

put your best foot  
forward and help  
us to celebrate  
national walk  
4 life day



walk 4 life



Cheshire West  
and Chester

NHS

Western Cheshire  
Your partner for longer healthier lives

# Why not join us for one of our free walks available as part of national walking day on Sunday 26th September

## Westminster Park, Chester, Hough Green, CH4 8JQ

10.30am - Enjoy a led circular walk along Dukes Drive and the river side, 5.5 miles. Route involves crossing roads and some inclines and stiles.

11am - A walk leader will take you at a gentle pace through Westminster Park and the Dukes Drive on generally good, level surfaces - Note! Route does involve crossing Wrexham Road, 2miles.

10am - 1pm - Fun family treasure hunt around the park.

## Marbury Park, Northwich, Marbury Road, CW9 6AT

11.00am - 12.30pm. Join the Ranger for a family friendly walk exploring anything and everything in the park! There will also be an opportunity to take part in a fun orienteering activity.

## Rivacre Valley, Ellesmere Port, Rivacre Road, CH64 2UQ

11am - 1pm - Family fun hunt & seek activity, orienteer yourself through Rivacre Valley to find the 10 animals hidden in the woods.

11.30am - Be led on a circular route through the valley.

There are slight inclines on this walk, 3miles.

**No special equipment is required but it's recommended to wear a comfortable pair of shoes/trainers and be dressed suitable for the weather conditions on the day.**

**WIN A BIKE - all participants in the Treasure Hunt events will be entered into a draw to win a bike. The bike has been kindly donated by NHS Western Cheshire- Chairman's Discretionary Fund.**

For more information please contact sports development on

# 01606 288 559



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