co.uk](http://www.chorleyramblers.co.uk)

### Sunday 1 November - 5 miles/leisurely

Heskin Circular from Withington Lane  
Starting point Grid Ref SD 534150 at 1pm  
Leader Marian 07880 870063

### Wednesday 4 November - 5 miles/leisurely

Belmont and surrounding area  
Starting point Grid Ref SD 674158 at 10am  
Car Share available from Hallgate car park, Astley Village Chorley PR7 1XA at 9.15am  
Park at The Black Dog Public House Belmont, junction of A675 and Rivington Rd. Lunch available after walk approx 12.30pm. Binoculars optional.  
Leader Graham 07980 772346

### Saturday 7 November - 8 miles/moderate

Stainforth car park to Feizor Cafe, Giggleswick Scar and back along the River Ribble Starting point Grid Ref SD 820672 at 10.15am Car Share available from Hallgate car park Astley Village Chorley PR7 1XA at 8.30am Leader Mike 07854 367305

### Sunday 8 November - 6 miles/leisurely

Remembrance Day Service on the moors at the War Memorial Lead Mine Clough, Anglezarke Starting point Grid Ref SD 619163 at 10.15am Walk to follow 11am service. Meet at pay and display car park, Anglezarke.  
Leader Barbara 01257 270348

Further information: [www.chorleyramblers.co.uk](http://www.chorleyramblers.co.uk) or for Chorley Ramblers walks only contact Pat on 07443 495787

## Health Walks - Every Tuesday and Thursday

10am - 12noon

Organised by Cuerden Valley Part Trust. Enjoy a walk in Cuerden Valley Park led by a Health Walks Leader. Meet at the Barn on Berkeley Drive, Cuerden Valley Park PR5 6BY. Tel: 01772 324436