LIFESTYLES

WALKS OCTOBER 2026

DAY	DATE	START TIME	MEETING POINT	WALK DURATION	TYPE OF WALK
Thu	01/10/2026	10.30 am	Thelwall Meet outside Thelwall Parish Hall, Bell Lane, WA4 2SX	80-100 mins	Level 3
Fri	02/10/2026	1.30 pm	Fearnhead Community Centre Meet inside	30-45 mins	Level 1
Mon	05/10/2026	1.00 pm	Risley Moss Meet outside reserve building	30-45 mins	Level 1
Tue	06/10/2026	10.30 am	Norton Priory Meet on car park, Tudor Road, WA7 1SX	80-100 mins	Level 3
Wed	07/10/2026	10.30 am	Woolston Neighbourhood Hub Meet on car park	60-90 mins	Level 2
Thu	08/10/2026	10.30 am	Culcheth Library Walk Meet inside Library	60-90 mins	Level 2
Mon	12/10/2026	1.00 pm	Great Sankey Hub Meet inside reception	45-60 mins	Level 1
Tue	13/10/2026	10.30 am	Friends of Padgate Library Walk Meet Fearnhead Community Centre, Insall Road	60-90 mins	Level 2
Wed	14/10/2026	10.30 am	Paddington Meadows Meet on reserve entrance on Larkfield Avenue	60-90 mins	Level 2
Thu	15/10/2026	10.30 am	Walton Hall Gardens Meet on main Car Park	80-100 mins	Level 3
Thu	15/10/2026	11.15 am	Community Walk Meet inside Living Well Hub, Horsemarket Street	45-60 mins	Level 1
Fri	16/10/2026	1.30 pm	Fearnhead Community Centre Meet inside	30-45 mins	Level 1
Mon	19/10/2026	1.00 pm	Orford Park Meet at Jubilee Hub library entrance	30-45 mins	Level 1
Tue	20/10/2026	10.30 am	Croft Community Centre Meet on car park Smithy Lane, WA3 7JE	60-90 mins	Level 2
Wed	21/10/2026	10.30 am	Thelwall Meet outside Thelwall Parish Hall, Bell Lane, WA4 2SX	60-90 mins	Level 2
Thu	22/10/2026	10.30 am	Grappenhall Hays Meet near entrance Witherwin Avenue, WA4 3TD	80-100 mins	Level 3
Thu	22/10/2026	10.45 am	Steps Together Walk Meet inside Living Well Hub, Horsemarket Street	45-60 mins	Level 1
Mon	26/10/2026	1.00 pm	Warrington Wolves Heritage Trail Meet inside Living Well Hub, Horsemarket Street	60-120 mins	Level 2
Wed	28/10/2026	10.30 am	Penketh Loop Meet on Ferry Tavern car park, Station Road, WA5 2UJ	60-90 mins	Level 2
Thu	29/10/2026	10.30 am	Broomfields Leisure Centre Meet outside reception, WA4 3AE	80-100 mins	Level 3

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.

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.