

LIFESTYLES

WALKS SEPTEMBER 2026

DAY	DATE	START TIME	MEETING POINT	WALK DURATION	TYPE OF WALK
Tue	01/09/2026	10.30 am	Friends of Padgate Library Books n Boots Walk Meet inside Padgate Library, Insall Road	60-90 mins	Level 2
Wed	02/09/2026	10.30 am	Culcheth Linear Park - meet on Partridge Lakes Fisheries, rear of car park off Glaziers Lane, WA3 4AQ	90 mins	Level 2
Thu	03/09/2026	10.30 am	Thelwall Meet outside Thelwall Parish Hall, Bell Lane, WA4 2SX	80-100 mins	Level 3
Mon	07/09/2026	10.00 am	Rixton Meet outside Black Swan Pub on Manchester Road, WA3 6LA	60-90 mins	Level 2
Wed	09/09/2026	10.30 am	Birchwood Community Hub, Benson Road Meet at reception	60-90 mins	Level 2
Thu	10/09/2026	10.30 am	Culcheth Library Walk Meet inside Library	60-90 mins	Level 2
Thu	10/09/2026	10.30 am	Lymm Dam Meet on car park on Crouchley Lane	80-100 mins	Level 3
Mon	14/09/2026	1.00 pm	Sankey Valley Park Meet on Tenby Close Car Park, Callands	60 mins	Level 2
Tue	15/09/2026	10.30 am	Winwick Leisure/Community Centre Myddleton Lane Meet on car park, WA2 8LQ	60-90 mins	Level 2
Wed	16/09/2026	10.30 am	Meet outside The Plough Pub Mill Lane, Houghton Green, WA2 0SU	60-90 mins	Level 2
Thu	17/09/2026	10.30 am	Walton Hall Meet on main Car Park	80-100 mins	Level 3
Thu	17/09/2026	11.15 am	Community Walk Meet inside Living Well Hub, Horsemarket Street	45-60 mins	Level 1
Fri	18/09/2026	1.30 pm	Fearnhead Community Centre Meet inside	30-45 mins	Level 1
Mon	21/09/2026	1.00 pm	Victoria Park Meet on car park off Knutsford Road	60-90 mins	Level 2
Wed	23/09/2026	10.30 am	Woolston Neighbourhood Hub Meet on car park	60-90 mins	Level 2
Thu	24/09/2026	10.30 am	Stretton Meet at car park on Swinley Forest Drive, WA4 4NT	80-100 mins	Level 3
Thu	24/09/2026	11.15 am	Community Walk Meet inside Living Well Hub, Horsemarket Street	45-60 mins	Level 1
Mon	28/09/2026	1.00pm	Windy Bank Woods Meet on Bents Garden Centre car park, near bus stop	60-90 mins	Level 2
Wed	30/09/2026	10.30 am	Sankey Valley Park Meet on Tenby Close Car Park, Callands	60 mins	Level 2

All walks are subject to cancellation without prior notice in the case of unsuitable weather conditions
More information on the walk levels is available on our Lifestyles website.

To register on to the program, please email lifestyles@livewirewarrington.org or ring 0300 003 0818 stating your full name, address, telephone number, date of birth and GP surgery and we will add you to our walks database. This will then allow you to attend all Lifestyles walks without pre-booking in advance.

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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.

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