

LIFESTYLES

Livewire Wellbeing Walks are free, short walks that take place across Warrington. They're designed to help you take the first step towards better health, wellbeing and happiness – and with walks happening every week, you're sure to find one right on your doorstep.

Level 1 Introductory walks (45 minutes or less)

These are our shortest walks in both time and distance. The terrain will likely to be suitable for those with mobility issues and will usually be delivered on harder surfaces and paths. Often these walks will offer as much of social benefit as they will a physical one. If you haven't attended a wellbeing walk before or looking for a shorter walk at a more comfortable pace, these walks are an ideal introduction to the program.

Level 2 Regular Wellbeing Walks (45 - 90 minutes)

These walks are our most popular walks and will offer a chance to explore a wider variety of terrains but still be suitable for most people looking for a social and friendly walking group. Our knowledgeable walk leaders will show you the less trodden paths and green spaces around Warrington at a steady walking pace for all your physical and mental health benefits.

Level 3 Wellbeing Walks+ (60 – 90 minutes)

These are best described as a progression walk for those who have attended many regular wellbeing walks. The terrain will be our most challenging on offer and the duration of each walk will likely be closer to the 90 minutes mark. The chance of gradients on the walks will be more likely to challenge than the other walks.

@yourLiveWire



Working in partnership with
WARRINGTON
Borough Council

LiveWire

livewirewarrington.co.uk

