



Ageing Well

Fridays: 10am Start

VC= Visitor Centre cp= Car Park CP= Country Park
 CC= Community Centre PH= Public House WC= Toilet facilities

Age UK Ageing Well program of walks

DATE	DIST (M)	GRADE	WALK	START/MEETING PLACE	Key	LEADER	CONTACT NO
05/01/24			NO WALK				
12/01/24	5mls	Easy	Scholar Green	The Red Bull ST7 3AJ	PH	Christine &Anthony	
19/01/24			NO WALK				
26/01/24	5.5 mls	Easy	Hassall Green	Broughton Arms ST7 3RU	PH	Cheryl & Jerry	
02/02/24			NO WALK				
09/02/24	5.5 mls	E/Mod	Bagnall	Stafford Arms ST9 9JR	PH	Andrew	
16/02/24			NO WALK				
23/02/24	5.5 mls	Mod	Ringehay	Black Lion, Cheddleton ST13 7HP	PH	Sam & Ellie	
01/03/24			NO WALK				
08/03/24	5mls	Easy	Rudyard	Rudyard Hotel ST13 8RN	PH	Christine	
15/03/24			NO WALK				
22/03/24	5.5 mls	Mod	Macclesfield Canal & Mere	Egerton Arms, Astbury CW12 4RQ	PH	Cheryl & Jerry	
29/03/24			NO WALK				
05/04/24	5.5 mls	Mod	Bradshaw	The Wheel, Longsden ST9 9QF	PH	Sam & Ellie	
12/04/24			NO WALK				
19/04/24	5.5 mls	Mod	Wedgwood Monument	The Butchers Arms, Audley ST7 8DE	PH	Sam & Ellie	
26/04/24			NO WALK				

FOR FURTHER DETAILS PLEASE CONTACT JENNY AT AGEING WELL PROJECT ON TEL: 07919167758