

Fridays: 10 a.m start
VC = Visitors' Centre, **CP** = Country Park, **cp** = car park, **CC** = Community Centre
PH = Public House, **WC** = Toilet facilities
Refreshments: at pubs where applicable, otherwise bring own picnic

AgeUK Ageing Well Program of Walks January 2020 - April 2020

Date	Dist (M)	Grade	Walk	Start / Meeting Place	Leader	Contact Tel.
Fri 03 Jan			No Walk			
Fri 10 Jan	5.6	easy/mod	Stanley/Stanley Head/Bagnall	Rose and Crown PH, Stanley Moor, cp, Wc	Graham	07718757803
Fri 17 Jan			No Walk			
Fri 24 Jan	5.25	easy	Barlaston Downs	Duke of York PH, Barlaston, cp, Wc	Peter	07376368248
Fri 31 Jan			No Walk			
Fri 07 Feb	5.5	easy	Eccleshall/ Hilcote / Pershall	Royal Oak PH, Eccleshall, cp, Wc	Peter	07376368248
Fri 14 Feb			No Walk			
Fri 21 Feb	5.25	easy	Caverswall / Tickhill	Auctioneers Arms, Caverswall, cp, Wc	Sam & Ellie	07836679833
Fri 28 Feb			No Walk			
Fri 06 Mar			No Walk			
Fri 13 Mar	5.25	mod	Cheddleton/Rod Wood Nat Reserve	Black Lion PH, Cheddleton, cp, Wc	Peter	07376368248
Fri 20 Mar			No Walk			
Fri 27 Mar	5.5	easy/mod	Rudyard / Hollins	Rudyard Hotel, cp,Wc	Sam & Ellie	07836679833
Fri 03 Apr	5.5	mod	Dimmingsdale/Threapwood/Hawksmoor	Ramblers Retreat, Dimmingsdale	Peter	07376368248
Fri 10 Apr			No Walk			
Fri 17 Apr	5.5	easy/mod	Stanley / Bagnall	Travellers Rest, Stanley, cp,Wc	Malcolm & Geoff	07969293745
Fri 24 Apr	6	mod	Thornccliffe	Reform PH, Thornccliffe (ST13 7LP), cp,Wc	Sam & Ellie	07836679833

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