

PUT YOUR BEST FOOT FORWARD WITH LIFE LEISURE

WALKING TIMETABLE



Walk Session Information	Location	Day, Time & Lead	Other Information
Community walk	Hollow end Towers, Northumberland Road, Brinnington, SK5 8NY	Monday 10.30am 1.5 - 2 hours Guided by staff or a walk leader.	Free to attend. In partnership with Age UK Stockport
Social Stroll - From LL Hub	Life Leisure Houldsworth Village, adjacent to Broadstone Mill, Broadstone Road, Reddish, Stockport, SK5 7AT	Tuesday 11.45am 30 - 45 mins Guided by staff or a walk leader.	Free to attend. Brew & Biscuit available at the hub 9.30am - 12.00pm.
IWIT Nordic Walking	Pure Café - Vernon Park	Tuesday 1.00pm - 2.00pm Guided by staff or a walk leader.	£3.65
Indoor Confidence Walk	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	Tuesday 1.00pm - 2.00pm Guided by staff or a walk leader.	Free to attend, refreshments included. In partnership with Age UK
Social Stroll - From LL Hub	Life Leisure Cheadle, Shiers Drive, Cheadle, Stockport, SK8 1JR	Tuesday 11.30am 30 - 45 mins *Community-led	Free to attend. Brew & Biscuit available at the hub 10.00am - 12.00pm.
Social Stroll - From LL Hub	Life Leisure Romiley, Hole House Fold, Romiley, Stockport, SK6 4BB	Wednesday 2.00pm 30 - 45 mins *Community-led	Free to attend. Brew & Biscuit available at the hub 1.00pm - 2.30pm.
Indoor Confidence Walk	Life Leisure Brinnington Park, Northumberland Road, Brinnington, Stockport, SK5 8LS	Wednesday 10.30am - 11.30am Guided by staff or a walk leader.	Free to attend, refreshments included. In partnership with Age UK Stockport

Outdoor walks are weather-dependent. Follow our Active Communities Facebook page for updates.

*Community-led walks are self-guided.

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Walk Session Information	Location	Day, Time & Lead	Other Information
Evening Community Walk	Woodbank Carpark, Little Moor Ln, Stockport, SK1 4BL	Wednesday evening 6.00pm 1 - 1.5 hours Guided by staff or a walk leader.	Free to attend. In partnership with Age UK Stockport
Outdoor Confidence Walk	Cale Green Park	Thursday 10.00am - 11.00am Guided by staff or a walk leader.	Free to attend. In partnership with Age UK Stockport
Community Walk	Life Leisure Brinnington Park, Northumberland Road, Brinnington, Stockport, SK5 8LS	Thursday 10.30am - 12.00pm Guided by staff or a walk leader.	Free to attend.
Social Stroll - From LL Hub	Life Leisure Hazel Grove, Jacksons Lane, Hazel Grove, Stockport, SK7 5JW	Thursday 11.30am 30 - 45 mins *Community-led	Free to attend. Brew & biscuit available at the hub 10.00am - 12.00pm.
Social Stroll - From LL Hub	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	Thursday 11.30am 30 - 45 mins *Community-led	Free to attend. Brew & biscuit available at the hub 10.00am - 12.00pm.
Social Stroll - From LL Hub	Life Leisure Grand Central, Wellington Road South, Stockport, SK1 3TA	Friday 12.30pm 30 - 45 mins *Community-led	Free to attend.

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