

Walks For Wellbeing

Join us for a walk and a brew! Walking has a huge range of benefits for our physical and mental health. Our walks are opportunities to get out, do some gentle exercise and chat to others in a relaxed environment. Walks are approx 2hrs. Find dates and meeting points below, booking essential.

We have local walks all across Calderdale so why not take a short bus or train journey and explore somewhere new...?

"Walking is a reason to get out and meet people. It gives you confidence, it did for me!"

- Chris, volunteer

Central Halifax

Every 2nd
Monday

Shibden Park | Monday 10 January, 10.30am
Mereside Centre, Shibden Park, Halifax, HX3 6XG

Savile Park | Monday 14 February, 10.30am
New Lodge Fisheries, Savile Park Road, HX3 OEG

The Piece Hall | Monday 14 March, 10.30am
Top/westgate entrance of The Piece Hall, Halifax

Lower Valley

Every 1st
Wednesday

Brighouse | Wednesday 5 January, 10.30am
Bethel St Car Park, Bethel Street, Brighouse HD6 1JX

Elland | Wednesday 2 February, 10.30am
The Wharf, Gas Works Lane, Elland HX5 9HH

Wellholme Park | Wednesday 2 March, 10.30am
Wellholme Park, Bradford Road, Brighouse HD6 4AA

Ryburn Valley

Every 3rd
Thursday

Sowerby Bridge | Thursday 20 January, 10.30am
Tuel Lane Lock, HX6 2LA (car park behind B&M)

Sowerby Bridge | Thursday 17 February, 10.30am
Tuel Lane Lock, HX6 2LA (car park behind B&M)

Sowerby Bridge | Thursday 17 March, 10.30am
Tuel Lane Lock, HX6 2LA (car park behind B&M)

Mid Valley

Every 4th
Monday

Hebden Bridge | Monday 24 January, 10.30am
Hebden Bridge Picture House, HX7 8AD

Warley | Monday 28 February, 10.30am
BP Fuel Station, Burnley Rd, Sowerby Bridge HX6 2TL

Jerusalem Farm | Monday 28 March, 10.30am
Station Road Car Park, Luddenden Foot, HX2 6AD

AdHoc Hike! (approx 4hrs & more strenuous)
Hardcastle Craggs | Wednesday 12 January, 10.30am
Hebden Bridge Picture House, HX7 8AD

Upper Valley

Every 3rd
Wednesday

Todmorden | Wednesday 19 January, 10.30am
The Golden Lion, Fielden Square, OL14 6LZ

Todmorden | Wednesday 16 February, 10.30am
The Golden Lion, Fielden Square, OL14 6LZ

Todmorden | Wednesday 16 March, 10.30am
The Golden Lion, Fielden Square, OL14 6LZ

To book onto walks please contact Liz
with your name and mobile number:
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07541 690145



Sign up to our
mailing list!

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