

**Fridays:** 10:00 start  
**VC** = Visitors Centre, **CP** = Country Park, **cp** = car park, **CC** = Community Centre  
**PH** = Public House, **Wc** = Toilet facilities  
**Refreshments:** at pubs where applicable, bring own picnic elsewhere

### AgeUK Ageing Well Program of Walks May 2019 - August 2019

Date	Dist (M)	Grade	Walk	Start / Meeting Place	Leader	Contact Tel.
Fri 03 May			<b>No Walk</b>			
Fri 10 May	6	mod	Hollington/Bradeley in the Moors	The Raddle Inn, Hollington, cp (rear car park), Wc	Marlene & Peter	07376368248
Fri 17 May			<b>No Walk</b>			
Fri 24 May	6	mod	Godley Brook	The Huntsman, Brookhouses, nr Cheadle, cp, Wc	Sam, Ellie & Malcolm	07836679833, 07969293745
Fri 31 May			<b>No Walk</b>			
Fri 07 June	5	easy	Salt/Sandon	Hollybush Inn (at <b>SALT</b> ) no wc's	Jill & Graham	01782 623952
Fri 15 June	5	mod	Rudyard/Horton	Rudyard Hotel, cp, Wc	Alan & Peter	07858011008, 07376368248
Fri 21 June	5.5	mod	Ipstones/Roughstone	Marquis of Granby, Ipstones, Village Hall car park	Sam, Ellie & Malcolm	07836679833, 07969293745
Fri 28 June	6	easy	Copmere/Croxton	Star Inn, Copmere, cp, Wc	Malcolm & Peter	07969293745, 07376368248
Fri 05 July	5.5	easy-mod	Milwich/Fradswell	Green Man, Milwich, cp, Wc	Malcolm & Peter	07969293745, 07376368248
Fri 12 July	5.5	mod	Leek/Abbey Green	White Lion, Macclesfield Rd, Leek, cp, Wc	Alan & Peter	07858011008, 07376368248
Fri 19 July			<b>No Walk</b>			
Fri 26 July	5.25	mod	Abbey Green/Meerbrook	Abbey Inn, Abbey Green, cp, Wc	Sam, Ellie & Malcolm	07836679833, 07969293745
Fri 02 Aug			<b>No Walk</b>			
Fri 09 Aug	5.5	mod	Denford/Cheddleton	Hollybush ( <b>DENFORD</b> ), cp, Wc	Alan & Peter	07858011008, 07376368248
Fri 16 Aug			<b>No Walk</b>			
Fri 23 Aug	6	mod	Meerbrook/Gunn Hill	Lazy Trout, Meerbrook, cp, Wc	Malcolm & Peter	07969293745, 07376368248
Fri 30 Aug	5.25	mod	Scholar Green/Mount Pleasant	Rising Sun, Scholar Green, cp, Wc	Sam, Ellie & Malcolm	07836679833, 07969293745

Are you interested in **leading a walk** for Age UK?  
 Speak to one of our walk leaders, or the Ageing Well Project  
 on (01782 200739) to find out how easy it is!!