**Walk and Talk**

A gentle 30-minute walk with a trained walk leader planning the routes.

A chance to get out in the fresh air and socialise with others. **All walks are Free.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Hyde | Monday | 10.00am | Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). **(Volunteer lead) Lisa – 07542683666** |
| Denton | Tuesday | 10.00am | Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) **Lisa - 07542683666**  |
| Ashton  | Wednesday | 10.00am | Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) **Lisa - 07542683666** |
| Mossley | Thursday | 10.00am | New Bridge Inn, Micklehurst Rd, Mossley, Ol5 9HT (Carpark) **Lisa - 07542683666** |
| Stamford Park | Friday | 10.00am | Stamford Park, Stalybridge, SK151NJ. (Meet at bowling hut) **Sarah – 07872151420** |

**Contact Live Active office for further details - 0161 366 4860**. **Advisable to contact the office to confirm walk is on (Inclement weather etc.)**

**Live Active Community officer Sarah – 07872151420 -** **Sarah.cresswell@activetameside.com**

**Community Development Officer - Lisa – 07542683666 –** **lisa.arrandale@activetameside.com**