



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.**

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00am	Hyde Park, Park Rd, Hyde SK14 4JT (bottom entrance) Phil Brooke 07542683666
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (bandstand area) Phil Brooke 07542683666
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (carpark) Phil Brooke 07542683666
Droylsden	Thursday	10.00am	Active Medlock, Gardenfold Way, Droylsden, M34 7XU (carpark) Phil Brooke 07542683666
Mossley	Thursday	11.30am	New Bridge Inn, Micklehurst Rd, Mossley, OL5 9HT (carpark) Phil Brooke 07542683666
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK15 1NJ (meet at bowling hut) Phil Brooke 07542683666

Contact Live Active Community Officer Phil Brooke for further details. It is advisable to get in touch to confirm that the walk is on (in case of inclement weather etc). Tel: 07542 683 666 or email: philip.brooke@activetameside.com

Couch to 5K

Our Couch to 5K plan is designed to get just about anyone off the couch and running 5km in 10 weeks. Course to be pre-booked and paid for in advance by contacting the Live Active office; **0161 366 4860.**

LOCATION	DAY	TIME	PRICE	INFORMATION
Ashton	Mondays	5.00-6.00pm	£15 per course (10-week course starts 12th October) 24 places only	East Cheshire Harriers, & Tameside Athletes club, Richmond St, Ashton-Under-Lyne, OL7 9HG. To book a place, contact: liveactive@activetameside.com or 0161 366 4860.

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