

# Walk-it Timetable

## July – September 2015

Walking can do wonders for our wellbeing. It's good for our bodies, our minds. Because it gives us the chance to get out and meet new people - it can be great for our social lives too. Best of all, it's easy and you don't need any equipment to get started. Joining your local health walk, you'll have great company, trained walk leaders and safe walking routes to get you on your way to a healthier lifestyle. Walks in Calderdale are detailed below. Everyone is welcome to join our walks, anyone aged 14 or under will need to be accompanied by an adult.

As you can imagine, you don't need much at all to get walking. A good pair of shoes is the most important thing - and you probably have those anyway. Something comfortable, with good support for your feet, is just right. Try to wear loose fitting clothes for walking, and dress appropriately to the weather.

For more information please call us on 01422 264745, or [betterliving@calderdale.gov.uk](mailto:betterliving@calderdale.gov.uk) in the near future you will be able to see the details of the walks on the Calderdale Council Website and [www.meetup.com](http://www.meetup.com). We look forward to meeting you at one of our walks.

## JULY

Mon	13 <sup>th</sup> July	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	90 min	No dogs
Mon	13 <sup>th</sup> July	11.45am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	up to 90 mins	
Mon	13 <sup>th</sup> July	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Fri	17 <sup>th</sup> July	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	90 mins	No dogs, some inclines, not buggy friendly
Sun	19 <sup>th</sup> July	11.00am	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	20 <sup>th</sup> July	1.00pm	Central Halifax	Calderdale Royal Hospital Main Entrance	Easy	60 - 90 mins	
Mon	20 <sup>th</sup> July	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	No dogs please, some inclines
Mon	20 <sup>th</sup> July	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Mon	20 <sup>th</sup> July	10.45am	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk
Tue	21 <sup>st</sup> July	10.30am	Sowerby Bridge	Sowerby Bridge, Swimming Pool	Moderate	60 - 90 mins	Dogs welcome, buggies a little difficulty
Fri	24 <sup>th</sup> July	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	60 mins	No dogs, some inclines, not buggy friendly
Mon	27 <sup>th</sup> July	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	90 min	No dogs
Mon	27 <sup>th</sup> July	11.45am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	up to 90 mins	
Mon	27 <sup>th</sup> July	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Fri	31 <sup>st</sup> July	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	90 mins	No dogs, some inclines, not buggy friendly

## AUGUST

Mon	3 <sup>rd</sup> Aug	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	No dogs please, some inclines.
Mon	3 <sup>rd</sup> Aug	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Mon	3 <sup>rd</sup> Aug	10.45am	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk
Tue	4 <sup>th</sup> Aug	10.30am	Sowerby Bridge	Sowerby Bridge, Swimming Pool	Moderate	60 - 90 mins	Dogs welcome, buggies some difficulty

## AUGUST cont .....

Wed	5 <sup>th</sup> Aug	10.30am	Walsden	Walsden Railway Station, Pollards Chippy	Moderate	90 mins	Dogs on leads welcome, not buggy friendly
Fri	7 <sup>th</sup> Aug	11.00am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	60 - 90 min	
Fri	7 <sup>th</sup> Aug	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	60 mins	No dogs, some inclines, not buggy friendly.
Mon	10 <sup>th</sup> Aug	1.00pm	Central Halifax	B&M opposite Shay Stadium	Moderate	60 - 90 mins	Some inclines, not buggy friendly
Mon	10 <sup>th</sup> Aug	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	90 min	No dogs
Mon	10 <sup>th</sup> Aug	11.45am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	up to 90 mins	
Mon	10 <sup>th</sup> Aug	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Fri	14 <sup>th</sup> Aug	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	90 mins	No dogs, some inclines, not buggy friendly
Sun	16 <sup>th</sup> Aug	11.00am	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	17 <sup>th</sup> Aug	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	No dogs please, some inclines.
Mon	17 <sup>th</sup> Aug	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Mon	17 <sup>th</sup> Aug	10.45am	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk
Tue	18 <sup>th</sup> Aug	10.30am	Sowerby Bridge	Sowerby Bridge, Swimming Pool	Moderate	60 - 90 mins	Dogs welcome, not buggy friendly
Wed	19 <sup>th</sup> Aug	10.30am	Heptonstall	Heptonstall Post Office	Moderate	90 mins	Dogs on leads welcome, not buggy friendly
Fri	21 <sup>st</sup> Aug	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	60 mins	No dogs, some inclines, not buggy friendly.
Mon	24 <sup>th</sup> Aug	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	90 min	No dogs
Mon	24 <sup>th</sup> Aug	11.45am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	up to 90 mins	
Mon	24 <sup>th</sup> Aug	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request
Fri	28 <sup>th</sup> Aug	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	90 mins	No dogs, some inclines, not buggy friendly
Mon	31 <sup>st</sup> Aug	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request
Mon	31 <sup>st</sup> Aug	10.45am	Todmorden	Main entrance of Todmorden Market	Easy	60 min	Flat, slow walk

## SEPTEMBER

Tue	1 <sup>st</sup> Sept	10.30am	Sowerby Bridge	Sowerby Bridge, Swimming Pool	Moderate	60 - 90 mins	Dogs welcome, buggies with difficulty
Wed	2 <sup>nd</sup> Sept	10.30am	Walsden	Walsden Railway Station, Pollards Chippy	Moderate	90 mins	Dogs on leads welcome, not buggy friendly
Fri	4 <sup>th</sup> Sept	11.00am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	60 - 90 min	
Fri	4 <sup>th</sup> Sept	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	60 mins	No dogs, some inclines, not buggy friendly
Mon	7 <sup>th</sup> Sept	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	No dogs please, some inclines.
Mon	7 <sup>th</sup> Sept	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Fri	11 <sup>th</sup> Sept	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	90 mins	No dogs, some inclines, not buggy friendly
Mon	14 <sup>th</sup> Sept	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	90 min	No dogs
Mon	14 <sup>th</sup> Sept	11.45am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	up to 90 mins	
Mon	14 <sup>th</sup> Sept	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Tue	15 <sup>th</sup> Sept	10.30am	Sowerby Bridge	Sowerby Bridge, Swimming Pool	Moderate	60 - 90 mins	Dogs welcome, buggies with difficulty
Wed	16 <sup>th</sup> Sept	10.30am	Heptonstall	Heptonstall Post Office	Moderate	90 mins	Dogs on leads welcome, not buggy friendly
Fri	18 <sup>th</sup> Sept	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	60 mins	No dogs, some inclines, not buggy friendly
Sun	20 <sup>th</sup> Sept	11.00am	Todmorden	Outside Morrisons foyer	Hard	1 1/2 - 2 hrs	Hilly walk
Mon	21 <sup>st</sup> Sept	1.00pm	Ovenden	Beechwood Medical Centre, Keighley Road	Moderate	60 - 90 mins	No dogs please, some inclines.
Mon	21 <sup>st</sup> Sept	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Fri	25 <sup>th</sup> Sept	10.00am	Illingworth	Illingworth Moor Methodist Church, near fire station	Moderate	90 mins	No dogs, some inclines, not buggy friendly
Mon	28 <sup>th</sup> Sept	1.00pm	Illingworth	Outside Keighley Rd Surgery, near fire station	Moderate	90 min	No dogs
Mon	28 <sup>th</sup> Sept	11.45am	Brighouse	The Golden Hind Fish and Chip Restaurant	Easy	up to 90 mins	
Mon	28 <sup>th</sup> Sept	10.45am	Illingworth	Illingworth Moor Methodist Church, near fire station	Easy	30 mins	No dogs, expect by request.
Tue	29 <sup>th</sup> Sept	10.30am	Sowerby Bridge	Sowerby Bridge, Swimming Pool	Moderate	60 - 90 mins	Dogs welcome, buggies some difficultly