



## Living Well Walks

### Monday

**10:00 Milnrow Library walking group** – meet at Milnrow Library and choose between 3 walks of varying levels of difficulty / length

**10:00 Hollin walking group** – meet at Hollin Estate Management Board

### Tuesday

**10:00 Cutgate walking group** – meet at Denehurst Park Entrance (Edenfield Road)

**10:00 Littleborough library walking group** – meet at Littleborough Library

### Wednesday

**10:00 Castleton walking group** – meet at Castleton Community Centre Car Park

**11:00 Falinge Park** – meet at Falinge Park Main Entrance

**14:00 Hollingworth Lake** – meet at Visitors Centre / RSPCA carpark

### Thursday

**10:30 Kirkholt Walk & Talk** – Kirkholt Million Pavilion (date TBC)

**10:00 Spotland Library** – meet at Spotland Library

**10:00 Queens Park walks** – Meet outside Queens park cafe

### Friday

**10:00 Syke Walk & Talk** – meet at Syke Methodist Churching place – Methodist Church. Choose between 3 walks of varying levels of difficulty and length

**12:00 Lighthouse Project Walk** – please contact Lighthouse Project on 0161 643 1163

**Please arrive a few minutes before the walk is due to start to meet everyone and leave on time.**

**No need to book, but if you have any queries about difficulty or duration of walk please contact Living Well via email [livingwellhmr@biglifecentres.com](mailto:livingwellhmr@biglifecentres.com)**

**Telephone: 01706 392210**