

# Find your feet Health Walks

## Tatton Canal Walk -

Every Monday, meet at Tatton Community Centre, Off Silverdale Road, Chorley at 1pm, return around 2.30pm. Refreshment/rest stop on route

## Adlington Walk -

Every Tuesday, meet at the entrance to Jubilee Rec on Park Road at 10am, return around 11am\*

## Croston Walk - **NEW for 2012**

Every Wednesday starting 11 January, Meet on the car park on Out Lane (next to Doctors Surgery) in Croston at 10.45am, return around 11.45am\*

## Astley Park -

Every Wednesday, meet outside Astley Hall at 10.30am, return around 11.30am\*

## Yarrow Valley Country Park -

Every Thursday, meet at the Visitor Centre, off Birkacre Road at 10am, return around 11am\*

## Yarrow Valley Country Park - **NEW for 2012**

Every Saturday starting 14 January, meet at the Visitor Centre at 2pm, return around 3pm\*

**FREE - No need to book**

*Please come dressed for the weather conditions wearing sturdy footwear.*

\*Join walkers for refreshments after the walk



*Find Your Feet*  
A walking group promoting health and society



**Chorley**  
Council

Find your feet

# Health Walks

# Croston

**NEW for 2012**

Every Wednesday  
from 11 January

A health walk is a purposeful, brisk walk undertaken on a regular basis. Health Walks are specifically designed to improve your health.

Meet on the car park on Out Lane (next to Doctors Surgery) in Croston at 10.45am, return around 11.45am\*

**FREE - No need to book**

*Please come dressed for the weather conditions wearing sturdy footwear.*

\*Join walkers for refreshments after the walk



*Find Your Feet*  
A walking group promoting health and society



**Chorley**  
Council