Open Air 2018

The Cheshire East Council Countryside Ranger Service guide to events in the countryside sites of Cheshire East in 2018

Web: www.cheshireeast.gov.uk/rangers  Email: rangers@cheshireeast.gov.uk
Twitter: www.twitter.com/cecrangers  Facebook: www.facebook.com/cecrangers
Instagram: www.instagram.com/cecrangers

Cheshire East Council Countryside Ranger Service Online Events Listings: http://www.cheshireeast.gov.uk/rangerevents

Tuesday, 6th February

Pram Fit / Outdoor Fitness Taster Class - February

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! Booking in advance is essential.

This event repeats every first Tuesday of the month.

Time: 10.00am to 11.00am
Meeting point: Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)
Leader: Personal Trainer Kelly Morley
Booking: [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)
Information: 07803 245590 or email hnb@kellymorley.co.uk
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

Saturday, 10th February

**Winter Mindfulness Walk with Pamela Carr**

“Nature is full of genius, full of divinity, so that not a snowflake escapes its fashioning hand” - Henry David Thoreau

This is the first of four mindfulness walks at Tegg’s Nose Country Park during 2018. Even if you already know Tegg’s Nose you can expect to be surprised when you slow down and become more aware of where you are and what’s happening. One walker wrote: “Today showed me some new and different ways to appreciate what I see and where I am.”

Research is now proving that our direct contact with nature really can benefit our health and wellbeing. Mindfully walking outdoors in nature through all the seasons can be a truly magical, nurturing and healing experience.

If you enjoy walking, love nature and want to explore Mindfulness - join Pamela Carr on this leisurely morning walk with a difference. The gentle walk (about 2 miles) will include some pauses and simple exercises to help us to slow down, become more present and open our senses to what we can see, hear, feel, smell and maybe even taste, moment by moment.

Pamela loves this beautiful space and experiences new inspiration every time she visits. Previous walkers have spoken about discovering for themselves the quietening, calming and creative benefits of walking mindfully in nature. You might like to bring your notebook or camera.

Following the walk you’ll return to the popular Tegg’s Nose Tea Room to share discoveries and creative ideas. Optional drinks/snacks available to purchase. **Suitable for anyone over the age of 16.**

**Booking and payment in advance is essential. Cost £8.00.**

Time: 10.00am to 12.00pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Pamela Carr, Mindfulness Teacher and Focusing Professional
Booking: [http://www.eventbrite.co.uk/e/winter-mindfulness-walk-with-pamela-carr-tickets-42167299528](http://www.eventbrite.co.uk/e/winter-mindfulness-walk-with-pamela-carr-tickets-42167299528)
Information: Email Pamela - focusingforall@aol.com
(Easy walking grade / Please wear suitable boots and clothing / Suitable for anyone over the age of 16 / Please leave your dog at home / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Refreshment stop, opportunity for refreshments / Partnership event / Car parking charge)
Wednesday, 14th February

Introduction to Nordic Walking - February – Bollington

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. Booking in advance is essential. If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

Time: 10.00am to 11.30am
Meeting point: Public car park, Adlington Road, Bollington, SK10 5JT (SJ930781)
Leader: David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme
Booking: http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-february-bollington-tickets-39826978565
Information: 07593448403
(Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance)

Tuesday, 27th February

A Day in the Life of a Ranger

An illustrated talk (PowerPoint presentation of pictures and graphics) to give an insight into some of the work of Cheshire East Council Countryside Rangers, following a ‘thread’ of a Ranger’s Day.


Time: 2.00pm to 3.00pm
Meeting point: Alsager Library, Sandbach Road North, Alsager, Cheshire, ST7 2QH (SJ796555)
Leaders: Cheshire East Council Countryside Rangers Alistair Wright and Carolyn Sherratt
Booking: Tickets available to book in person at Alsager Library, please book by 23rd February
Information: 01270 375325
(Places limited - please book in advance / Please leave your dog at home / Partnership event / Suitable for anyone over the age of 12 / Children must be accompanied by an adult / Especially suitable for adults / There is a charge for this event / Refreshment stop, opportunity for refreshments)

Saturday, 3rd March

MDOC Night Orienteering Competition

A night time orienteering competition at Brereton Heath Local Nature Reserve, part of The North West Night League 2017/18.

Three navigational courses available Blue 5-6km, Green 4-5km and Orange 3-4km. Courses suitable for experienced orienteers. Orange course suitable for Novice adults and experienced juniors or family groups.
Cost £5 for Adults, £2.50 for juniors.

Time: 5.45pm to 9.15pm
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Manchester and District Orienteering Club - www.mdoc.org.uk
Information: Ring 01663 764799 or email nwnight@mdoc.org.uk
(There is a charge for this event / Car parking charge / Please wear suitable footwear and clothing / Torches, preferably head torches, and back up torches are mandatory)

Tuesday, 6th March

Pram Fit / Outdoor Fitness Taster Class - March

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! Booking in advance is essential.

This event repeats every first Tuesday of the month.

Time: 10.00am to 11.00am
Meeting point: Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)
Leader: Personal Trainer Kelly Morley
Booking: http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502
Information: 07803 245590 or email hnb@kellymorley.co.uk
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

Tuesday, 6th March

Down the Mines! – March


Time: 7.00pm to 9.30pm
Meeting point: National Trust Alderley Edge Car Park, Macclesfield Road, Alderley Edge, SK10 4UB (SJ859773) – access via lane next to Wizard Restaurant
Leaders: Derbyshire Caving Club - http://www.derbyscc.org.uk
Booking: http://www.eventbrite.co.uk/e/down-the-mines-march-tickets-42168310552
Information: 01625 374833
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 6 / Partnership event / Children must be accompanied by an adult)
Saturday, 10th March

Introduction to Map Reading


Time: 10.00am to 1.00pm
Meeting point: Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)
Leader: Cheshire East Council Countryside Ranger Matthew Axford
Booking: [https://www.eventbrite.co.uk/e/introduction-to-map-reading-tickets-42311121704 by 7th March](https://www.eventbrite.co.uk/e/introduction-to-map-reading-tickets-42311121704)
Information: 01260 297237
(Ideal for families and accompanied children / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Suitable for anyone over the age of 8 / Accessible toilets available / Refreshment stop, opportunity for refreshments / Easy walking grade)

Saturday, 10th March

Introduction to Nordic Walking - March – Poynton Park

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. Booking in advance is essential. If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

Time: 10.00am to 11.30am
Meeting point: Poynton Park, South Park Drive, Poynton, SK12 1BR (SJ924842)
Leader: David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme
Booking: [http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-march-poynton-tickets-39827055796](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-march-poynton-tickets-39827055796)
Information: 07593448403
(Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance)

Saturday, 10th March

Library in the Landscape Birthday Walk

Help us to celebrate the 5th Birthday of the ‘Library in the Landscape’ at Tegg’s Nose Country Park, with a walk to the Library, with volunteer Librarian Ailsa Holland and Ranger Martin James, followed by celebratory cupcakes! Booking in advance is essential.

Time: 1.30pm to 3.30pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP
Leaders: Tegg’s Nose Library in the Landscape Volunteer Librarian Ailsa Holland and Cheshire East Council Countryside Ranger Martin James

Booking: [http://www.eventbrite.co.uk/e/library-in-the-landscape-birthday-walk-tickets-42311918086](http://www.eventbrite.co.uk/e/library-in-the-landscape-birthday-walk-tickets-42311918086)

Information: 01625 374833

(Places limited - please book in advance / Easy to Moderate walking grades / Ideal for families and accompanied children / Please wear suitable boots and clothing / Refreshment stop - opportunity for refreshments)

Sunday, 11th March

**Boggy Doodles: An introduction to the art, science and joy of green sketching - March**

A friendly introduction to green sketching for beginners. Green sketching blends the best of nature and field sketching, focusing on the process, not the end result. This approach makes sketching much more rewarding and takes the pressure off trying to produce a perfect drawing. It’s a wonderful way to reconnect with nature, de-stress and improve your observation skills.

No previous experience necessary (you don’t even have to share your sketches if you don’t want to).

**Booking and payment in advance is essential. Cost £16. All equipment provided.**

**Time:** 10.00am to 12.30pm

**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP

(SJ950733)

**Leader:** Local artist Dr Ali Foxon

**Booking:** [http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746](http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746)

**Information:** 01625 574633 or email alifoxon@yahoo.com

(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)

Wednesday 14th March

**Talking Walking - An illustrated talk about the history of walking in the British Countryside**

Today we all enjoy walking in the beautiful wild places of the British Isles, as well as in our local countryside using the public rights of way network, guided by highly detailed Ordnance Survey maps.

This fascinating talk explains how our access rights have developed along with the best walking maps in the world, as well as exploring the origins of our fascination with the mountains of Britain.

**If you love walking you will find this talk fascinating! Booking and payment in advance is essential. Cost £5.**

**Time:** 7.00pm to 8.30pm

**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)

**Leader:** Mike Taylor, Cheshire East Council Public Rights of Way Manager,

**Booking:** [http://www.eventbrite.co.uk/e/talking-walking-an-illustrated-talk-about-the-history-of-walking-in-the-](http://www.eventbrite.co.uk/e/talking-walking-an-illustrated-talk-about-the-history-of-walking-in-the-)

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[www.cheshireeast.gov.uk/rangers](http://www.cheshireeast.gov.uk/rangers)
Saturday, 17th March

**Extreme Outdoor Fitness Session at Tegg’s Nose Country Park - March**

A 2-hour extreme outdoor fitness session for those wanting something a bit different as part of their fitness regime! The session will involve a warm up and cool down with running, steps, hill sprints along with a variety of intense exercises!

The class is not for the faint-hearted (suitable for intermediate to advanced fitness level attendees) but for those wanting a challenge and who like being in the outdoors in a fantastic country park! **Suitable for anyone over the age of 18. Booking and payment in advance is essential. Cost £12.50.**

**Time:** 9.00am to 11.00am  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236](http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk

(Suitable for anyone over the age of 18 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Healthy Walk – Event / Partnership event / Please wear suitable boots and clothing / Please leave your dog at home)

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Sunday, 18th March

**Tythy Tidy**

Join local groups, Tytherington High School and the Bollin Valley Partnership Rangers on a mission to rid the area of litter.

**Time:** 1.00pm to 3.00pm  
**Meeting point:** Tytherington High School, Manchester Road, Tytherington, SK10 2ED (SJ917747)  
**Leader:** Bollin Valley Partnership Ranger Emma Houghton  
**Information:** 01625 374790

(Ideal for families and accompanied children / Children must be accompanied by an adult / Please leave your dog at home / Please wear suitable boots and clothing / Full accessibility - level or ramped access / Refreshment stop - opportunity for refreshments)

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Friday, 30th March to Sunday, 15th April

**Tegg’s Nose Country Park Easter Hunt**

Ranger Martin’s Easter Eggs have been stolen! Can you help him find the wildlife that has taken them and collect their names? Buy a map from the Tegg’s Nose Tea Room for 50p, and get searching around the top of the park.
Each map purchased entitles you to 50p discount off one hot drink from Tegg's Nose Tea Room following completion of the trail.

**Time:** Maps available to purchase between 9.00am to 5.00pm between the 30th March and 15th April
**Meeting point:** Tegg's Nose Tea Room, Tegg's Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
**Leaders:** Cheshire East Countryside Ranger Service & Tegg's Nose Tea Room
**Information:** 01625 374833
(Please wear suitable boots and clothing / There is a charge for this event / Refreshment stop, opportunity for refreshments / Ideal for families and accompanied children / Car parking charge / Healthy Walk – Event / Partnership event)

Friday, 30th March to Sunday, 15th April

**Brereton Heath Local Nature Reserve Easter Hunt**

Ranger Mark’s Easter Eggs have been stolen! Can you help him find the wildlife that has taken them and collect their names? Pick up a map from the visitor centre and get searching around the park.

**Time:** Maps available to collect between 9.00am to 4.00pm between the 30th March and 15th April
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
**Leaders:** Cheshire East Countryside Ranger Service
**Information:** 01477 534115
(Please wear suitable boots and clothing / Ideal for families and accompanied children / Car parking charge / Healthy Walk – Event / Partnership event)

Sunday, 1st April

**Run Stronger Club - Tegg's Nose Taster Session – 1st April**

Run Stronger Club; run by level 3 qualified Personal Trainer and experienced ultra-runner Dan Mayers, is a low cost, six week crash course to STRONGER running with resilience to injury.

Ideal for complete beginners to intermediate runners. This is an invitation to an opening session, which will give you a feel for what’s to come over the next six weeks.

The session will include: Thorough warmup; including full body mobility and dynamic stretches / Running specific body awareness set / Introduction to some Chi-running (posture) techniques / Cool down and stretches / Feedback and chat

Signing up to the full course is then entirely up to you at the end of the session. Meet ups are twice weekly and daily home routines to back up the training. More info on the Run Stronger Club website.

**Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8.**

**Time:** 10.00am to 11.30am
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
**Leader:** Personal Trainer Dan Mayers - www.danmayers.co.uk
**Booking:** http://www.eventbrite.co.uk/e/run-stronger-club-teggs-nose-taster-session-tickets-42319231962
**Information:** 07887 698532 or Run Stronger Club website
Monday, 2\textsuperscript{nd} April

**Dogglylympics at Brereton Heath Local Nature Reserve - April**

A ‘turn up and go’ dog event at Brereton Heath Local Nature Reserve. Have a go at dog agility, easy obedience, sausage snaffle, temptation alley, retrieve and bonio challenge. Proceeds to Support Dogs. **Cost £1 each activity, £5 for all 6.**

**Time:** 11.00am to 2.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Jaris and Viv Ash  
**Information:** 01260 290466 or email jaris.ash@gmail.com  
(Partnership event / Ideal for families and accompanied children)

Tuesday, 3\textsuperscript{rd} April to Friday, 6\textsuperscript{th} April

**Moorland Adventure Easter Kids Activity Club**

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Based at Tegg’s Nose Country Park, each day focuses on different activities and it will give you a taste of adventure! **Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential.**

**Day 1 – Tuesday, 3\textsuperscript{rd} April – Archery and Bushcraft**  
**Day 2 – Wednesday, 4\textsuperscript{th} April – Climb and Abseil**  
**Day 3 – Thursday, 5\textsuperscript{th} April – Caving**  
**Day 4 – Friday, 6\textsuperscript{th} April - Orienteering and Problem Solving**

**Cost £35 per day or sign up for all 4 days for a reduced price of £120.**

Activities run from 9.00am to 4.00pm but to allow for maximum flexibility, you can drop off your child from 8.30am and collect at any time between 4.00pm and 5.00pm.

Please bring a packed lunch and drinks with you each day or you can purchase a packed lunch option (including sandwich, drink and snack) from Tegg’s Nose Tea Room for £5. Breakfast and afternoon snacks are also available to purchase from the Tea Room before and after the activity club sessions.

**Time:** 8.30am to 5.00pm each day  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Moorland Adventure – [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)  
**Information:** 01625 573615  
(Suitable for anyone between the age of 8 and 16 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments / Car parking charge)
Tuesday, 3rd April

**Pram Fit / Outdoor Fitness Taster Class - April**

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! **Booking in advance is essential.**

This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk  
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

Wednesday, 4th April

**Come and have a go at Canoeing**

Come and have a go at canoeing, kayaking, nature trails and more at Brereton Heath Local Nature Reserve with the Oakhanger Project. **Booking in advance essential. Cost £3.50.**

**Time:** 11.00am to 4.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Oakhanger Project - [www.oakhanger.org](http://www.oakhanger.org)  
**Booking / Information:** 0799 993 2963 or email oakchallenge@aol.com  
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Wednesday, 4th April

**Easter Eggstravaganza!**

Join the Bollin Valley Rangers on an afternoon of Eastery fun for the under 10’s. Making crafts with natural materials that we will find whilst on a wander down into the valley. **Booking and payment in advance is essential. Cost £4.**

**Tickets will be available to purchase 2 months prior to event date: 04/02/2018**

**Time:** 2.00pm to 4.00pm  
**Meeting point:** Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)
Leader: Bollin Valley Partnership Ranger Emma Houghton
Booking: [link to eventbrite](http://www.eventbrite.co.uk/e/easter-eggstravaganza-tickets-42353614802) by 29th March
Information: 01625 374790
(Ideal for families and accompanied children / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please leave your dog at home / Please wear suitable boots and clothing / Especially suitable for 5-10 year olds / Full accessibility - level or ramped access. Accessible toilets available)

Thursday, 5th April

**Outdoor Experience Disability Day - April**

For families of children with disabilities to try some new activities out in the fresh air. Children and parents/carers can cycle using adapted bikes and try out other activities such as orienteering, archery, pond dipping and much more. A partnership event with [Everybody Sport & Recreation](http://www.everybodysportandrecreation.org.uk).

**Time:** 11.00am to 2.00pm

**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)

**Leaders:** [Everybody Sport and Recreation](http://www.everybodysportandrecreation.org.uk), Astbury Mere Trust and Cheshire East Council Countryside Ranger Service

**Booking:** [link to eventbrite](http://www.eventbrite.co.uk/e/astbury-mere-outdoor-experience-disability-day-tickets-42526897094) by 4th April

**Information:** Ring 07506 317055 or email inclusion@everybody.org.uk
(Ideal for families and accompanied children / Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Accessible toilets available / Refreshment stop, opportunity for refreshments / Easy walking grade)

Saturday, 7th April

**Introduction to Nordic Walking - April – Higher Poynton**

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the [Everybody Sport & Recreation Nordic Walking Programme](http://www.everybodysportandrecreation.org.uk). **Booking in advance is essential.** If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

**Time:** 10.00am to 11.30am

**Meeting point:** Nelson Pit Visitor Centre, Lyme Road, Higher Poynton, Cheshire, SK12 1TH (SJ945833)

**Leader:** David Lambert, Nordic Walking Instructor for the [Everybody Nordic Walking Programme](http://www.everybodysportandrecreation.org.uk)

**Booking:** [link to eventbrite](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-april-poynton-tickets-39827130018)

**Information:** 07593448403
(Easy walking grade / Please wear suitable boots and clothing / Car parking charge / Places limited - please book in advance)

Sunday, 8th April

The Birdlife of Astbury Mere – April

Join local birder Steve Seal for an early morning walk around Astbury Mere to see the extensive birdlife that thrives in the park. **Suitable for adults and accompanied children over 8. Booking and payment in advance is essential. Adults £4, children 16 or under go free.**

**Time:** 7.00am to 9.00am

**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)

**Leader:** Local birder Steve Seal

**Booking:** [http://www.eventbrite.co.uk/e/the-birdlife-of-astbury-mere-tickets-42355069152 by 5th April](http://www.eventbrite.co.uk/e/the-birdlife-of-astbury-mere-tickets-42355069152)

**Information:** 01260 297237 and [http://astburywildlife.blogspot.co.uk](http://astburywildlife.blogspot.co.uk)

(Ideal for families and accompanied children / Bring binoculars if you have them / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Suitable for anyone over the age of 8 / Accessible toilets available / Refreshment stop, opportunity for refreshments / Easy walking grade)

Monday, 9th April

Easter Eggsploerer at Tegg’s Nose Country Park

Join **Nature Stuff** to learn all about nature in springtime. Make your very own bird's nest and collect Easter eggs, to take home, on the 'Signs of Spring Treasure Trail'. **Booking and payment in advance is essential. Cost £6.50 per child per session.**

**Time:** 10.00am to 12.00pm

**Meeting point:** Teggnsnose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)

**Leaders:** Nature Stuff – environmental educators

**Booking:** [http://www.eventbrite.co.uk/e/easter-eggsploerer-at-teggs-nose-country-park-tickets-42376443082](http://www.eventbrite.co.uk/e/easter-eggsploerer-at-teggs-nose-country-park-tickets-42376443082)

**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)

(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult)

Tuesday, 10th April

Easter Eggsploerer at Brereton Heath Local Nature Reserve

Join **Nature Stuff** to learn all about nature in springtime. Make your very own bird's nest and collect Easter eggs, to take home, on the 'Signs of Spring Treasure Trail'. **Booking and payment in advance is essential. Cost £6.50 per child per session.**

**Time:** 10.00am to 12.00pm

**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)

**Leaders:** Nature Stuff – environmental educators
Tuesday, 10th April

**Canine Capers - Creative writing with the dogs - April**

A creative writing workshop at Brereton Heath Local Nature Reserve. Meet the dogs, feel their fur, see their tricks and learn what makes a dog 'tick', then use your imagination to write as a dog. **Booking in advance is essential. Cost £5.**

**Time:** 11.00am to 12.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leader:** Jaris Ash  
**Booking / Information:** 01260 290466 or email jaris.ash@gmail.com  
(Places limited - please book in advance / There is a charge for attending this event / Partnership event / Car parking charge)

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Wednesday, 11th April

**Wellies in the Wild - Spring Pond Safari – Brereton Heath Local Nature Reserve**

Grab your wellies and your sense of adventure to join Nature Stuff on a special all new springtime Pond Safari. We’ll be hunting out signs of spring and learning all about life in the pond. **Booking and payment in advance is essential. Cost £6.50 per child per session.**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/wellies-in-the-wild-spring-pond-safari-brereton-heath-local-nature-reserve-tickets-42376765045](http://www.eventbrite.co.uk/e/wellies-in-the-wild-spring-pond-safari-brereton-heath-local-nature-reserve-tickets-42376765045)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Car parking charge / Wildlife Walk – Event)
Wednesday, 11th April

**Come and have a go at Canoeing again**

Come and have a go at canoeing, kayaking, nature trails and more at Brereton Heath Local Nature Reserve with the Oakhanger Project. **Booking in advance essential. Cost £3.50.**

**Time:** 11.00am to 4.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Oakhanger Project - [www.oakhanger.org](http://www.oakhanger.org)  
**Booking / Information:** 0799 993 2963 or email oakchallenge@aol.com  
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Friday, 13th April

**Wellies in the Wild - Spring Stream Safari - Tegg's Nose Country Park**

Grab your wellies and your sense of adventure to join Nature Stuff on a special all new springtime Stream Safari. We'll be hunting out signs of spring and learning all about life in the stream. **Booking and payment in advance is essential. Cost £6.50 per child per session.**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Tegg's Nose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/wellies-in-the-wild-spring-stream-safari-teggs-nose-country-park-tickets-42376886408](http://www.eventbrite.co.uk/e/wellies-in-the-wild-spring-stream-safari-teggs-nose-country-park-tickets-42376886408)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Wildlife Walk – Event)

Wednesday, 18th April

**Poynton Coppice Wildflower Walk**

A short stroll around Poynton Coppice looking at coppicing and how the spring flowers benefit. **Booking in advance is essential. Tickets will be available to book 2 months prior to event date:**  

**Time:** 10.00am to 11.30am  
**Meeting point:** Poynton Coppice Car Park, Shrigley Road, Higher Poynton, SK12 1TF (SJ943827)  
**Leader:** Cheshire East Council Countryside Ranger Ed Pilkington  
**Booking:** [http://www.eventbrite.co.uk/e/poynton-coppice-wildflower-walk-tickets-42355883588 by 16th April](http://www.eventbrite.co.uk/e/poynton-coppice-wildflower-walk-tickets-42355883588)  
**Information:** 01625 383700  
(Easy to Moderate walking grade / Places limited - please book in advance / Bring binoculars if you have them / Please wear suitable boots and clothing / Please leave your dog at home / Wildlife Walk - Event)
Sunday, 22nd April

Run Stronger Club - Tegg’s Nose Taster Session – 22nd April

Run Stronger Club: run by level 3 qualified Personal Trainer and experienced ultra-runner Dan Mayers, is a low cost, six week crash course to STRONGER running with resilience to injury.

Ideal for complete beginners to intermediate runners. This is an invitation to an opening session, which will give you a feel for what’s to come over the next six weeks.

The session will include: Thorough warmup; including full body mobility and dynamic stretches / Running specific body awareness set / Introduction to some Chi-running (posture) techniques / Cool down and stretches / Feedback and chat

Signing up to the full course is then entirely up to you at the end of the session. Meet ups are twice weekly and daily home routines to back up the training. More info on the Run Stronger Club website.

Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8.

Time: 10.00am to 11.30am
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Personal Trainer Dan Mayers - www.danmayers.co.uk
Booking: http://www.eventbrite.co.uk/e/run-stronger-club-teggs-nose-taster-session-tickets-42319231962
Information: 07887 698532 or Run Stronger Club website
(Places limited - please book in advance / Healthy Walk – Event / Refreshment stop, opportunity for refreshments / Car parking charge / Please wear suitable footwear and clothing / Partnership event / Suitable for anyone over the age of 16 / There is a charge, payable in advance, for attending this event)

Sunday, 22nd April

Spring Mindfulness Walk with Pamela Carr

“The world is mud-luscious and puddle-wonderful” – E. E. Cummings

This is our third year of offering Mindfulness walks at Tegg’s Nose Country Park. Past walks have been popular and well-received by the enthusiastic walkers. One wrote: “This has been a lovely opportunity to spend time really noticing the environment and how I am relating to it.”

Research is now proving that our direct contact with nature really can benefit our health and wellbeing. Mindfully walking outdoors in nature through all the seasons can be a truly magical, nurturing and healing experience.

If you enjoy walking, love nature and want to explore Mindfulness - join Pamela Carr on this leisurely morning walk with a difference. The gentle walk (about 2 miles) will include some pauses and simple exercises to help us to slow down, become more present and open our senses to what we can see, hear, feel, smell and maybe even taste, moment by moment.

Pamela loves this beautiful space and experiences new inspiration every time she visits. Previous walkers have spoken about discovering for themselves the quietening, calming and creative benefits of walking mindfully in nature. You might like to bring your notebook or camera.
Following the walk you'll return to the popular Tegg's Nose Tea Room to share discoveries and creative ideas. Optional drinks/snacks available to purchase. Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8.00.

Tickets will be available to book 2 months prior to event date: 22/02/2018

**Time:** 9.00am to 11.00am
**Meeting point:** Tegg's Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
**Leader:** Pamela Carr, Mindfulness Teacher and Focusing Professional
**Booking:** [http://www.eventbrite.co.uk/e/spring-mindfulness-walk-with-pamela-carr-tickets-42167849172](http://www.eventbrite.co.uk/e/spring-mindfulness-walk-with-pamela-carr-tickets-42167849172)
**Information:** Email Pamela - focusingforall@aol.com

(Easy walking grade / Please wear suitable boots and clothing / Suitable for anyone over the age of 16 / Please leave your dog at home / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Refreshment stop, opportunity for refreshments / Partnership event / Car parking charge)

Tuesday, 24th April

**Walk with Nature: Birds of Tegg's Nose**

A morning walk in the woodland and scrub around Tegg’s Nose Country Park looking for the area’s spring migrants especially pied flycatcher and common redstart.

**Time:** 9.30am to 12.30pm
**Meeting point:** Teggsnose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)
**Leaders:** Ian Taylor and Alan Brereton from The RSPB Macclesfield Local Group and Cheshire East Council Countryside Ranger Martin James
**Information:** 01260 275248 or the [RSPB Macclesfield Local Group events web page](http://www.rspb.org.uk/visit/whatson/localgroups/macclesfield)

(Bring binoculars if you have them / Please wear suitable boots and clothing / Please leave your dog at home / Easy to Moderate walking grade / Wildlife Walk – Event / Partnership event)

Wednesday, 25th April

**Wellies in the Wild – Pond Dipping for Grown Ups – Brereton Heath Local Nature Reserve**

Grown-ups grab your wellies and join Nature Stuff on a special pond dip session. Whether you are keen to rekindle your childhood memories of exploring nature or are a complete beginner, this session is designed for you! Booking and payment in advance is essential. Cost £6.50 per adult per session.

**Time:** 10.00am to 12.00pm
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
**Leaders:** Nature Stuff – environmental educators
**Booking:** [http://www.eventbrite.co.uk/e/wellies-in-the-wild-pond-dipping-for-grown-ups-brereton-heath-local-nature-reserve-tickets-42376904462](http://www.eventbrite.co.uk/e/wellies-in-the-wild-pond-dipping-for-grown-ups-brereton-heath-local-nature-reserve-tickets-42376904462)
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)

(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Wildlife Walk – Event)
Thursday, 26th April

Orienteering for All – Tegg’s Nose Country Park

An evening event held by Manchester and District Orienteering Club. Courses suitable for everyone, beginners and experienced orienteers. Families and groups welcome. Instruction available. There is a charge for this event. Adults £5, Children £2.

Time: Registration from 5.30pm. Start times from 6.00pm until 7.00pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Manchester and District Orienteering Club - [www.mdoc.org.uk](http://www.mdoc.org.uk)
Information: summer2018@mdoc.org.uk or visit [www.mdoc.org.uk](http://www.mdoc.org.uk)
(Please bring suitable shoes and clothing / Please leave your dog at home / Ideal for families and accompanied children / There is a charge for this event / Partnership event / Car parking charge)

Friday, 27th April

Plein Air Painting at Tegg’s Nose Country Park with Northern Realist – April

If you’ve ever wanted to get out of the studio and paint outdoors, this series of workshops with classically trained artists Christopher Clements & Kieran Ingram, will guide you through everything you need to know. Both Kieran and Christopher are professional artists, Kieran has featured on Sky Landscape Artist of the Year and Christopher is the director of Northern Realist Drawing & Painting in Manchester.

You’ll learn an approach which will enable you to interpret and arrange the tones and colours of the landscape allowing you to evoke the simple beauty of your environment.

Work at your own level in a small friendly group, meet like minded artists and enjoy the beautiful scenery! All equipment is provided but you're welcome to bring your own, a list will be provided.

Booking and payment in advance is essential. Cost £49.

Time: 10.00am to 3.30pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Artists Chris Clements and Kieran Ingram - [www.northernrealist.com](http://www.northernrealist.com)
Booking: [http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015](http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015)
Information: Email info@northernrealist.com or visit [www.northernrealist.com/plein-air-landscape-citiscapes-workshops](http://www.northernrealist.com/plein-air-landscape-citiscapes-workshops)
(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)

Sunday, 29th April

Carrs Working Party and Clean-up - April

Help keep your local park looking good by joining the Friends of the Carrs and the Bollin Valley Rangers on some conservation tasks. This will include tree pruning, footpath work and litter picking. Feel free to join us for an hour or for the full day. Light refreshments provided.
Tuesday, 1st May

Walk with Nature: Birds of the Goyt Valley

An early morning walk in the Goyt Valley looking for our less frequently seen spring migrants - pied and spotted flycatcher, common redstart, tree pipit and listening for cuckoo.

Time: 7.00am to 10.00am
Meeting point: Errwood Hall car park, Errwood Reservoir, Goyt Valley, SK17 6GT (SK012748)
Leaders: Alan Brereton and Ian Taylor from The RSPB Macclesfield Local Group and Cheshire East Council Countryside Ranger Service
Information: 01625 615628 or the RSPB Macclesfield Local Group events web page
(Bring binoculars if you have them / Please wear suitable boots and clothing / Please leave your dog at home / Easy to Moderate walking grade / Wildlife Walk – Event / Partnership event)

Tuesday, 1st May

Pram Fit / Outdoor Fitness Taster Class - May

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! Booking in advance is essential.

This event repeats every first Tuesday of the month.

Time: 10.00am to 11.00am
Meeting point: Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)
Leader: Personal Trainer Kelly Morley
Booking: http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502
Information: 07803 245590 or email hnb@kellymorley.co.uk
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)
Saturday, 5th May

**Tegg’s Nose Star Party – May**

If you’ve ever looked up at the starry night sky and been enthralled by what you’ve seen, join Macclesfield Astronomical Society for an evening of astronomy. There will be a general talk, from members of the group, suitable for all levels of knowledge, followed by an opportunity to ask questions and engage in some guided observing.

Observing will be available using supplied equipment, **weather permitting**. You are welcome to bring your own binoculars or even telescopes. **Booking and payment in advance is essential. Cost £5.**

Observing highlights - **Jupiter "King of the Planets".** Jupiter will be visible all night, in the constellation Virgo.

**Tickets will be available to purchase 2 months prior to event date: 05/03/2018**

**Time:** 8.00pm to 11.00pm

**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Leaders:** Macclesfield Astronomical Society – [www.maccastro.com](http://www.maccastro.com)

**Booking:** [http://www.eventbrite.co.uk/e/teggs-nose-star-party-may-tickets-42420954216](http://www.eventbrite.co.uk/e/teggs-nose-star-party-may-tickets-42420954216)

**Information:** 01625 374833

(Please leave your dog at home / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments / Full accessibility - level or ramped access. Accessible toilets available)

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Wednesday, 9th May

**Introduction to Nordic Walking - May – Tegg’s Nose Country Park**

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a **FREE** session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the [Everybody Sport & Recreation Nordic Walking Programme](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-may-macclesfield-tickets-39827442954). **Booking in advance is essential.** If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

**Time:** 10.00am to 11.30am

**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Leader:** David Lambert, Nordic Walking Instructor for the [Everybody Nordic Walking Programme](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-may-macclesfield-tickets-39827442954)

**Booking:** [http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-may-macclesfield-tickets-39827442954](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-may-macclesfield-tickets-39827442954)

**Information:** 07593448403

(Easy walking grade / Please wear suitable boots and clothing / Car parking charge / Places limited - please book in advance)
Friday, 11th May

Wellies in the Wild – Bug Hunting and Stream Dipping for Grown Ups - Tegg’s Nose Country Park

Grown-ups grab your wellies and join Nature Stuff on a special bug hunting and stream dipping session. Whether you are keen to rekindle your childhood memories of exploring nature or are a complete beginner, this session is designed for you! Booking and payment in advance is essential. Cost £6.50 per adult per session.

Tickets will be available to purchase 2 months prior to event date: 11/03/2018

Time: 10.00am to 12.00pm
Meeting point: Teggssnose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)
Leaders: Nature Stuff – environmental educators
Information: 07870804413 or visit www.naturestuff.co.uk
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Partnership event / Wildlife Walk – Event)

Saturday, 12th May

Spring walk to Lawton Woods

A 6km (4 mile) countryside ramble to see the extensive bluebell displays in Lawton Woods. Suitable for adults and accompanied children over 8. Booking and payment in advance is essential. Cost £4, children 16 or under go free.

Tickets will be available to purchase 2 months prior to event date: 12/03/2018

Time: 11.00am to 1.00pm
Meeting point: Rode Heath Rise, Off Sandbach Road, Rode Heath, Cheshire, ST7 3RU (SJ805570)
Leader: Cheshire East Council Countryside Ranger Service Matthew Axford
Booking: http://www.eventbrite.co.uk/e/spring-walk-to-lawton-woods-tickets-42421923114 by 9th May
Information: 01260 297237
(Children must be accompanied by an adult / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please leave your dog at home / Please wear suitable boots and clothing / Suitable for anyone over the age of 8 / Refreshment stop, opportunity for refreshments / Moderate walking grade)

Sunday, 13th May

The Birdlife of Astbury Mere – May

Join local birder Steve Seal for an early morning walk around Astbury Mere to see the extensive birdlife that thrives in the park. Spring migrants will be here in abundance. Suitable for adults and accompanied children over 8. Booking and payment in advance is essential. Adults £4, children 16 or under go free.

Tickets will be available to purchase 2 months prior to event date: 13/03/2018
**Run Stronger Club - Tegg's Nose Taster Session - May**

Run Stronger Club: run by level 3 qualified Personal Trainer and experienced ultra-runner Dan Mayers, is a low cost, six week crash course to STRONGER running with resilience to injury.

Ideal for complete beginners to intermediate runners. This is an invitation to an opening session, which will give you a feel for what's to come over the next six weeks.

The session will include: Thorough warmup; including full body mobility and dynamic stretches / Running specific body awareness set / Introduction to some Chi-running (posture) techniques / Cool down and stretches / Feedback and chat

Signing up to the full course is then entirely up to you at the end of the session. Meet ups are twice weekly and daily home routines to back up the training. More info on the Run Stronger Club website.

**Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8.**

**Time:** 10.00am to 11.30am

**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Leader:** Personal Trainer Dan Mayers - [www.danmayers.co.uk](http://www.danmayers.co.uk)

**Booking:** [http://www.eventbrite.co.uk/e/run-stronger-club-teggs-nose-taster-session-tickets-42319231962](http://www.eventbrite.co.uk/e/run-stronger-club-teggs-nose-taster-session-tickets-42319231962)

**Information:** 07887 698532 or [Run Stronger Club website](http://www.danmayers.co.uk)

(Places limited - please book in advance / Healthy Walk – Event / Refreshment stop, opportunity for refreshments / Car parking charge / Please wear suitable footwear and clothing / Partnership event / Suitable for anyone over the age of 16 / There is a charge, payable in advance, for attending this event)

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**Sunday, 13th May**

**Foraging and Wild Food Cookery Course – Macclesfield Riverside Park**

A full day of foraging and wild food cookery, with a professional forager from [Totally Wild UK](http://www.totallywilduk.com).

After our initial meeting we will go through some keys to help you in the correct identification of what we’re about to find. Along with your very own foragers baskets we will head out to discover the vast array of wild edible species that lie all around us. James Wood, your forager, will give you tips on correct identification, potential look-alike species as well as a vast range of edible possibilities that the species can provide us with. Take all of this in whilst enjoying a large range of pre-made wild food tasters from jams to pickles, syrups, chutneys,
cordials, alcohol infusions and salt pickles. You will then take on the role of the forager, harvesting a range of wild and fresh ingredients.

On returning to our venue we will have a quick break whilst sorting through and cleaning up our ingredients. Then we start on the cookery side of our course, you will be guided through the process of chopping, boiling, baking and mixing our wild ingredients to create a delicious meal for us all to enjoy.

**Booking and payment in advance is essential. Cost: £60 per adult, £25 per child (under the age of 16).**

**Time:** 10.00am to 4.00pm  
**Meeting point:** Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)  
**Leader:** James Wood from Totally Wild UK - [http://www.totallywilduk.co.uk/](http://www.totallywilduk.co.uk/)  
**Booking:** [http://totallywilduk.co.uk/courses/#/event/foraging-and-wild-food-cookery-course](http://totallywilduk.co.uk/courses/#/event/foraging-and-wild-food-cookery-course)  
**Information:** 07999 992615  
(Ideal for families and accompanied children / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Refreshment stop, opportunity for refreshments)

**Wednesday, 16th May**

**Alsager Tree Walk**

A gentle walk around the local area to look at some of the trees and wildlife within the urban environment. **Suitable for adults and accompanied children over 12. Booking in advance is essential.**

**Time:** 9.30am to 10.30am  
**Meeting point:** Alsager Library, Sandbach Road North, Alsager, Cheshire, ST7 2QH (SJ796555)  
**Leader:** Cheshire East Council Countryside Ranger Alistair Wright  
**Booking:** Tickets available to book in person at Alsager Library, please [book by 14th May](http://www.eventbrite.co.uk/e/alsager-tree-walk-tickets-42455591818)  
**Information:** 01270 375325  
(Children must be accompanied by an adult / Places limited - please book in advance / Please leave your dog at home / Partnership event / Please wear suitable boots and clothing / Suitable for anyone over the age of 12 / Especially suitable for adults / Wildlife Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Refreshment stop, opportunity for refreshments / Easy walking grade)

**Wednesday, 16th May**

**Timbersbrook Explorer**

A 10km (6 mile) circular walk starting from Timbersbrook Picnic Area, exploring the Biddulph Valley Way, Dane-in-Shaw Pasture and local Public Rights of Way before heading up to the top of the Cloud. **Booking and payment in advance is essential. Cost £4.**

**Tickets will be available to purchase 2 months prior to event date: 16/03/2018**

**Time:** 10.00am to 2.00pm  
**Meeting point:** Timbersbrook Picnic Area, Weathercock Lane, Timbersbrook, Congleton, CW12 3PP (SJ894627)  
**Leader:** Cheshire East Council Countryside Ranger Cal Sherratt  
**Booking:** [http://www.eventbrite.co.uk/e/timbersbrook-explorer-tickets-42455591818](http://www.eventbrite.co.uk/e/timbersbrook-explorer-tickets-42455591818) **by 14th May**
Information: 01260 297237
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Bring a packed lunch / Moderate to Strenuous walking grade / Healthy Walk - Event)

Thursday, 17th May

**Spring Wildlife of Bollington**

A leisurely morning walk around the footpaths of Bollington enjoying the varied wildlife in the area. **Booking and payment in advance is essential. Cost £4.**

Tickets will be available to purchase 2 months prior to event date: 17/03/2018

**Time:** 9.30am to 12.30pm  
**Meeting point:** Public car park, Adlington Road, Bollington, SK10 5JT (SJ930781)  
**Leader:** Cheshire East Council Countryside Ranger Pete Dowse  
**Booking:** [http://www.eventbrite.co.uk/e/spring-wildlife-of-bollington-tickets-42455762328](http://www.eventbrite.co.uk/e/spring-wildlife-of-bollington-tickets-42455762328) by 15th May  
**Information:** 01625 383700
(There is a charge, payable in advance, for attending this event / Moderate walking grade / Places limited - please book in advance / Bring binoculars if you have them / Please wear suitable boots and clothing / Please leave your dog at home / Wildlife Walk - Event)

Friday, 18th May

**Boggy Doodles: An introduction to the art, science and joy of green sketching - May**

A friendly introduction to green sketching for beginners. Green sketching blends the best of nature and field sketching, focusing on the process, not the end result. This approach makes sketching much more rewarding and takes the pressure off trying to produce a perfect drawing. It’s a wonderful way to reconnect with nature, de-stress and improve your observation skills.

No previous experience necessary (you don’t even have to share your sketches if you don’t want to).

**Booking and payment in advance is essential. Cost £16. All equipment provided.**

Tickets will be available to book 2 months prior to event date: 18/03/2018

**Time:** 10.00am to 12.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Local artist Dr Ali Foxon  
**Booking:** [http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746](http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746)  
**Information:** 01625 574633 or email alifoxon@yahoo.com
(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)
Saturday, 19th May

**Ramble with the Rangers – Tegg’s Nose Country Park**

Join [East Cheshire Ramblers](http://www.eastcheshireramblers.org.uk) and the Rangers for a circular 9.8km (6 mile) guided walk, from Tegg’s Nose Country Park, while looking out for signs of Spring wildlife and enjoying the autumnal landscape. **Booking in advance is essential.**

**Tickets will be available to book 2 months prior to event date: 19/03/2018**

**Time:** 10.00am to 2.00pm  
**Meeting point:** Tegg’s Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** [East Cheshire Ramblers](http://www.eastcheshireramblers.org.uk) and Cheshire East Council Countryside Ranger Martin James  
**Booking:** [http://www.eventbrite.co.uk/e/ramble-with-the-rangers-teggs-nose-country-park-tickets-42456594818](http://www.eventbrite.co.uk/e/ramble-with-the-rangers-teggs-nose-country-park-tickets-42456594818)  
**Information:** 01625 374833  
(Places limited - please book in advance / Please wear suitable boots and clothing / Moderate to Strenuous walking grade / Healthy Walk – Event / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments)

Saturday, 19th May

**Marie Curie Spring Walk - Beeston and Peckforton Ramble**

An 11km (7 mile) walk following mainly footpaths across fields near Beeston Castle, then on footpaths west of the Peckforton Hills.

A Marie Curie representative is leading the walk and donations are welcome. **Booking in advance is essential. Suitable for adults and accompanied children over 12.**

**Tickets will be available to book 2 months prior to event date: 19/03/2018**

**Time:** 10:30am to 3:00pm  
**Meeting point:** The Shady Oak Pub, Bates Mill Lane, Tiverton, Tarporley, CW6 9UE (SJ532603)  
**Leaders:** Chris Barratt, Marie Curie Cancer Care local representative and Julie Molyneux, Cheshire East Council Countryside Ranger Service  
**Booking:** [http://www.eventbrite.co.uk/e/marie-curie-spring-walk-beeston-and-peckforton-ramble-tickets-42456879670](http://www.eventbrite.co.uk/e/marie-curie-spring-walk-beeston-and-peckforton-ramble-tickets-42456879670)  
**Information:** 01270 686071  
(Places limited - please book in advance / Please wear suitable boots and clothing / Suitable for anyone over the age of 12 / Children must be accompanied by an adult / Moderate walking grade / Please leave your dog at home / Wildlife and Healthy Walk – Event / Bring binoculars if you have them / Bring a packed lunch)

Sunday, 20th May

**Come and Try It Day at Tegg’s Nose Country Park**

Join Moorland Adventure, in a beautiful countryside setting, to try a number of exciting and varied activities. There will be many different things for you to experience during the day including Climbing, Abseiling, Archery and Bushcraft. **Minimum age for Abseiling is 8. Booking and payment in advance is essential. Cost £18 per person.**
Time: 10.00am to 4.00pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Moorland Adventure - [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)
Booking: [http://moorlandadventure.co.uk/shop/events/come-and-try-it-day-2018/](http://moorlandadventure.co.uk/shop/events/come-and-try-it-day-2018/)
Information: 01625 573615
(There is a charge, payable in advance, for attending this event / Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / Ideal for families and accompanied children / Children must be accompanied by an adult / Easy walking grade / Refreshment stop, opportunity for refreshments / Healthy Walk – Event / Partnership event / Car parking charge)

Sunday, 20th May

**Fun Dog Show and Dog Behaviour Clinic with Vic Barlow, the Dogfather**

Tegg’s Nose Country Park is a favourite walking location for many dog walkers. Join us for a Fun Dog Show, in aid of [Animal Support Volunteers](http://www.animalsupport.org.uk), plus an informative Dog Behaviour Clinic from local dog trainer Vic Barlow.

There will be 12 classes judged including: Prettiest Bitch, Most Handsome Dog, Best Rescue Dog/Bitch, Dog with Most Appealing Eyes and Dog Judge would most like to take home. All classes £1 entry.

During a short outdoor behaviour class Vic will demonstrate, in a more natural environment, how to transfer good obedience work into the real world and also essential techniques for dealing with livestock encountered during walks in the countryside.

Following this free session there is the option of a short paid ‘one to one’ training session with Vic (Cost £10 - any funds raised will be donated to Animal Support Volunteers). Please email vic@vicbarlow.com to book a ‘one to one’ session.

Time: 10.00am to 2.00pm
Meeting point: Tegg’s Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Local Dog Trainer Vic Barlow – [www.vicbarlow.com](http://www.vicbarlow.com)
One to One dog training booking: Email vic@vicbarlow.com to book your session
Information: 07590 560012
(Please wear suitable boots and clothing / Places limited - please book in advance / Easy walking grade / Car parking charge / Partnership event / Refreshment stop, opportunity for refreshments)

Wednesday, 23rd May

**A Spring Evening in Kerridge**

A 6km (4 mile) walk exploring the footpaths of Kerridge on this historical walk and enjoy the views from Kerridge ridge. **Booking and payment in advance is essential. Adults £4, children 16 or under go free.**

**Tickets will be available to purchase 2 months prior to event date: 23/03/2018**

Time: 7:30pm to 9:30pm
Meeting point: Jackson Lane, Kerridge, Bollington, SK10 5BE (SJ935773)
Leader: Cheshire East Council Countryside Ranger Ed Pilkington
Booking: [http://www.eventbrite.co.uk/e/a-spring-evening-in-kerridge-tickets-42457229717](http://www.eventbrite.co.uk/e/a-spring-evening-in-kerridge-tickets-42457229717) by 21st May
Information: 01625 383700
(Places limited - please book in advance / Children must be accompanied by an adult / There is a charge,
payable in advance, for attending this event / Strenuous walking grade / Please leave your dog at home / Please wear suitable boots and clothing / Healthy Walk – Event / Bring binoculars if you have them)

Friday, 25th May

**Plein Air Painting at Tegg’s Nose Country Park with Northern Realist – May**

If you’ve ever wanted to get out of the studio and paint outdoors, this series of workshops with classically trained artists Christopher Clements & Kieran Ingram, will guide you through everything you need to know. Both Kieran and Christopher are professional artists, Kieran has featured on Sky Landscape Artist of the Year and Christopher is the director of Northern Realist Drawing & Painting in Manchester.

You’ll learn an approach which will enable you to interpret and arrange the tones and colours of the landscape allowing you to evoke the simple beauty of your environment.

Work at your own level in a small friendly group, meet like minded artists and enjoy the beautiful scenery! All equipment is provided but you're welcome to bring your own, a list will be provided.

**Booking and payment in advance is essential. Cost £49.**

**Time:** 10.00am to 3.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Artists Chris Clements and Kieran Ingram - [www.northernrealist.com](http://www.northernrealist.com)  
**Booking:** [http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015](http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015)  
**Information:** Email info@northernrealist.com or visit [www.northernrealist.com/plein-air-landscape-cityscape-workshops](http://www.northernrealist.com/plein-air-landscape-cityscape-workshops)  
(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)

Sunday, 27th May

**Extreme Outdoor Fitness Session at Tegg’s Nose Country Park - May**

A 2-hour extreme outdoor fitness session for those wanting something a bit different as part of their fitness regime! The session will involve a warm up and cool down with running, steps, hill sprints along with a variety of intense exercises!

The class is not for the faint-hearted (suitable for intermediate to advanced fitness level attendees) but for those wanting a challenge and who like being in the outdoors in a fantastic country park! **Suitable for anyone over the age of 18. Booking and payment in advance is essential. Cost £12.50.**

**Time:** 9.00am to 11.00am  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236](http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk
Sunday, 27th May

Doggylympics at Brereton Heath Local Nature Reserve - May

A ‘turn up and go’ dog event at Brereton Heath Local Nature Reserve. Have a go at dog agility, easy obedience, sausage snaffle, temptation alley, retrieve and bonio challenge. Proceeds to Support Dogs. Cost £1 each activity, £5 for all 6.

Time: 11.00am to 2.00pm
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Jaris and Viv Ash
Information: 01260 290466 or email jaris.ash@gmail.com
(Partnership event / Ideal for families and accompanied children)

Tuesday, 29th May to Friday, 1st June

Moorland Adventure May Half-Term Kids Activity Club

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Based at Tegg’s Nose Country Park, each day focuses on different activities and it will give you a taste of adventure! Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential. All day 3 participants must be "Water confident".

Day 1 – Tuesday, 29th May – Archery and Bushcraft
Day 2 – Wednesday, 30th May – Climb and Abseil
Day 3 – Thursday, 31st May – Kayaking and Canoeing
Day 4 – Friday, 1st June - Orienteering and Problem Solving

Cost £35 per day or sign up for all 4 days for a reduced price of £120.

Activities run from 9.00am to 4.00pm but to allow for maximum flexibility, you can drop off your child from 8.30am and collect at any time between 4.00pm and 5.00pm.

Please bring a packed lunch and drinks with you each day or you can purchase a packed lunch option (including sandwich, drink and snack) from Tegg’s Nose Tea Room on days 1, 2 and 4, for £5. Breakfast and afternoon snacks are also available to purchase from the Tea Room before and after the activity club sessions on days 1, 2 and 4.

Time: 8.30am to 5.00pm each day
Days 1, 2, and 4 Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Day 3 Meeting point: Rudyard Lake, Rudyard, ST13 8RN (SJ950580)
Leaders: Moorland Adventure – www.moorlandadventure.co.uk
Information: 01625 573615

(Suitable for anyone between the age of 8 and 16 / Places limited - please book in advance / There is a charge,
payable in advance, for attending this event / Please wear suitable boots and clothing / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments / Car parking charge)

Tuesday, 29th May

**Canine Capers - Creative writing with the dogs - May**

A creative writing workshop at Brereton Heath Local Nature Reserve. Meet the dogs, feel their fur, see their tricks and learn what makes a dog ‘tick’, then use your imagination to write as a dog. **Booking in advance is essential. Cost £5.**

**Time:** 11.00am to 12.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leader:** Jaris Ash  
**Booking / Information:** 01260 290466 or email jaris.ash@gmail.com  
(Places limited - please book in advance / There is a charge for attending this event / Partnership event / Car parking charge)

Tuesday, 29th May

**Down the Mines! – May**

Join Derbyshire Caving Club for a trip down the old copper mines of Alderley Edge. Helmets with lamps provided, but please wear old clothes. Some crawling involved. **Suitable for adults and accompanied children over 6. Booking and payment in advance is essential. Cost £7.50.**

**Tickets will be available to book 2 months prior to event date: 29/03/2018**

**Time:** 7.00pm to 9.30pm  
**Meeting point:** National Trust yard behind Wizard Restaurant, Macclesfield Road, Alderley Edge, SK10 4UB (SJ859773)  
**Leaders:** Derbyshire Caving Club - [http://www.derbyscc.org.uk](http://www.derbyscc.org.uk)  
**Booking:** [http://www.eventbrite.co.uk/e/down-the-mines-may-tickets-42457718178](http://www.eventbrite.co.uk/e/down-the-mines-may-tickets-42457718178)  
**Information:** 01625 374833  
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 6 / Partnership event / Children must be accompanied by an adult)

Wednesday, 30th May

**Oak Challenge National Go-Canoeing Week**

Come and have a go at canoeing, kayaking, paddleboards, etc. at Brereton Heath Local Nature Reserve. You can also find out more about coaching courses with the Oakhanger Project. **Booking in advance is essential.**

**Time:** 11.00am to 4.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Oakhanger Project - [www.oakhanger.org](http://www.oakhanger.org)  
**Booking / Information:** 0799 993 2963 or email oakchallenge@aol.com
Wednesday, 30th May

Bickerton Hill from Ice Age to Iron Age - May

A guided walk with a difference. Walk with a nomadic hunter gather and learn how people survived in post Ice Age Britain. Examine replica artefacts and find out what sort of clothing a Palaeolithic hunter-gatherer might have worn. Hosted by the National Trust and Cheshire East Council Countryside Ranger Service with Prehistory Workshop Presenter Dave Trevor from http://10000yearsbc.co.uk.

**Suitable for adults and accompanied children over 8. Booking and payment in advance is essential.**

**Tickets will be available to purchase 2 months prior to event date: 30/03/2018**

**Time:** 2.00pm to 4.30pm

**Meeting point:** Pool Dale National Trust car park (free), off Goldford Lane (opposite Pool Farm), Bickerton SY14 8LN (SJ503530)

**Leaders:** National Trust and Cheshire East Council Countryside Ranger Service with Prehistory Workshop Presenter Dave Trevor from http://10000yearsbc.co.uk

**Booking:** http://www.eventbrite.co.uk/e/bickerton-hill-from-ice-age-to-iron-age-may-tickets-42458532614

**Information:** 01270 686071

(Ideal for families and accompanied children / Suitable for anyone over the age of 8 / Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Moderate walking grade / Please leave dogs at home / Archaeological & Healthy Walk - Event / Bring binoculars if you have them)

Saturday, 2nd June

Oak Challenge National Go-Canoeing Week

Come and have a go at canoeing, kayaking, paddleboards, etc. at Brereton Heath Local Nature Reserve. You can also find out more about coaching courses with the Oakhanger Project. **Booking in advance is essential.**

**Time:** 11.00am to 4.00pm

**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)

**Leaders:** Oakhanger Project - www.oakhanger.org

**Booking / Information:** 0799 993 2963 or email oakchallenge@aol.com

(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Tuesday, 5th June

Pram Fit / Outdoor Fitness Taster Class - June

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.
Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! **Booking in advance is essential.**

This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk  
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

*Wednesday, 13th June*

**Introduction to Climbing at Windgather Rocks**

A chance to experience the thrills of climbing in this introductory climbing session with **Moorland Adventure.** Suitable for anyone over the age of 9. **Booking and payment in advance is essential. Cost £14.**

**Time:** 7.00pm to 9.00pm  
**Meeting point:** Windgather Rocks, Side End Lane, Kettleshulme, SK23 7RF (SJ995777)  
**Leaders:** Moorland Adventure - [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)  
**Booking:** [http://moorlandadventure.co.uk/shop/events/intro-to-climbing-windgather-june-2018/](http://moorlandadventure.co.uk/shop/events/intro-to-climbing-windgather-june-2018/)  
**Information:** 01625 573615  
(Suitable for anyone over the age of 9 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Please wear suitable boots and clothing / Partnership event)

*Wednesday, 13th June*

**Countryside Taster Day**

Outdoor excitement and challenge for ALL people with disabilities. Activities such as archery, climbing and crafts suitable for all abilities. **Booking and payment in advance is essential. Cost £2 per person.**

**Time:** 11.00am to 3.00pm  
**Meeting point:** Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)  
**Leaders:** The Bollin Valley Partnership  
**Booking:** 01625 374790 by 12th June  
(Places limited - please book in advance / Please wear suitable boots and clothing / Full accessibility - level or ramped access. Accessible toilets available / Bring a packed lunch / Refreshment stop, opportunity for refreshments / There is a charge, payable in advance, for attending this event)
Friday, 15th June

**Introduction to Nordic Walking - June – Bollington**

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. **Booking in advance is essential.** If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

**Time:** 6.30pm to 8.00pm  
**Meeting point:** Public car park, Adlington Road, Bollington, SK10 5JT (SJ930781)  
**Leader:** David Lambert, Nordic Walking Instructor for the Everybody Sport & Recreation Nordic Walking Programme  
**Booking:** [http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-june-bollington-tickets-39827983571](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-june-bollington-tickets-39827983571)  
**Information:** 07593448403  
(Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance)

Sunday, 17th June

**Foraging Course and Wild Food Cookery – Macclesfield Riverside Park**

A full day of foraging and wild food cookery, with a professional forager from Totally Wild UK.

After our initial meeting we will go through some keys to help you in the correct identification of what we’re about to find. Along with your very own foragers baskets we will head out to discover the vast array of wild edible species that lie all around us. James Wood, your forager, will give you tips on correct identification, potential look-alike species as well as a vast range of edible possibilities that the species can provide us with. Take all of this in whilst enjoying a large range of pre-made wild food tasters from jams to pickles, syrups, chutneys, cordials, alcohol infusions and salt pickles. You will then take on the role of the forager, harvesting a range of wild and fresh ingredients.

On returning to our venue we will have a quick break whilst sorting through and cleaning up our ingredients. Then we start on the cookery side of our course, you will be guided through the process of chopping, boiling, baking and mixing our wild ingredients to create a delicious meal for us all to enjoy.

**Booking and payment in advance is essential. Cost: £60 per adult, £25 per child (under the age of 16).**

**Time:** 10.00am to 4.00pm  
**Meeting point:** Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)  
**Leader:** James Wood from Totally Wild UK - [http://www.totallywilduk.co.uk/](http://www.totallywilduk.co.uk/)  
**Booking:** [http://totallywilduk.co.uk/courses/#/event/foraging-course-and-wild-food-cookery-1](http://totallywilduk.co.uk/courses/#/event/foraging-course-and-wild-food-cookery-1)  
**Information:** 07999 992615  
(Ideal for families and accompanied children / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Refreshment stop, opportunity for refreshments)
**Sunday, 17th June**

**Wildflowers of Macclesfield Riverside Park for Beginners**

Most of us know more wild plants than we think; join us on a walk around Macclesfield Riverside Park putting names to our common wildflowers and trees and just enjoying nature.

**Booking and in advance is essential. Adults £4, children 16 or under go free.**

**Tickets will be available to purchase 2 months prior to event date: 17/04/2018**

**Time:** 11.00am to 2.00pm

**Meeting point:** Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)

**Leader:** Bollin Valley Partnership Ranger Jim Middlemass

**Booking:** [http://www.eventbrite.co.uk/e/wildflowers-of-macclesfield-riverside-park-for-beginners-tickets-42492084970 by 13th June](http://www.eventbrite.co.uk/e/wildflowers-of-macclesfield-riverside-park-for-beginners-tickets-42492084970 by 13th June)

**Information:** 01625 511086

(Ideal for families and accompanied children / Places limited - please book in advance / Please leave your dog at home / Please wear suitable boots and clothing / Partial accessibility - level or ramped access / Easy walking grade / There is a charge, payable in advance, for attending this event)

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**Tuesday, 19th June**

**Orienteering for All – Brereton Heath Local Nature Reserve**

An evening event held by Manchester and District Orienteering Club. Courses suitable for everyone, beginners and experienced orienteers. Families and groups welcome. Instruction available. **There is a charge for this event. Adults £5, Children £2.**

**Time:** Registration from 5.30pm. Start times from 6.00pm until 7.00pm

**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)

**Leaders:** Manchester and District Orienteering Club - [www.mdoc.org.uk](http://www.mdoc.org.uk)

**Information:** summer2018@mdoc.org.uk or visit [www.mdoc.org.uk](http://www.mdoc.org.uk)

(Please bring suitable shoes and clothing / Please leave your dog at home / Ideal for families and accompanied children / There is a charge for this event / Partnership event / Car parking charge)

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**Tuesday, 19th June**

**Sunset Walk**

An 8.5km (5 mile) circular walk, starting from Timbersbrook Picnic Area, exploring the Biddulph Valley Way, Dane-in-Shaw Pasture SSSI and local Public Rights of Way before, weather permitting, watching the sun set from the top of the Cloud.

**Booking and payment in advance is essential. Cost £4. Please bring a torch.**

**Tickets will be available to purchase 2 months prior to event date: 19/04/2018**

**Time:** 7.00pm to 10.00pm
Thursday, 21st June

Evening Stroll up Shutlingsloe

Come and enjoy the stunning views from Cheshire’s second highest peak. Bring a warm drink, to have whilst we rest at the top, and hopefully enjoy a spectacular sunset. Please also bring a torch / head torch and warm clothes for the summit.

Booking and payment in advance is essential. Cost £4.

Tickets will be available to book 2 months prior to event date: 21/04/2018

Time: 8:30pm to 11:00pm

Meeting point: Clough House Car Park, Wildboarclough, SK11 0BE (SJ987699)

Leader: Cheshire East Council Countryside Ranger Ed Pilkington

Booking: http://www.eventbrite.co.uk/e/evening-stroll-up-shutlingsloe-tickets-42492541335 by 19th June

Information: 01625 383700

(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Strenuous walking grade / Please wear suitable boots and clothing / Please leave your dog at home / Please bring a torch / Healthy Walk - Event)

Sunday, 24th June

Balsam Blitz One

The first in a series of Balsam bashing events in the Bollin Valley. This one is in partnership with the Friends of Bowdon Bollin. Help us out on the battle against the alien weeds! No experience needed. Long sleeves and trousers recommended (Gloves can be provided if necessary).

Time: 10.30am to 12.30pm

Meeting point: Ashley Mill Bridge (SJ767857). Parking available at Ashley Mill Lane WA14 3PY (SJ769854)

Leaders: Bollin Valley Partnership Ranger Emma Houghton and Friends of Bowdon Bollin - www.f-o-b-b.co.uk

Information: 01625 374790

(Ideal for families and accompanied children / Children must be accompanied by an adult / Please leave your dog at home / Partnership event / Please wear suitable boots and clothing / Wildlife Walk – Event)

Sunday, 24th June

Balsam Blitz Two

The second in a series of Balsam bashing events in the Bollin Valley. This one is in partnership with the Friends of the Carrs. Help us out on the battle against the alien weeds! No experience needed. Long sleeves and trousers recommended (Gloves can be provided if necessary).
Time: 2.00pm to 4.00pm  
Meeting point: Parish Hall Car Park, The Carrs Park, Cliff Road, Wilmslow, SK9 4AA (SJ847816)  
Leaders: Bollin Valley Partnership Ranger Emma Houghton and Friends of the Carrs  
www.friendsofthecarrs.org.uk  
Information: 01625 374790  
(Ideal for families and accompanied children / Children must be accompanied by an adult / Please leave your dog at home / Partnership event / Please wear suitable boots and clothing / Wildlife Walk – Event)

Wednesday, 27th June

**Fancy a Paddle - June**

A chance to learn a little bit about kayaking and canoeing on the beautiful Rudyard Lake. The event is delivered by [Moorland Adventure](http://moorlandadventure.co.uk). Full instruction equipment and buoyancy aids will be provided.

**Booking and payment in advance is essential. All participants must be older than 8 years old and be "water confident". Cost £14 per person.**

Time: 7.00pm to 9.00pm  
Meeting point: Rudyard Lake, Rudyard, ST13 8RN (SJ950580)  
Leaders: Moorland Adventure - [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)  
Information: 01625 573615  
(Please leave your dog at home / Suitable for anyone over the age of 8 / Partnership event / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Places limited - please book in advance / Car parking charge)

Friday, 29th June

**Plein Air Painting at Tegg’s Nose Country Park with Northern Realist – June**

If you’ve ever wanted to get out of the studio and paint outdoors, this series of workshops with classically trained artists Christopher Clements & Kieran Ingram, will guide you through everything you need to know. Both Kieran and Christopher are professional artists, Kieran has featured on Sky Landscape Artist of the Year and Christopher is the director of Northern Realist Drawing & Painting in Manchester.

You’ll learn an approach which will enable you to interpret and arrange the tones and colours of the landscape allowing you to evoke the simple beauty of your environment.

Work at your own level in a small friendly group, meet like minded artists and enjoy the beautiful scenery! All equipment is provided but you’re welcome to bring your own, a list will be provided.

**Booking and payment in advance is essential. Cost £49.**

Time: 10.00am to 3.30pm  
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
Leaders: Artists Chris Clements and Kieran Ingram - [www.northernrealist.com](http://www.northernrealist.com)  
Booking: [http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015](http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015)  
Information: Email [info@northernrealist.com](mailto:info@northernrealist.com) or visit [www.northernrealist.com/plein-air-landscape-cityscape-workshops](http://www.northernrealist.com/plein-air-landscape-cityscape-workshops)
Saturday, 30 June

Printmaking Workshop – Turning Seasons

At Tegg’s Nose Country Park there is a wealth of inspiration for images from broad and sweeping landscapes to tiny flowers and insects. Local artists Patty Callaghan and Ann Robertson hope to encourage others to look more closely at these surroundings and explore them on paper, producing their own response in print.

Both linocut and monoprinting will be offered. Each participant should have a finished print at the end of the day. Participants from Patty and Ann’s course last year will have the opportunity to explore further developments in technique.

Booking and payment in advance is essential. All participants must be 16 years or older. Cost £55 per person including lunch at the Tegg’s Nose Tea Room.

Explore Patty and Ann’s work further in their exhibition at the Tegg’s Nose Gallery from the 26th July to the 22nd August.

Time: 9.30am to 4.30pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Local artists Patty Callaghan and Ann Robertson
Booking: http://www.eventbrite.co.uk/e/printmaking-workshop-turning-seasons-tickets-42493003718
Information: 07791 504971 or pattycallaghan@btinternet.com

(Please leave your dog at home / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Refreshment stop, opportunity for refreshments / Suitable for anyone over the age of 16 / Car parking charge)

Sunday, 1st July

Summer Mindfulness Walk with Pamela Carr

“The earth has music for those who listen” - William Shakespeare

We can discover a special magic at Tegg’s Nose County Park when we walk early in the morning during the summer months. A past walker wrote: “It was relaxing and friendly. The lovely changing countryside – was all just happening before our eyes."

Research is now proving that our direct contact with nature really can benefit our health and wellbeing. Mindfully walking outdoors in nature through all the seasons can be a truly magical, nurturing and healing experience.

If you enjoy walking, love nature and want to explore Mindfulness - join Pamela Carr on this leisurely morning walk with a difference. The gentle walk (about 2 miles) will include some pauses and simple exercises to help us to slow down, become more present and open our senses to what we can see, hear, feel, smell and maybe even taste, moment by moment.
Pamela loves this beautiful space and experiences new inspiration every time she visits. Previous walkers have spoken about discovering for themselves the quietening, calming and creative benefits of walking mindfully in nature. You might like to bring your notebook or camera.

Following the walk you'll return to the popular Tegg's Nose Tea Room to share discoveries and creative ideas. Optional drinks/snacks available to purchase. **Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8.00.**

**Tickets will be available to book 2 months prior to event date: 01/05/2018**

**Time:** 8.00am to 10.00am  
**Meeting point:** Tegg's Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Pamela Carr, Mindfulness Teacher and Focusing Professional  
**Booking:** [http://www.eventbrite.co.uk/e/summer-mindfulness-walk-with-pamela-carr-tickets-42167911358](http://www.eventbrite.co.uk/e/summer-mindfulness-walk-with-pamela-carr-tickets-42167911358)  
**Information:** Email Pamela - focusingforall@aol.com  
(Easy walking grade / Please wear suitable boots and clothing / Suitable for anyone over the age of 16 / Please leave your dog at home / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Refreshment stop, opportunity for refreshments / Partnership event / Car parking charge)

**Tuesday, 3rd July**

**Poynton Wildlife Wander**

A leisurely walk enjoying the wildlife and countryside of Poynton, from Jacksons' Brickworks Local Nature Reserve to Poynton Park and along the Poynton inclines.

**Booking and payment in advance is essential. Cost £4.**

**Tickets will be available to purchase 2 months prior to event date: 03/05/2018**

**Time:** 9.30am to 12.30pm  
**Meeting point:** Jacksons' Brickworks Car Park, Pool House Road, Higher Poynton, SK12 1TY (SJ945844)  
**Leader:** Cheshire East Council Countryside Ranger Pete Dowse  
**Booking:** [http://www.eventbrite.co.uk/e/poynton-wildlife-wander-tickets-42493455068 by 2nd July](http://www.eventbrite.co.uk/e/poynton-wildlife-wander-tickets-42493455068)  
**Information:** 01625 383700  
(Easy walking grade / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Bring binoculars if you have them / Please wear suitable boots and clothing / Please leave your dog at home / Wildlife Walk - Event)

**Tuesday, 3rd July**

**Pram Fit / Outdoor Fitness Taster Class - July**

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley. Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don't need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! **Booking in advance is essential.**
This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk  
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

**Wednesday, 4th July**

**Introduction to Climbing at The Roaches**

Another chance to experience the thrills of climbing in this introductory climbing session, with [Moorland Adventure](http://www.moorlandadventure.co.uk). Suitable for anyone over the age of 9. **Booking and payment in advance is essential. Cost £14.**

**Time:** 7.00pm to 9.00pm  
**Meeting point:** The Roaches, Roach Road, Nr Leek, Staffordshire, ST13 8UB (SK00416212)  
**Leaders:** Moorland Adventure – [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)  
**Booking:** [http://moorlandadventure.co.uk/shop/events/introduction-to-climbing-at-the-roaches-2018/](http://moorlandadventure.co.uk/shop/events/introduction-to-climbing-at-the-roaches-2018/)  
**Information:** 01625 573615  
(Suitable for anyone over the age of 9 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Please wear suitable boots and clothing / Partnership event)

**Friday, 6th July**

**Boggy Doodles: An introduction to the art, science and joy of green sketching - July**

A friendly introduction to green sketching for beginners. Green sketching blends the best of nature and field sketching, focusing on the process, not the end result. This approach makes sketching much more rewarding and takes the pressure off trying to produce a perfect drawing. It’s a wonderful way to reconnect with nature, de-stress and improve your observation skills.

No previous experience necessary (you don’t even have to share your sketches if you don’t want to).

**Booking and payment in advance is essential. Cost £16. All equipment provided.**

**Tickets will be available to book 2 months prior to event date: 06/05/2018**

**Time:** 10.00am to 12.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Local artist Dr Ali Foxon  
**Booking:** [http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746](http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746)  
**Information:** 01625 574633 or email alifoxon@yahoo.com  
(Places limited - please book in advance / Easy walking grade / Partnership event / Car parking charge / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home)
Saturday, 7th July

Last Night’s Moths

A number of moth light traps are run overnight at the Bollin Valley Partnership’s Oakwood Farm in Styal. Join the Rangers as they identify and release any species that are caught. **Booking and payment in advance is essential. Adults £2, children 16 or under go free.**

Tickets will be available to book 2 months prior to event date: 07/05/2018

**Time:** 8.30am to 9.30am  
**Meeting point:** Oakwood Farm, Styal Road, Styal, Cheshire, SK9 4HY (SJ841829)  
**Leaders:** Bollin Valley Partnership Rangers Nik Ginn and Roger Brereton  
**Booking:** [http://www.eventbrite.co.uk/e/last-nights-moths-tickets-42493846238 by 4th July](http://www.eventbrite.co.uk/e/last-nights-moths-tickets-42493846238)  
**Information:** 01625 374790  
(Ideal for families and accompanied children / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please leave your dog at home / Please wear suitable boots and clothing / Wildlife Walk - Event)

Saturday, 7th July

**National Meadows Day**

A morning stroll around Dane-in-Shaw Pasture Site of Special Scientific Interest and along the Biddulph Valley Way looking at summer wildflowers and the creatures that rely on them for their survival. With local naturalist Jack Swan and the Cheshire East Council Countryside Ranger Service.

National Meadows Day ([http://www.magnificentmeadows.org.uk/celebrating-meadows/national-meadows-day](http://www.magnificentmeadows.org.uk/celebrating-meadows/national-meadows-day)) is an annual event taking place on or around the first Saturday of July. The vision is for people to celebrate National Meadows Day in their own city, village, parish, wildlife reserve, allotment or farm all over the UK.

**Booking in advance is essential.**

Tickets will be available to book 2 months prior to event date: 07/05/2018

**Time:** 10.00am to 1.00pm  
**Meeting point:** Henshall Hall Drive (park on road just before canal), Congleton, CW12 3TA (SJ876622)  
**Leaders:** Local naturalist Jack Swan and the Cheshire East Council Countryside Ranger Service  
**Booking:** [http://www.eventbrite.co.uk/e/national-meadows-day-tickets-42494176225 by 5th July](http://www.eventbrite.co.uk/e/national-meadows-day-tickets-42494176225)  
**Information:** 01260 297237  
(Please bring suitable shoes and clothing / Wildlife Walk – Event / Moderate walking grade / Places limited - please book in advance)

Saturday, 7th July

Foraging Introduction – Tegg’s Nose Country Park

A chance to learn the basics of foraging and discover edibles all around us, with a professional forager from [Totally Wild UK](http://www.totallywilduk.com/).

After arriving, at the visitor centre, we will go through the basics of foraging. Then we head out to discover the vast array of wild edible species that lie all around us. During the Forage your forager will introduce you to a
number of edible species giving you tips on harvesting and correct identification. Whilst doing this you will have the opportunity to taste a range of pre-made wild food tasters from chutneys to jams.

**Booking and payment in advance is essential. Cost: £25 per adult, children 16 or under go free (One free child place per paying adult).**

**Time:** 10.00am to 1.00pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** James Wood from Totally Wild UK - [http://www.totallywilduk.co.uk/](http://www.totallywilduk.co.uk/)  
**Booking:** [http://totallywilduk.co.uk/courses/#/event/foraging-introduction](http://totallywilduk.co.uk/courses/#/event/foraging-introduction)  
**Information:** 07999 992615  
(Ideal for families and accompanied children / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Partnership event / Refreshment stop, opportunity for refreshments)

**Sunday, 8**<sup>th</sup> **July**

**Balsam Blitz Three**

The third in a series of Balsam bashing events in the Bollin Valley. This one is in partnership with the Friends of Bowdon Bollin. Help us out on the battle against the alien weeds! No experience needed. Long sleeves and trousers recommended (Gloves can be provided if necessary).

**Time:** 10.30am to 12.30pm  
**Meeting point:** Ashley Mill Bridge (SJ767857). Parking available at Ashley Mill Lane WA14 3PY (SJ769854)  
**Leaders:** Bollin Valley Partnership Ranger Emma Houghton and Friends of Bowdon Bollin - [www.f-o-b-b.co.uk](http://www.f-o-b-b.co.uk)  
**Information:** 01625 374790  
(Ideal for families and accompanied children / Children must be accompanied by an adult / Please leave your dog at home / Partnership event / Please wear suitable boots and clothing / Wildlife Walk – Event)

**Sunday, 8**<sup>th</sup> **July**

**Balsam Blitz Four**

The fourth in a series of Balsam bashing events in the Bollin Valley. This one is in partnership with the Friends of the Carrs. Help us out on the battle against the alien weeds! No experience needed. Long sleeves and trousers recommended (Gloves can be provided if necessary).

**Time:** 2.00pm to 4.00pm  
**Meeting point:** Parish Hall Car Park, The Carrs Park, Cliff Road, Wilmslow, SK9 4AA (SJ847816)  
**Leaders:** Bollin Valley Partnership Ranger Emma Houghton and Friends of the Carrs - [www.friendsofthecarrs.org.uk](http://www.friendsofthecarrs.org.uk)  
**Information:** 01625 374790  
(Ideal for families and accompanied children / Children must be accompanied by an adult / Please leave your dog at home / Partnership event / Please wear suitable boots and clothing / Wildlife Walk – Event)
Monday, 9th July

Introduction to Nordic Walking - July – Tegg’s Nose Country Park

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. **Booking in advance is essential.** If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

**Time:** 6.30pm to 8.00pm  
**Meeting point:** Teggs’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme  
**Booking:** [http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-july-macclesfield-tickets-39828106940](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-july-macclesfield-tickets-39828106940)  
**Information:** 07593448403  
(Easy walking grade / Please wear suitable boots and clothing / Car parking charge / Places limited - please book in advance)

Wednesday, 11th July

Balsam Blitz Five

The fifth in a series of Balsam bashing events in the Bollin Valley. This one is in partnership with the Friends of Bowdon Bollin. Help us out on the battle against the alien weeds! No experience needed. Long sleeves and trousers recommended (Gloves can be provided if necessary).

**Time:** 10.30am to 12.30pm  
**Meeting point:** Meeting at the Co-Operative store, Vicarage Lane, Bowdon, WA14 3BE (SJ7600861)  
**Leaders:** Bollin Valley Partnership Ranger Emma Houghton and Friends of Bowdon Bollin - [www.f-o-b-b.co.uk](http://www.f-o-b-b.co.uk)  
**Information:** 01625 374790  
(Ideal for families and accompanied children / Children must be accompanied by an adult / Please leave your dog at home / Partnership event / Please wear suitable boots and clothing / Wildlife Walk – Event)

Wednesday, 18th July

Fancy a Paddle - July

A chance to learn a little bit about kayaking and canoeing on the beautiful Rudyard Lake. The event is delivered by Moorland Adventure. Full instruction equipment and buoyancy aids will be provided.

**Booking and payment in advance is essential.** All participants must be older than 8 years old and be "water confident". Cost £14 per person.

**Time:** 7.00pm to 9.00pm  
**Meeting point:** Rudyard Lake, Rudyard, ST13 8RN (SJ950580)

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[www.cheshireeast.gov.uk/rangers](http://www.cheshireeast.gov.uk/rangers)
Wednesday, 25th July

**Introduction to Climbing at The Roaches Again**

Another chance to experience the thrills of climbing in this introductory climbing session, with Moorland Adventure. Suitable for anyone over the age of 9. **Booking and payment in advance is essential. Cost £14.**

**Time:** 7.00pm to 9.00pm  
**Meeting point:** The Roaches, Roach Road, Nr Leek, Staffordshire, ST13 8UB (SK00416212)  
**Leaders:** Moorland Adventure – www.moorlandadventure.co.uk  
**Booking:** http://moorlandadventure.co.uk/shop/events/introduction-to-climbing-at-the-roaches-again-2018/  
**Information:** 01625 573615  
(Suitable for anyone over the age of 9 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Please wear suitable boots and clothing / Partnership event)

Friday, 27th July

**Plein Air Painting at Tegg’s Nose Country Park with Northern Realist – July**

If you’ve ever wanted to get out of the studio and paint outdoors, this series of workshops with classically trained artists Christopher Clements & Kieran Ingram, will guide you through everything you need to know. Both Kieran and Christopher are professional artists, Kieran has featured on Sky Landscape Artist of the Year and Christopher is the director of Northern Realist Drawing & Painting in Manchester.

You’ll learn an approach which will enable you to interpret and arrange the tones and colours of the landscape allowing you to evoke the simple beauty of your environment.

Work at your own level in a small friendly group, meet like minded artists and enjoy the beautiful scenery! All equipment is provided but you’re welcome to bring your own, a list will be provided.

**Booking and payment in advance is essential. Cost £49.**

**Time:** 10.00am to 3.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Artists Chris Clements and Kieran Ingram - www.northernrealist.com  
**Booking:** http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015  
**Information:** Email info@northernrealist.com or visit www.northernrealist.com/plein-air-landscape-cityscape-workshops  
(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)
Saturday, 28th July

Tegg's Nose Butterfly Walk

Family wildlife walk around the top of Tegg's Nose Country Park to look for and learn more about some of the park's resident butterfly species and, if we are lucky, seeing the scarce local speciality, namely, the Wall butterfly.

**Booking and payment in advance essential. Adults £3, children 16 or under go free.**

**Tickets will be available to book 2 months prior to event date: 28/05/2018**

**Time:** 11.00am to 1.00pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Tim Ward and Andy Caesar from Butterfly Conservation and Cheshire East Council Countryside Ranger Martin James  
**Booking:** [http://www.eventbrite.co.uk/e/teggs-nose-butterfly-walk-tickets-42494934493](http://www.eventbrite.co.uk/e/teggs-nose-butterfly-walk-tickets-42494934493)  
**Information:** 01625 374833  
(Ideal for families and accompanied children / Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance / Car parking charge / Bring binoculars if you have them / Healthy & Wildlife Walk – Event / Refreshment stop, opportunity for refreshments)

Saturday, 28th July

Batty about Bats

Bats are one of the UK's most misunderstood animals. Come and dispel a few myths and find out more about these fascinating creatures as we take a short stroll at the Carrs Park, Wilmslow. **Please bring a torch.**

**Time:** 9.00pm to 10.00pm  
**Meeting point:** Parish Hall Car Park, Cliff Road, Wilmslow, SK9 4AA (SJ847816)  
**Leaders:** Cheshire East Council Countryside Ranger Martin James and the Friends of the Carrs  
**Information:** 01625 374833  
(Ideal for families and accompanied children / Please leave your dog at home / Partial accessibility - level or ramped access / Wildlife Walk – Event / Partnership event)

Sunday, 29th July

Tegg's Nose Rocks!

Join Geologist Kate Riddington and Tegg's Nose Country Park Ranger Martin James to explore the geological history of the park and wider Cheshire Plain.

We will walk the ‘Tegg’s Nose Rocks!’ trail and help you to spot evidence of recent Ice Ages or ripples from a river flowing some 325 million years ago! It's easy walking, with lots of interesting geology to explore.

**Suitable for accompanied children over the age of 7. Booking and payment in advance is essential.**  
**Adults £3, children 16 or under go free.**  

**Tickets will be available to book 2 months prior to event date: 29/05/2018**

**Time:** 10.00am to 12.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP
Leaders: Geologist Kate Riddington and Cheshire East Council Countryside Ranger Martin James
Booking: http://www.eventbrite.co.uk/e/teggs-nose-rocks-tickets-42495580425
Information: 01625 374833
(Easy walking grade / Ideal for families and accompanied children / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 7 / Places limited - please book in advance / Car parking charge / Refreshment stop, opportunity for refreshments)

Sunday, 29th July

Tegg’s Nose Bilberry Pick

Healthy, organic, tasty and free. Bilberry, blueberry, blueberry, whin; whatever you want to call them they grow wild all over Tegg’s Nose Country Park and all you have to do is bring a container and get picking.

James Wood, from Totally Wild UK, will be on hand to explain the best places to look and will provide more information about where to source great local food. He’ll also be showing you how to make your own bilberry jam!

There is no charge to join us to pick bilberries during the event but if you would like to participate in the jam making please book a place for the event so we can ensure we have enough jam pans, jars and sugar. **Cost for jam making £1.05 per person.**

Time: 1.00pm to 4.00pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Cheshire East Council Countryside Ranger Martin James and James Wood from Totally Wild UK - http://www.totallywilduk.co.uk/
Booking for jam making: http://totallywilduk.co.uk/courses/#/event/bilberry-pick-and-jam-making
Information: 01625 374833
(please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 5 / Ideal for families and accompanied children / Children must be accompanied by an adult / Easy to Moderate walking grade / Bring a packed lunch / Healthy Walk – Event / Partnership event / Car parking charge / Refreshment stop, opportunity for refreshments)

Wednesday, 1st August

Oakhanger Project Activities for All

Inclusive activity days for all the family at Brereton Heath Local Nature Reserve with the Oakhanger Project.

Have fun and learn new skills. British Canoeing Awards can be achieved. **Booking in advance is essential. Cost £8.50.**

Event repeats on the following dates: 8th, 22nd and 29th of August

Time: 11.00am to 4.00pm
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Oakhanger Project - www.oakhanger.org
Booking / Information: 0799 993 2963 or email oakchallenge@aol.com
Wednesday, 1st August

**Fancy a Paddle - August**

A chance to learn a little bit about kayaking and canoeing on the beautiful Rudyard Lake. The event is delivered by Moorland Adventure. Full instruction equipment and buoyancy aids will be provided.

**Booking and payment in advance is essential. All participants must be older than 8 years old and be "water confident". Cost £14 per person.**

**Time:** 7.00pm to 9.00pm  
**Meeting point:** Rudyard Lake, Rudyard, ST13 8RN (SJ950580)  
**Leaders:** Moorland Adventure - [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)  
**Booking:** [http://moorlandadventure.co.uk/shop/events/fancy-a-paddle-august-2018/](http://moorlandadventure.co.uk/shop/events/fancy-a-paddle-august-2018/)  
**Information:** 01625 573615

(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Thursday, 2nd August

**Outdoor Experience Disability Day - August**

For families of children with disabilities to try some new activities out in the fresh air. Children and parents/carers can cycle using adapted bikes and try out other activities such as orienteering, archery, pond dipping and much more. A partnership event with Everybody Sport & Recreation.

**Time:** 11.00am to 2.00pm  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leaders:** Everybody Sport and Recreation, Astbury Mere Trust and Cheshire East Council Countryside Ranger Service  
**Booking:** [http://www.eventbrite.co.uk/e/astbury-mere-outdoor-experience-disability-day-tickets-42631396655](http://www.eventbrite.co.uk/e/astbury-mere-outdoor-experience-disability-day-tickets-42631396655) by 31st July  
**Information:** Ring 07506 317055 or email inclusion@everybody.org.uk

(Ideal for families and accompanied children / Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Accessible toilets available / Refreshment stop, opportunity for refreshments / Easy walking grade)

Saturday, 4th August

**Introduction to Nordic Walking - August – Higher Poynton**

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.
However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. **Booking in advance is essential.** If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

**Time:** 10.00am to 11.30am  
**Meeting point:** Nelson Pit Visitor Centre, Lyme Road, Higher Poynton, Cheshire, SK12 1TH (SJ945833)  
**Leader:** David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme  
**Booking:** [http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-august-poynton-tickets-39828154081](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-august-poynton-tickets-39828154081)  
**Information:** 07593448403  
(Easy walking grade / Please wear suitable boots and clothing / Car parking charge / Places limited - please book in advance)

Monday, 6th August to Friday, 10th August

**Moorland Adventure Summer Kids Activity Club – Week One**

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Each day focuses on different activities and will give you a taste of adventure! **Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential. All day 3 participants must be "Water confident".**

**Day 1 – Monday 6th August – Archery and Bushcraft**  
**Day 2 – Tuesday 7th August – Climb and Abseil**  
**Day 3 – Wednesday 8th August – Canoe / Kayak & raft building at Rudyard Lake**  
**Day 4 – Thursday 9th August - Climbing and Scrambling at The Roaches**  
**Day 5 – Friday 10th August - Challenge Day (Abseiling, Climbing, Orienteering and Problem Solving)**

**Cost £35 per day or sign up for all 5 days for a reduced price of £150.**

Activities run from 9.00am to 4.00pm but to allow for maximum flexibility, you can drop off your child from 8.30am and collect at any time between 4.00pm and 5.00pm.

Please bring a packed lunch and drinks with you each day or you can purchase a packed lunch option (including sandwich, drink and snack) from Tegg’s Nose Tea Room on days 1, 2 and 5, for £5. Breakfast and afternoon snacks are also available to purchase from the Tea Room before and after the activity club sessions on days 1, 2 and 5.

**Time:** 8.30am to 5.00pm on each day  
**Days 1, 2, and 5 Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Day 2 Meeting point:** Rudyard Lake, Rudyard, ST13 8RN (SJ950580)  
**Day 4 Meeting point:** The Roaches, Roach Road, Nr Leek, Staffordshire, ST13 8UB (SK00416212)  
**Leaders:** Moorland Adventure – [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)  
**Information:** 01625 573615  
(Suitable for anyone between the age of 8 and 16 / Places limited - please book in advance / There is a charge,
payable in advance, for attending this event / Please wear suitable boots and clothing / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments / Car parking charge)

Monday, 6th August

Teddy Bear Treasure Hunt at Tegg’s Nose Country Park

Join Nature Stuff for a family adventure walk hunting out clues in search of Teddy's Golden Treasure. Learn about nature and wildlife in a hands-on, fun-packed session for families.

Please bring along a teddy or cuddly toy to help on our Treasure Hunt. Booking and payment in advance is essential. Cost £6.50 per child.

Tickets will be available to purchase 2 months prior to event date: 06/06/2018

Time: 10.00am to 12.00pm
Meeting point: Tegg's Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Nature Stuff – environmental educators
Booking: [Eventbrite Link]
Information: 07870804413 or visit [Nature Stuff Website]

(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Car parking charge / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Tuesday, 7th August

Teddy Bear Treasure Hunt at Brereton Heath Local Nature Reserve

Join Nature Stuff for a family adventure walk hunting out clues in search of Teddy’s Golden Treasure. Learn about nature and wildlife in a hands-on, fun-packed session for families.

Please bring along a teddy or cuddly toy to help on our Treasure Hunt. Booking and payment in advance is essential. Cost £6.50 per child.

Tickets will be available to purchase 2 months prior to event date: 07/06/2018

Time: 10.00am to 12.00pm
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Nature Stuff – environmental educators
Booking: [Eventbrite Link]
Information: 07870804413 or visit [Nature Stuff Website]

(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Car parking charge / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Car parking charge)
Tuesday, 7th August

**Pram Fit / Outdoor Fitness Taster Class - August**

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! **Booking in advance is essential.**

This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk  
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

Wednesday, 8th August

**Pond Safari at Brereton Heath Local Nature Reserve**

Join Nature Stuff to hunt for weird and wonderful creatures lurking in the pond. Wear wellies and prepare to have fun. **Booking and payment in advance is essential. Cost £6.50 per child.**

**Tickets will be available to purchase 2 months prior to event date: 08/06/2018**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/pond-safari-at-brereton-heath-local-nature-reserve-tickets-42377303656](http://www.eventbrite.co.uk/e/pond-safari-at-brereton-heath-local-nature-reserve-tickets-42377303656)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Car parking charge / Wildlife Walk – Event)

Wednesday, 8th August

**Oakhanger Project Activities for All**

Inclusive activity days for all the family at Brereton Heath Local Nature Reserve with the Oakhanger Project.

Have fun and learn new skills. British Canoeing Awards can be achieved. **Booking in advance is essential. Cost £8.50.**
Event repeats on the following dates: 22nd and 29th of August

**Time:** 11.00am to 4.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Oakhanger Project - [www.oakhanger.org](http://www.oakhanger.org)  
**Booking / Information:** 0799 993 2963 or email oakchallenge@aol.com  
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

**Wednesday, 8th August**

**Minibeast Mission at Brereton Heath Local Nature Reserve**

Your Mission - if you choose to accept it - is to join Nature Stuff to track down the 'Most Wanted' Minibeasts. Use minibeast mugshots and a variety of tracking techniques to complete your assignment. **Booking and payment in advance is essential. Cost £6.50 per child.**

**Tickets will be available to purchase 2 months prior to event date: 08/06/2018**

**Time:** 1.00pm to 3.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/minibeast-mission-at-brereton-heath-local-nature-reserve-tickets-42377492220](http://www.eventbrite.co.uk/e/minibeast-mission-at-brereton-heath-local-nature-reserve-tickets-42377492220)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Car parking charge / Wildlife Walk - Event)

**Thursday, 9th August**

**Stream Safari at Tegg's Nose Country Park**

Join Nature Stuff to hunt for weird and wonderful creatures lurking in the stream. Wear wellies and prepare to have fun. **Booking and payment in advance is essential. Cost £6.50 per child.**

**Tickets will be available to purchase 2 months prior to event date: 09/06/2018**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Tegg’s Nose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/stream-safari-at-teggs-nose-country-park-tickets-42377687805](http://www.eventbrite.co.uk/e/stream-safari-at-teggs-nose-country-park-tickets-42377687805)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Wildlife Walk - Event)
Friday, 10th August

Minibeast Mission at Tegg’s Nose Country Park

Your Mission - if you choose to accept it - is to join Nature Stuff to track down the 'Most Wanted' Minibeasts. Use minibeast mugshots and a variety of tracking techniques to complete your assignment. Booking and payment in advance is essential. Cost £6.50 per child.

Tickets will be available to purchase 2 months prior to event date: 10/06/2018

Time: 10.00am to 12.00pm
Meeting point: Tegg’s Nose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)
Leaders: Nature Stuff – environmental educators
Booking: http://www.eventbrite.co.uk/e/minibeast-mission-at-teggs-nose-country-park-tickets-42377717895
Information: 07870804413 or visit www.naturestuff.co.uk
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Wildlife Walk - Event)

Sunday, 12th August

Newgate Nature Reserve Butterfly Walk

Family wildlife walk around Newgate Nature Reserve to look for and learn more about some of the site's resident butterfly species. Booking and payment in advance essential. Adults £3, children 16 or under go free.

Tickets will be available to purchase 2 months prior to event date: 12/06/2018

Time: 2.00pm to 4.00pm
Meeting point: Newgate Nature Reserve, Newgate, Wilmslow, SK9 5LL (SJ827811)
Leaders: Tim Ward from Butterfly Conservation and Bollin Valley Partnership Ranger Nik Ginn
Booking: http://www.eventbrite.co.uk/e/newgate-nature-reserve-butterfly-walk-tickets-42496835178 by 8th August
Information: 01625 374790
(Ideal for families and accompanied children / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Bring binoculars if you have them / Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance / Wildlife Walk – Event / Partnership event)

Monday, 13th August to Friday, 17th August

Moorland Adventure Summer Kids Activity Club – Week Two

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Each day focuses on different activities and will give you a taste of adventure! Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential. All day 2 and 4 participants must be "Water confident".

Day 1 – Monday 13th August – Archery and Bushcraft
Day 2 – Tuesday 14th August – Canoe / Kayak & raft building at Rudyard Lake
Day 3 – Wednesday 15th August – Climbing and Scrambling at The Roaches
Day 4 – Thursday 16th August - Canoe / Kayak & raft building at Rudyard Lake
Day 5 – Friday 17th August - Challenge Day (Abseiling, Climbing, Orienteering and Problem Solving)

Cost £35 per day or sign up for all 5 days for a reduced price of £150.

Activities run from 9.00am to 4.00pm but to allow for maximum flexibility, you can drop off your child from 8.30am and collect at any time between 4.00pm and 5.00pm.

Please bring a packed lunch and drinks with you each day or you can purchase a packed lunch option (including sandwich, drink and snack) from Tegg’s Nose Tea Room on days 1 and 5, for £5. Breakfast and afternoon snacks are also available to purchase from the Tea Room before and after the activity club sessions on days 1 and 5.

Time: 8.30am to 5.00pm on each day
Days 1 and 5 Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Days 2 and 4 Meeting point: Rudyard Lake, Rudyard, ST13 8RN (SJ950580)
Day 3 Meeting point: The Roaches, Roach Road, Nr Leek, Staffordshire, ST13 8UB (SK00416212)
Leaders: Moorland Adventure – www.moorlandadventure.co.uk
Information: 01625 573615
(Suitable for anyone between the age of 8 and 16 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments / Car parking charge)

Tuesday, 14th August

Down the Mines! – August


Tickets will be available to book 2 months prior to event date: 14/06/2018

Time: 7.00pm to 9.30pm
Meeting point: National Trust yard behind Wizard Restaurant, Macclesfield Road, Alderley Edge, SK10 4UB (SJ859773)
Leaders: Derbyshire Caving Club - http://www.derbyscc.org.uk
Booking: http://www.eventbrite.co.uk/e/down-the-mines-august-tickets-42525950262
Information: 01625 374833
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 6 / Partnership event / Children must be accompanied by an adult)

Saturday, 18th August

Introduction to Foraging and Wild Food – Tegg’s Nose Country Park

A chance to learn the basics of foraging and discover edibles all around us, with a professional forager from Totally Wild UK.
After arriving at the visitor centre, we will go through the basics of foraging. Then we head out to discover the vast array of wild edible species that lie all around us. During the Forage your forager will introduce you to a number of edible species giving you tips on harvesting and correct identification. Whilst doing this you will have the opportunity to taste a range of pre-made wild food tasters from chutneys to jams.

**Booking and payment in advance is essential. Cost: £25 per adult, children 16 or under go free (One free child place per paying adult).**

**Time:** 10.00am to 1.00pm  
**Meeting point:** Tegg's Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** James Wood from Totally Wild UK - [http://www.totallywilduk.co.uk/](http://www.totallywilduk.co.uk/)  
**Booking:** [http://totallywilduk.co.uk/courses/#/event/introduction-to-foraging-and-wild-food](http://totallywilduk.co.uk/courses/#/event/introduction-to-foraging-and-wild-food)  
**Information:** 07999 992615  
(Ideal for families and accompanied children / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Partnership event / Refreshment stop, opportunity for refreshments)

**Saturday, 18th August**

**Tegg’s Nose Star Party – August**

If you've ever looked up at the starry night sky and been enthralled by what you've seen, join Macclesfield Astronomical Society for an evening of astronomy. There will be a general talk, from members of the group, suitable for all levels of knowledge, followed by an opportunity to ask questions and engage in some guided observing.

Observing will be available using supplied equipment, *weather permitting*. You are welcome to bring your own binoculars or even telescopes. **Booking and payment in advance is essential. Cost £5.**

Observing highlights – All about the Moon. The Moon is at FQ (first quarter) and visible after the Sun has set. Jupiter will be low in the West with hopefully some views Saturn.

**Tickets will be available to purchase 2 months prior to event date: 18/06/2018**

**Time:** 7.30pm to 11.00pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Macclesfield Astronomical Society – [www.maccastro.com](http://www.maccastro.com)  
**Booking:** [http://www.eventbrite.co.uk/e/teggs-nose-star-party-august-tickets-42421228035](http://www.eventbrite.co.uk/e/teggs-nose-star-party-august-tickets-42421228035)  
**Information:** 01625 374833  
(Please leave your dog at home / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments / Full accessibility - level or ramped access. Accessible toilets available)

**Sunday, 19th August**

**Foraging Course and Wild Food Cooking – Tegg’s Nose Country Park**

A full day of foraging and wild food cookery, with a professional forager from [Totally Wild UK](http://www.totallywilduk.co.uk/).
After our initial meeting we will go through some keys to help you in the correct identification of what we’re about to find. Along with your very own foragers baskets we will head out to discover the vast array of wild edible species that lie all around us. James Wood, your forager, will give you tips on correct identification, potential look-alike species as well as a vast range of edible possibilities that the species can provide us with. Take all of this in whilst enjoying a large range of pre-made wild food tasters from jams to pickles, syrups, chutneys, cordials, alcohol infusions and salt pickles. You will then take on the role of the forager, harvesting a range of wild and fresh ingredients.

On returning to our venue we will have a quick break whilst sorting through and cleaning up our ingredients. Then we start on the cookery side of our course, you will be guided through the process of chopping, boiling, baking and mixing our wild ingredients to create a delicious meal for us all to enjoy.

**Booking and payment in advance is essential. Cost: £60 per adult, £25 per child (under the age of 16).**

**Time:** 10.00am to 4.00pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** James Wood from Totally Wild UK - [http://www.totallywilduk.co.uk/](http://www.totallywilduk.co.uk/)  
**Booking:** [http://totallywilduk.co.uk/courses/#/event/foraging-course-and-wild-food-cooking](http://totallywilduk.co.uk/courses/#/event/foraging-course-and-wild-food-cooking)  
**Information:** 07999 992615  
(Ideal for families and accompanied children / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Partnership event / Refreshment stop, opportunity for refreshments)

Monday, 20th August to Friday, 24th August

**Moorland Adventure Summer Kids Activity Club – Week Three**

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Each day focuses on different activities and will give you a taste of adventure! Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential. All day 3 participants must be "Water confident".

- **Day 1 – Monday 20th August** – Archery and Bushcraft  
- **Day 2 – Tuesday 21st August** – Climb and Abseil  
- **Day 3 – Wednesday 22nd August** – Canoe / Kayak & raft building at Rudyard Lake  
- **Day 4 – Thursday 23rd August** – Climbing and Scrambling at The Roaches  
- **Day 5 – Friday 24th August** – Challenge Day (Abseiling, Climbing, Orienteering and Problem Solving)

**Cost £35 per day or sign up for all 5 days for a reduced price of £150.**

Activities run from 9.00am to 4.00pm but to allow for maximum flexibility, you can drop off your child from 8.30am and collect at any time between 4.00pm and 5.00pm.

Please bring a packed lunch and drinks with you each day or you can purchase a packed lunch option (including sandwich, drink and snack) from Tegg’s Nose Tea Room on days 1 and 5, for £5. Breakfast and afternoon snacks are also available to purchase from the Tea Room before and after the activity club sessions on days 1 and 5.

**Time:** 8.30am to 5.00pm on each day  
**Days 1, 2 and 5 Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Day 3 Meeting point:** Rudyard Lake, Rudyard, ST13 8RN (SJ950580)  
**Day 4 Meeting point:** The Roaches, Roach Road, Nr Leek, Staffordshire, ST13 8UB (SK00416212)
Leaders: Moorland Adventure – www.moorlandadventure.co.uk  
Information: 01625 573615  
(Suitable for anyone between the age of 8 and 16 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments / Car parking charge)

Wednesday, 22nd August

Oakhanger Project Activities for All

Inclusive activity days for all the family at Brereton Heath Local Nature Reserve with the Oakhanger Project.

Have fun and learn new skills. British Canoeing Awards can be achieved. Booking in advance is essential. Cost £8.50.

Event repeats on the 29th of August.

Time: 11.00am to 4.00pm  
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
Leaders: Oakhanger Project - www.oakhanger.org  
Booking / Information: 0799 993 2963 or email oakchallenge@aol.com  
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Tuesday, 28th August to Friday, 31st August

Moorland Adventure Summer Kids Activity Club – Week Four

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Each day focuses on different activities and will give you a taste of adventure! Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential. All day 2 participants must be "Water confident".

Day 1 – Tuesday 28th August – Climb and Abseil
Day 2 – Wednesday 29th August – Canoe / Kayak & raft building at Rudyard Lake
Day 3 – Thursday 30th August – Archery and Bushcraft
Day 4 – Friday 31st August - Challenge Day (Abseiling, Climbing, Orienteering and Problem Solving)

Cost £35 per day or sign up for all 4 days for a reduced price of £120.

Activities run from 9.00am to 4.00pm but to allow for maximum flexibility, you can drop off your child from 8.30am and collect at any time between 4.00pm and 5.00pm.

Please bring a packed lunch and drinks with you each day or you can purchase a packed lunch option (including sandwich, drink and snack) from Tegg's Nose Tea Room on days 1, 3 and 5, for £5. Breakfast and afternoon snacks are also available to purchase from the Tea Room before and after the activity club sessions on days 1, 3 and 5.
Time: 8.30am to 5.00pm on each day

**Days 1, 3 and 4 Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Day 2 Meeting point:** Rudyard Lake, Rudyard, ST13 8RN (SJ950580)

**Leaders:** Moorland Adventure – [www.moorlandadventure.co.uk](http://www.moorlandadventure.co.uk)


**Information:** 01625 573615
(Suitable for anyone between the age of 8 and 16 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Partnership event / Bring a packed lunch / Refreshment stop, opportunity for refreshments / Car parking charge)

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Wednesday, 29th August

**Oakhanger Project Activities for All**

Inclusive activity days for all the family at Brereton Heath Local Nature Reserve with the Oakhanger Project.

Have fun and learn new skills. British Canoeing Awards can be achieved. **Booking in advance is essential.**

Cost £8.50.

**Time:** 11.00am to 4.00pm

**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)

**Leaders:** Oakhanger Project - [www.oakhanger.org](http://www.oakhanger.org)

**Booking / Information:** 07999 993 2963 or email [oakchallenge@aol.com](mailto:oakchallenge@aol.com)
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Car parking charge / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

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Friday, 31st August

**Plein Air Painting at Tegg's Nose Country Park with Northern Realist – August**

If you’ve ever wanted to get out of the studio and paint outdoors, this series of workshops with classically trained artists Christopher Clements & Kieran Ingram, will guide you through everything you need to know. Both Kieran and Christopher are professional artists, Kieran has featured on Sky Landscape Artist of the Year and Christopher is the director of Northern Realist Drawing & Painting in Manchester.

You’ll learn an approach which will enable you to interpret and arrange the tones and colours of the landscape allowing you to evoke the simple beauty of your environment.

Work at your own level in a small friendly group, meet like minded artists and enjoy the beautiful scenery! All equipment is provided but you’re welcome to bring your own, a list will be provided.

**Booking and payment in advance is essential. Cost £49.**

**Time:** 10.00am to 3.30pm

**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Leaders:** Artists Chris Clements and Kieran Ingram - [www.northernrealist.com](http://www.northernrealist.com)

**Booking:** [http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-](http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-)

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[www.cheshireeast.gov.uk/rangers](http://www.cheshireeast.gov.uk/rangers)
Sunday, 2nd September

**Dabbling with Dowsing**

If you’ve ever wanted to try your hand at the ancient art of water divining, now’s your chance. Local folklore and traditions enthusiast, Bollin Valley Partnership Ranger Euan Murray, will show you the techniques and then let you loose to try it out! Suitable for adults and accompanied children over 10. Booking and payment in advance is essential. Cost £4, children 16 or under go free.

**Tickets will be available to purchase 2 months prior to event date: 02/07/2018**

**Time:** 2.00pm to 4:00pm  
**Meeting point:** Rossmill, Hale Barns, Altrincham, WA15 0EJ (SJ789853)  
**Leader:** Bollin Valley Partnership Ranger Euan Murray  
**Booking:** [http://www.eventbrite.co.uk/e/dabbling-with-dowsing-tickets-42526182958](http://www.eventbrite.co.uk/e/dabbling-with-dowsing-tickets-42526182958) by 30th August  
**Information:** 01625 374790  
(Places limited - please book in advance / Please leave your dog at home / Please wear suitable boots and clothing / Suitable for anyone over the age of 10 / Easy walking grade / There is a charge, payable in advance, for attending this event)

Tuesday, 4th September

**Pram Fit / Outdoor Fitness Taster Class - September**

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley. Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! Booking in advance is essential.

This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk  
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)
Wednesday, 5th September

**Nature’s Bounty**

A morning walk along the Biddulph Valley Way and around Dane-in-Shaw Pasture Site of Special Scientific Interest looking to see what wild foods can be found in your local countryside.

**Booking and payment in advance is essential. Cost £4.**

**Tickets will be available to book 2 months prior to event date: 05/07/2018**

**Time:** 10.00am to 1.00pm  
**Meeting point:** Henshall Hall Drive (park on road just before canal), Congleton, CW12 3TA (SJ876622)  
**Leader:** Cheshire East Countryside Ranger Cal Sherratt  
**Booking:** [http://www.eventbrite.co.uk/e/natures-bounty-tickets-42526671419](http://www.eventbrite.co.uk/e/natures-bounty-tickets-42526671419) by 3rd September  
**Information:** 01260 297237  
(Please bring suitable shoes and clothing / Wildlife Walk – Event / There is a charge, payable in advance, for attending this event / Easy to Moderate walking grade / Places limited - please book in advance)

Sunday, 9th September

**Navigation for Beginners**

Come and learn basic navigation skills on an easy going day which includes 2 hours in the morning learning basic navigation techniques, then spending the afternoon taking turns at leading the group and using the skills learnt in the morning.

All maps and compasses provided, but feel free to bring your own compass if you wish to practise with it.  
**Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £11.50.**

**Tickets will be available to purchase 2 months prior to event date: 09/07/2018**

**Time:** 9.00am to 4.00pm  
**Meeting point:** Nelson Pit Visitor Centre, Lyme Road, Higher Poynton, Cheshire, SK12 1TH (SJ945833)  
**Leader:** Cheshire East Council Countryside Ranger Ed Pilkington  
**Booking:** [http://www.eventbrite.co.uk/e/navigation-for-beginners-tickets-42527040523](http://www.eventbrite.co.uk/e/navigation-for-beginners-tickets-42527040523) by 7th September  
**Information:** 01625 383700  
(Moderate walking grade / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Bring a packed lunch / Please leave your dog at home / Suitable for anyone over the age of 16)

Saturday, 15th September

**Extreme Outdoor Fitness Session at Tegg’s Nose Country Park - September**

A 2-hour extreme outdoor fitness session for those wanting something a bit different as part of their fitness regime! The session will involve a warm up and cool down with running, steps, hill sprints along with a variety of intense exercises!

The class is not for the faint-hearted (suitable for intermediate to advanced fitness level attendees) but for those wanting a challenge and who like being in the outdoors in a fantastic country park!  
**Suitable for anyone over the age of 18. Booking and payment in advance is essential. Cost £12.50.**
Time: 9.00am to 11.00am
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Personal Trainer Kelly Morley
Booking: http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236
Information: 07803 245590 or email hnb@kellymorley.co.uk
(Suitable for anyone over the age of 18 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Healthy Walk – Event / Partnership event / Please wear suitable boots and clothing / Please leave your dog at home)

Saturday, 15th September

Changing Seasons Mindfulness Walk with Pamela Carr

“If one way may be better than another, that you may be sure is nature’s way” - Aristotle

This Mindfulness walk at Tegg’s Nose Country Park marks the changing seasons when we begin to notice that days are shortening. Whenever we slow down and take time to ‘stand and stare’ and notice what we are aware of, we’ll usually find something new and surprising. One walker wrote: “I noticed so much more today that I have never been aware of before. I could feel myself relaxing and my thoughts calming.”

Research is now proving that our direct contact with nature really can benefit our health and wellbeing. Mindfully walking outdoors in nature through all the seasons can be a truly magical, nurturing and healing experience.

If you enjoy walking, love nature and want to explore Mindfulness - join Pamela Carr on this leisurely morning walk with a difference. The gentle walk (about 2 miles) will include some pauses and simple exercises to help us to slow down, become more present and open our senses to what we can see, hear, feel, smell and maybe even taste, moment by moment.

Pamela loves this beautiful space and experiences new inspiration every time she visits. Previous walkers have spoken about discovering for themselves the quietening, calming and creative benefits of walking mindfully in nature. You might like to bring your notebook or camera.

Following the walk you’ll return to the popular Tegg’s Nose Tea Room to share discoveries and creative ideas. Optional drinks/snacks available to purchase. **Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8.00.**

**Tickets will be available to book 2 months prior to event date: 15/07/2018**

Time: 9.00am to 11.00am
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Pamela Carr, Mindfulness Teacher and Focusing Professional
Booking: http://www.eventbrite.co.uk/e/changing-seasons-mindfulness-walk-with-pamela-carr-tickets-42168060805
Information: Email Pamela - focusingforall@aol.com
(Easy walking grade / Please wear suitable boots and clothing / Suitable for anyone over the age of 16 / Please leave your dog at home / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Healthy Walk – Event / Refreshment stop, opportunity for refreshments / Partnership event / Car parking charge)
Sunday, 16th September

Boggy Doodles: An introduction to the art, science and joy of green sketching - September

A friendly introduction to green sketching for beginners. Green sketching blends the best of nature and field sketching, focusing on the process, not the end result. This approach makes sketching much more rewarding and takes the pressure off trying to produce a perfect drawing. It's a wonderful way to reconnect with nature, de-stress and improve your observation skills.

No previous experience necessary (you don’t even have to share your sketches if you don’t want to).

**Booking and payment in advance is essential. Cost £16. All equipment provided.**

**Tickets will be available to book 2 months prior to event date: 15/07/2018**

**Time:** 10.00am to 12.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Local artist Dr Ali Foxon  
**Booking:** http://www.eventbrite.co.uk/e/boggy-doodles-an-introduction-to-the-art-science-and-joy-of-green-sketching-tickets-42312138746  
**Information:** 01625 574633 or email alifoxon@yahoo.com  
(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)

Wednesday, 19th September

**Countryside Crafts**

Join Bollin Valley Partnership Rangers Nik and Emma to make a basket or platter from materials found at Newgate Nature Reserve in Wilmslow. Bring thick gardening gloves and secateurs as you will be weaving natural materials that you find, which may be prickly!

**Booking and payment in advance is essential. Cost £4.**

**Tickets will be available to book 2 months prior to event date: 19/07/2018**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Newgate Nature Reserve, Newgate, Wilmslow, SK9 5LL (SJ827811)  
**Leaders:** Bollin Valley Partnership Rangers Nik Ginn and Emma Houghton  
**Booking:** http://www.eventbrite.co.uk/e/countryside-crafts-tickets-42527477831 by 13th September  
**Information:** 01625 374790  
(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Please leave your dog at home / Please wear suitable boots and clothing)
Sunday, 23rd September

Dog Behaviour Clinic with Vic Barlow, the Dogfather

Many owners of otherwise obedient dogs have trouble maintaining behaviour on walks. Dogs that will come when called in the garden often go deaf when they meet other dogs. Walking quietly to heel is often a problem in a more distracting outdoor environment.

During this short outdoor behaviour class, at Tegg’s Nose Country Park, Vic will demonstrate, in a more natural environment, how to transfer good obedience work into the real world and also essential techniques for dealing with livestock encountered during walks in the countryside.

Following this free session there is the option of a short paid ‘one to one’ training session with Vic (Cost £10 - any funds raised will be donated to Animal Support Volunteers).

Booking in advance is essential. Please email vic@vicbarlow.com to also book a ‘one to one’ session.

Tickets will be available to book 2 months prior to event date: 23/07/2018

Time: 10.00am to 12.30pm
Meeting point: Tegg’s Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Local Dog Trainer Vic Barlow – www.vicbarlow.com
Booking: http://www.eventbrite.co.uk/e/dog-behaviour-clinic-with-vic-barlow-the-dogfather-tickets-42527813836
One to One dog training booking: Email vic@vicbarlow.com to book your session
Information: 01625 374833
(Please wear suitable boots and clothing / Places limited - please book in advance / Easy walking grade / Car parking charge / Partnership event / Refreshment stop, opportunity for refreshments)

Sunday, 23rd September

Wild Food Walkabout - Rossmill

Join the Bollin Valley Rangers for a foraging walk in the Bollin Valley looking for fruits, seeds and flowers that can be found easily in the garden or in the countryside. Suitable for adults and accompanied children over the age of 6.

Booking and payment in advance is essential. Cost £4, children 16 or under go free.

Tickets will be available to purchase 2 months prior to event date: 23/07/2018

Time: 2.00pm to 3.30pm
Meeting point: Rossmill, Hale Barns, Altrincham, WA15 0EJ (SJ789853)
Leader: Bollin Valley Partnership Ranger Emma Houghton
Booking: http://www.eventbrite.co.uk/e/wild-food-walkabout-rossmill-tickets-42528208015 by 18th September
Information: 01625 374790
(Ideal for families and accompanied children / Children must be accompanied by an adult / Places limited - please book in advance / Please leave your dog at home / Please wear suitable boots and clothing / Suitable for anyone over the age of 6 / There is a charge, payable in advance, for attending this event / Wildlife Walk - Event)
Friday, 28<sup>th</sup> September

**Plein Air Painting at Tegg’s Nose Country Park with Northern Realist – September**

If you’ve ever wanted to get out of the studio and paint outdoors, this series of workshops with classically trained artists Christopher Clements & Kieran Ingram, will guide you through everything you need to know. Both Kieran and Christopher are professional artists, Kieran has featured on Sky Landscape Artist of the Year and Christopher is the director of Northern Realist Drawing & Painting in Manchester.

You’ll learn an approach which will enable you to interpret and arrange the tones and colours of the landscape allowing you to evoke the simple beauty of your environment.

Work at your own level in a small friendly group, meet like minded artists and enjoy the beautiful scenery! All equipment is provided but you’re welcome to bring your own, a list will be provided.

**Booking and payment in advance is essential. Cost £49.**

**Time:** 10.00am to 3.30pm

**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Leaders:** Artists Chris Clements and Kieran Ingram - www.northernrealist.com

**Booking:** [http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015](http://www.eventbrite.co.uk/e/plein-air-painting-at-teggs-nose-country-park-with-northern-realist-tickets-42453986015)

**Information:** Email info@northernrealist.com or visit [www.northernrealist.com/plein-air-landscape-cityscape-workshops](http://www.northernrealist.com/plein-air-landscape-cityscape-workshops)

(Places limited - please book in advance / Easy walking grade / Partnership event / There is a charge, payable in advance, for attending this event / Car parking charge / Please wear suitable boots and clothing / Please leave your dog at home)

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Saturday, 29<sup>th</sup> September

**Introduction to Nordic Walking - September – Bollington**

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. **Booking in advance is essential.** If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

**Time:** 6.30pm to 8.00pm

**Meeting point:** Public car park, Adlington Road, Bollington, SK10 5JT (SJ930781)

**Leader:** David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme

**Booking:** [http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-september-bollington-tickets-39828207240](http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-september-bollington-tickets-39828207240)

**Information:** 07593448403

(Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance)
Sunday, 30th September

**Carrs Working Party and Clean-up - September**

Help keep your local park looking good by joining the Friends of the Carrs and the Bollin Valley Rangers on some conservation tasks. This will include tree pruning, footpath work and litter picking. Feel free to join us for an hour or for the full day. Light refreshments provided.

**Time:** 10.30am to 3.00pm  
**Meeting point:** Parish Hall Car Park, Cliff Road, Wilmslow, SK9 4AA (SJ847816)  
**Leaders:** Bollin Valley Partnership Ranger Emma Houghton and Friends of the Carrs - [www.friendsofthecarrs.org.uk](http://www.friendsofthecarrs.org.uk)  
**Information:** 01625 374790  
(Please wear suitable boots and clothing / Car parking charge / Children must be accompanied by an adult / Partnership event / Please wear suitable boots and clothing / Refreshment stop, opportunity for refreshments)

Sunday, 30th September

**Bollin Valley Walks – The Source**

The first in a series of circular walks along the course of the Bollin Valley Way. A strenuous 8km (5 mile) walk from Tegg's Nose Country Park into Macclesfield Forest exploring the source and upper reaches of the River Bollin. **Booking and payment in advance is essential. Adults £4, children 16 or under go free.**

**Tickets will be available to purchase 2 months prior to event date: 30/07/2018**  
**Time:** 11.00am to 2.00pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leader:** Bollin Valley Partnership Ranger Roger Brereton  
**Booking:** [http://www.eventbrite.co.uk/e/bollin-valley-walks-the-source-tickets-42530116724](http://www.eventbrite.co.uk/e/bollin-valley-walks-the-source-tickets-42530116724) by 26th September  
**Information:** 01625 374790  
(Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Healthy Walk – Event / Bring a packed lunch / Strenuous walking grade / There is a charge, payable in advance, for attending this event / Car parking charge / Refreshment stop, opportunity for refreshments / Dogs on leads permitted)

Monday, 1st October to Friday, 5th October

**Bollin Valley Partnership Schools Week**

Varied half day school based workshops themed on wildlife, nature the countryside. Using the skills and talents of local educators and both Cheshire East Council and Bollin Valley Rangers. **Booking in advance is essential. Bookings taken from early September.**

**Leaders:** Bollin Valley Partnership Rangers & colleagues  
**Booking and Information:** 01625 374790 or email [bollin@cheshireeast.gov.uk](mailto:bollin@cheshireeast.gov.uk)  
(Places limited - please book in advance / Partnership event / There is a charge, payable in advance, for attending this event)
Tuesday, 2nd October

Pram Fit / Outdoor Fitness Taster Class - October

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don’t need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! **Booking in advance is essential.**

This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am

**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)

**Leader:** Personal Trainer Kelly Morley

**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)

**Information:** 07803 245590 or email hnb@kellymorley.co.uk

(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

Tuesday, 2nd October

Down the Mines! – October

Join Derbyshire Caving Club for a trip down the old copper mines of Alderley Edge. Helmets with lamps provided, but please wear old clothes. Some crawling involved. **Suitable for adults and accompanied children over 6. Booking and payment in advance is essential. Cost £7.50.**

**Tickets will be available to book 2 months prior to event date: 02/08/2018**

**Time:** 7.00pm to 9.30pm

**Meeting point:** National Trust yard behind Wizard Restaurant, Macclesfield Road, Alderley Edge, SK10 4UB (SJ859773)

**Leaders:** Derbyshire Caving Club - [http://www.derbyscc.org.uk](http://www.derbyscc.org.uk)

**Booking:** [http://www.eventbrite.co.uk/e/down-the-mines-october-tickets-42530377504](http://www.eventbrite.co.uk/e/down-the-mines-october-tickets-42530377504)

**Information:** 01625 374833

(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 6 / Partnership event / Children must be accompanied by an adult)

Sunday, 7th October

Bollin Valley Walks – Prestbury and Mottram

The second in a series of circular walks along the course of the Bollin Valley Way. A moderate 11.2km (7 mile) circular walk from Macclesfield Riverside Park into Prestbury and beyond, exploring the River Bollin. **Booking and payment in advance is essential. Adults £4, children 16 or under go free.**

**Tickets will be available to purchase 2 months prior to event date:** 07/08/2018
Time: 11.00am to 2.30pm
Meeting point: Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)
Leader: Bollin Valley Partnership Ranger Jim Middlemass
Information: 01625 511086
(Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Healthy Walk – Event / Bring a packed lunch / Moderate walking grade / There is a charge, payable in advance, for attending this event / Dogs on leads permitted)

Saturday, 13th October

**Wrenbury Circular**

A 6km (4 mile), 2 hour ramble around the attractive village of Wrenbury. Suitable for adults and accompanied children over 8. Booking and payment in advance is essential. Cost £4, children 16 or under go free.

Tickets will be available to book 2 months prior to event date: 13/08/2018

Time: 11.45am to 1.45pm
Meeting point: Wrenbury Train Station, Station Road, Wrenbury, CW5 8EX (SJ601470)
Leader: Ranger Matthew Axford
Booking: [http://www.eventbrite.co.uk/e/wrenbury-circular-tickets-42530868974](http://www.eventbrite.co.uk/e/wrenbury-circular-tickets-42530868974) by 11th October
Information: 01260 297237
(Children must be accompanied by an adult / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please leave your dog at home / Please wear suitable boots and clothing / Suitable for anyone over the age of 8 / Refreshment stop, opportunity for refreshments / Moderate walking grade)

Sunday, 14th October

**Extreme Outdoor Fitness Session at Tegg’s Nose Country Park - October**

A 2-hour extreme outdoor fitness session for those wanting something a bit different as part of their fitness regime! The session will involve a warm up and cool down with running, steps, hill sprints along with a variety of intense exercises!

The class is not for the faint-hearted (suitable for intermediate to advanced fitness level attendees) but for those wanting a challenge and who like being in the outdoors in a fantastic country park! Suitable for anyone over the age of 18. Booking and payment in advance is essential. Cost £12.50.

Time: 9.00am to 11.00am
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leader: Personal Trainer Kelly Morley
Booking: [http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236](http://www.eventbrite.co.uk/e/extreme-outdoor-fitness-session-at-teggs-nose-country-park-tickets-42313974236)
Information: 07803 245590 or email hnb@kellymorley.co.uk
(Suitable for anyone over the age of 18 / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Healthy Walk – Event / Partnership event / Please wear suitable boots and clothing / Please leave your dog at home)

Sunday, 14th October

**Bollin Valley Walks – Styal and Manchester Airport**

A moderate 11.1km (6.9 mile) circular walk, from Styal, following the Bollin Valley Way and the North Cheshire Way, taking in the impressive tunnel through which the River Bollin passes under the second runway at Manchester Airport. **Booking and payment in advance is essential. Adults £4, children 16 or under go free.**

**Tickets will be available to purchase 2 months prior to event date: 14/08/2018**

**Time:** 11.00am to 2.30pm  
**Meeting point:** Oakwood Farm, Styal Road, Styal, Cheshire, SK9 4HY (SJ841829)  
**Leader:** Bollin Valley Partnership Ranger Roger Brereton  
**Booking:** [http://www.eventbrite.co.uk/e/bollin-valley-walks-styal-and-manchester-airport-tickets-42531365459 by 10th October](http://www.eventbrite.co.uk/e/bollin-valley-walks-styal-and-manchester-airport-tickets-42531365459)  
**Information:** 01625 374790  
(Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Healthy Walk – Event / Bring a packed lunch / Moderate walking grade / There is a charge, payable in advance, for attending this event / Dogs on leads permitted)

Saturday, 20th October to Sunday 4th November

**Tegg's Nose Country Park Halloween Trail**

Some spooky visitors are visiting the park this half-term! Can you explore the park and find them all? Buy a map from the Tegg's Nose Tea Room for 50p, and get searching around the top of the park.

Each map purchased entitles you to 50p discount off one hot drink from Tegg's Nose Tea Room following completion of the trail.

**Time:** Maps available to purchase between 9.00am to 5.00pm between the 20th of October and 4th November  
**Meeting point:** Tegg's Nose Tea Room, Tegg's Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Cheshire East Countryside Ranger Service & Tegg's Nose Tea Room  
**Information:** 01625 374833  
(Please wear suitable boots and clothing / There is a charge for this event / Refreshment stop, opportunity for refreshments / Ideal for families and accompanied children / Car parking charge / Healthy Walk – Event / Partnership event)

Saturday, 20th October to Sunday 4th November

**Brereton Heath Local Nature Reserve Halloween Trail**

Some spooky visitors are visiting the Nature Reserve this half-term! Can you explore the park and find them all? Pick up a map from the visitor centre and get searching around the park.
Time: Maps available to collect between 9.00am to 4.00pm between the 20th of October and 4th November
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Cheshire East Countryside Ranger Service
Information: 01477 534115
(Please wear suitable boots and clothing / Ideal for families and accompanied children / Car parking charge / Healthy Walk – Event)

Saturday, 20th October

Intro to Autumn Foraging and Wild Food – Macclesfield Riverside Park

A chance to learn the basics of foraging and discover edibles all around us, with a professional forager from Totally Wild UK.

After arriving, at the visitor centre, we will go through the basics of foraging. Then we head out to discover the vast array of wild edible species that lie all around us. During the Forage your forager will introduce you to a number of edible species giving you tips on harvesting and correct identification. Whilst doing this you will have the opportunity to taste a range of pre-made wild food tasters from chutneys to jams.

Booking and payment in advance is essential. Cost: £25 per adult, children 16 or under go free (One free child place per paying adult).

Time: 10.00am to 1.00pm
Meeting point: Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)
Leader: James Wood from Totally Wild UK - http://www.totallywilduk.co.uk/
Booking: http://totallywilduk.co.uk/courses/#/event/intro-to-autumn-foraging-and-wild-food
Information: 07999 992615
(Ideal for families and accompanied children / Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Refreshment stop, opportunity for refreshments)

Saturday, 20th October

Fungal Foray at Tegg’s Nose Country Park

A short 3.5km (2 mile) stroll around the park to discover the fascinating species of fungi that grow in the park with local experts from the North West Fungus Group.

Please note that this walk is not intended to be a fungal forage and no species can be collected for consumption. Booking and payment in advance is essential. Cost £4, children 16 or under go free.

Tickets will be available to purchase 2 months prior to event date: 20/08/2018

Time: 1.00pm to 3.30pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Booking: http://www.eventbrite.co.uk/e/fungal-foray-at-teggs-nose-country-park-tickets-42532960229
Information: 01625 374833
(Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance / There
is a charge, payable in advance, for attending this event / Please leave your dog at home / Refreshment stop, opportunity for refreshments / Ideal for families and accompanied children / Healthy and Wildlife Walk – Event / Partnership event)

Friday, 26th October

**Tales of Terror - The Festival of Fear at Tegg's Nose Country Park**

Join our ghostly hosts for a family night of phantom fun with ghoulish games, ghastly goings on and a torchlight walk in the park. The night will end with a hot drink and a spooky snack...if you survive that long. Remember to dress to impress for the Creepy Catwalk (Trophy for best fancy dress).

**Suitable for adults and accompanied children 8 or over. Booking and payment in advance is essential. Cost £10 per person £35 for a discounted group ticket which covers 4 people.**

**Tickets will be available to purchase 2 months prior to event date: 26/08/2018**

**Time:** 7.00pm to 9.00pm  
**Meeting point:** Tegg's Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Nature Stuff – environmental educators, Tegg's Nose Tea Room and Cheshire East Council Countryside Ranger Martin James  
**Booking:** [http://www.eventbrite.co.uk/e/tales-of-terror-the-festival-of-fear-at-teggs-nose-country-park-tickets-42377872357](http://www.eventbrite.co.uk/e/tales-of-terror-the-festival-of-fear-at-teggs-nose-country-park-tickets-42377872357)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Car parking charge / Suitable for children of 8 and above / Partnership event / Children must be accompanied by an adult / Refreshment stop - opportunity for refreshment)

Saturday, 27th October

**Discovering Grassland Fungi**

The Cheshire hills are home to communities of fungal species which are grassland specialists. These communities can be valuable indicators of ancient grassland, but are often not included in conservation assessments. Also, like their grassland habitat, they are threatened by improvement, disturbance, or cessation of management.

This workshop will focus on one particular group of grassland fungi, the Waxcaps. It will cover their habitat requirements, their identification, their use in evaluating the significance of grassland sites and current management advice for waxcap-grassland. There will be a mix of indoor work and time out in the field.

A partnership event, with [Cheshire Wildlife Trust](http://www.cheshirewildlifetrust.org.uk), as part of the South West Peak Glorious Grasslands project. **Suitable for anyone over the age of 18.**

**Time:** 10.00am to 2.30pm  
**Meeting point:** Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders:** Cheshire Wildlife Trust – [www.cheshirewildlifetrust.org.uk](http://www.cheshirewildlifetrust.org.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Car parking charge / Bring
a packed lunch / Please leave your dog at home / Refreshment stop, opportunity for refreshments / Suitable for anyone over the age of 18 / Partnership event / Wildlife Walk – Event)

Sunday, 28th October

**Halloween Happenings**

Bring a pumpkin, knife and nightlight to craft a lantern for a spooky walk down the Park. Seasonal crafts and activities with the Bollin Valley Rangers, spooky dress optional. Particularly suited to younger children (aged 6 to 10 years old). Booking and payment in advance is essential. Cost £4 per child.

Tickets will be available to purchase 2 months prior to event date: 28/08/2018

**Time:** 5.30pm to 7.30pm

**Meeting point:** Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)

**Leaders:** Bollin Valley Partnership Rangers Emma Houghton and Euan Murray

**Booking:** [http://www.eventbrite.co.uk/e/halloween-happenings-tickets-42533678377](http://www.eventbrite.co.uk/e/halloween-happenings-tickets-42533678377) by 25th October

**Information:** 01625 374790

(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Suitable for anyone between the ages of 6 and 10 / Please leave your dog at home / Children must be accompanied by an adult / Please wear suitable boots and clothing / Partial accessibility - level or ramped access. Accessible toilets available)

Monday, 29th October

**Spooky Trip Down the Mines!!**

Join Derbyshire Caving Club for a Halloween tour of underground Alderley Edge. Come and see the some of the oldest copper mines in Great Britain and hear some of the stories of real people who lived worked and DIED there.....Do you dare???

You are welcome to wear fancy dress but please be aware that it may get dirty due to the nature of the mines. Some crawling involved. Suitable for adults and accompanied children over 6. Booking and payment in advance is essential. Cost £7.50.

Tickets will be available to purchase 2 months prior to event date: 29/08/2018

**Time:** 7.00pm to 9.30pm

**Meeting point:** National Trust yard behind Wizard Restaurant, Macclesfield Road, Alderley Edge, SK10 4UB (SJ859773)

**Leaders:** Derbyshire Caving Club - [http://www.derbyscc.org.uk](http://www.derbyscc.org.uk)

**Booking:** [http://www.eventbrite.co.uk/e/spooky-trip-down-the-mines-tickets-42534387498](http://www.eventbrite.co.uk/e/spooky-trip-down-the-mines-tickets-42534387498)

**Information:** 01625 374833

(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 6 / Partnership event / Children must be accompanied by an adult)
Monday, 29th October

**Woodland Wizards at Tegg’s Nose Country Park**

Set out on a woodland quest with [Nature Stuff](http://www.naturestuff.co.uk). Look for Dragon footprints and Dragon eggs and help make magic potions and a giant fire breathing dragon! **Booking and payment in advance is essential. Cost £6.50 per child.**

**Tickets will be available to purchase 2 months prior to event date: 29/08/2018**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Tegg’s Nose Reservoir car park, Holehouse Lane, Langley, SK11 0NB (SJ945718)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/woodland-wizards-at-teggs-nose-country-park-tickets-42378185293](http://www.eventbrite.co.uk/e/woodland-wizards-at-teggs-nose-country-park-tickets-42378185293)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult)

Tuesday, 30th October

**Halloween Hoot at Brereton Heath Local Nature Reserve**

Join [Nature Stuff](http://www.naturestuff.co.uk) for spooky outdoor games, Halloween challenges and fangtastic fun for families. **Booking and payment in advance is essential. Cost £6.50 per child.**

**Tickets will be available to purchase 2 months prior to event date: 30/08/2018**

**Time:** 10.00am to 12.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Nature Stuff – environmental educators  
**Booking:** [http://www.eventbrite.co.uk/e/halloween-hoot-at-brereton-heath-local-nature-reserve-tickets-42378358812](http://www.eventbrite.co.uk/e/halloween-hoot-at-brereton-heath-local-nature-reserve-tickets-42378358812)  
**Information:** 07870804413 or visit [www.naturestuff.co.uk](http://www.naturestuff.co.uk)  
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult)

Tuesday, 30th October

**Bickerton Hill from Ice Age to Iron Age - October**

A guided walk with a difference. Walk with a nomadic hunter gather and learn how people survived in post Ice Age Britain. Examine replica artefacts and find out what sort of clothing a Palaeolithic hunter- gatherer might have worn. Hosted by the National Trust and Cheshire East Council Countryside Ranger Service with Prehistory Workshop Presenter Dave Trevor from [http://10000yearsbc.co.uk](http://10000yearsbc.co.uk).

**Suitable for adults and accompanied children over 8. Booking and payment in advance is essential. Adults £5, children 16 or under £3.**

**Tickets will be available to purchase 2 months prior to event date: 30/08/2018**
Time: 2.00pm to 4.30pm
Meeting point: Pool Dale National Trust car park (free), off Goldford Lane (opposite Pool Farm), Bickerton SY14 8LN (SJ503530)
Leaders: National Trust and Cheshire East Council Countryside Ranger Service with Prehistory Workshop
Presenter Dave Trevor from http://10000yearsbc.co.uk
Booking: http://www.eventbrite.co.uk/e/bickerton-hill-from-ice-age-to-iron-age-october-tickets-42459143441
Information: 01270 686071
(Ideal for families and accompanied children / Suitable for anyone over the age of 8 / Children must be accompanied by an adult / Places limited - please book in advance / Please wear suitable boots and clothing / Moderate walking grade / Please leave dogs at home / Archaeological & Healthy Walk - Event / Bring binoculars if you have them)

Tuesday, 30th October

Spooky Trip Down the Mines!!!

Another chance to join Derbyshire Caving Club for a Halloween tour of underground Alderley Edge. Come and see some of the oldest copper mines in Great Britain and hear some of the stories of real people who lived worked and DIED there.....Do you dare???

You are welcome to wear fancy dress but please be aware that it may get dirty due to the nature of the mines. Some crawling involved. Suitable for adults and accompanied children over 6. Booking and payment in advance is essential. Cost £7.50.

Tickets will be available to purchase 2 months prior to event date: 29/08/2018

Time: 7.00pm to 9.30pm
Meeting point: National Trust yard behind Wizard Restaurant, Macclesfield Road, Alderley Edge, SK10 4UB (SJ859773)
Leaders: Derbyshire Caving Club - http://www.derbyscc.org.uk
Booking: http://www.eventbrite.co.uk/e/spooky-trip-down-the-mines-tickets-42534387498
Information: 01625 374833
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Suitable for anyone over the age of 6 / Partnership event / Children must be accompanied by an adult)

Wednesday, 31st October

Introduction to Nordic Walking - October – Poynton Park

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport
& Recreation Nordic Walking Programme. Booking in advance is essential. If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

Time: 10.00am to 11.30am
Meeting point: Poynton Park, South Park Drive, Poynton, SK12 1BR (SJ924842)
Leader: David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme
Booking: http://www.eventbrite.co.uk/e/introduction-to-nordic-walking-october-poynton-tickets-39828283468
Information: 07593448403
(Easy walking grade / Please wear suitable boots and clothing / Places limited - please book in advance)

Wednesday, 31st October

Halloween Hoot at Tegg’s Nose Country Park


Tickets will be available to purchase 2 months prior to event date: 31/08/2018

Time: 10.00am to 12.00pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Leaders: Nature Stuff – environmental educators
Booking: http://www.eventbrite.co.uk/e/halloween-hoot-at-teggs-nose-country-park-tickets-42378380878
Information: 07870804413 or visit www.naturestuff.co.uk
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Car parking charge / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Refreshment stop, opportunity for refreshments)

Thursday, 1st November

Woodland Wizards at Brereton Heath Local Nature Reserve

Set out on a woodland quest with Nature Stuff. Look for Dragon footprints and Dragon eggs and help make magic potions and a giant fire breathing dragon! Booking and payment in advance is essential. Cost £6.50 per child.

Tickets will be available to purchase 2 months prior to event date: 01/09/2018

Time: 10.00am to 12.00pm
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Nature Stuff – environmental educators
Booking: http://www.eventbrite.co.uk/e/woodland-wizards-at-brereton-heath-local-nature-reserve-tickets-42378290608
Information: 07870804413 or visit www.naturestuff.co.uk
(Places limited - please book in advance / Please wear suitable boots and clothing / Please leave your dog at home / There is a charge, payable in advance, for attending this event / Car parking charge / Suitable for children between the age of 5 and 10 / Partnership event / Children must be accompanied by an adult / Car parking charge)
Sunday, 4th November

Lyme Park and Black Hill walk

An 11.5km (7 mile) walk through Lyme Park and up to the high ridge of Black Hill with views out to Kinder Scout and also out across the Cheshire Plain. **Booking and payment in advance is essential. Adults £4, children 16 or under go free.**

Tickets will be available to book 2 months prior to event date: 04/09/2018

**Time:** 10.30am to 3.00pm  
**Meeting point:** Nelson Pit Visitor Centre, Lyme Road, Higher Poynton, Cheshire, SK12 1TH (SJ945833)  
**Leader:** Cheshire East Council Countryside Ranger Ed Pilkington  
**Booking:** [http://www.eventbrite.co.uk/e/lyme-park-and-black-hill-walk-tickets-42536352375](http://www.eventbrite.co.uk/e/lyme-park-and-black-hill-walk-tickets-42536352375) **by Friday 2nd November**

**Information:** 01625 383700  
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / Strenuous walking grade / Please bring a packed lunch)

Tuesday, 6th November

Pram Fit / Outdoor Fitness Taster Class - November

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.

Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don't need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! **Booking in advance is essential.**

This event repeats every first Tuesday of the month.

**Time:** 10.00am to 11.00am  
**Meeting point:** Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader:** Personal Trainer Kelly Morley  
**Booking:** [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information:** 07803 245590 or email hnb@kellymorley.co.uk  
(Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

Saturday, 10th November

Poynton Park Tree Wander

Come and learn about our native trees and how to identify them on a short walk around Poynton Park. **Booking and payment in advance is essential. Cost £4, children 16 or under go free.**

Tickets will be available to purchase 2 months prior to event date: 10/09/2018

**Time:** 10.00am to 12.00pm
Meeting point: Poynton Park Car Park, South Park Drive, Poynton, SK12 1BR (SJ924842)
Leader: Cheshire East Council Countryside Ranger Pete Dowse
Booking: [http://www.eventbrite.co.uk/e/poynton-tree-wander-tickets-42536986271](http://www.eventbrite.co.uk/e/poynton-tree-wander-tickets-42536986271) by 8th November
Information: 01625 383700
(Easy walking grade / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please wear suitable boots and clothing / Please leave your dog at home / [Wildlife Walk - Event](http://www.cheshireeast.gov.uk/rangers)

Saturday, 10th November

**Autumn walk to Lawton Woods**

A 6km (4 mile) countryside ramble to Lawton Woods and return to Rode Heath via the Trent & Mersey Canal. Suitable for adults and accompanied children over 8. Booking and payment in advance is essential. Cost £4, children 16 or under go free.

Tickets will be available to purchase 2 months prior to event date: 10/09/2018

Time: 11.00am to 1.00pm
Meeting point: Rode Heath Rise, Off Sandbach Road, Rode Heath, Cheshire, ST7 3RU (SJ805570)
Leader: Cheshire East Council Countryside Ranger Service Matthew Axford
Booking: [http://www.eventbrite.co.uk/e/autumn-walk-to-lawton-woods-tickets-42537405525](http://www.eventbrite.co.uk/e/autumn-walk-to-lawton-woods-tickets-42537405525) by 8th November
Information: 01260 297237
(Children must be accompanied by an adult / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Please leave your dog at home / Please wear suitable boots and clothing / Suitable for anyone over the age of 8 / Refreshment stop, opportunity for refreshments / Moderate walking grade)

Saturday, 10th November

**Tegg’s Nose Star Party – November**

If you’ve ever looked up at the starry night sky and been enthralled by what you’ve seen, join Macclesfield Astronomical Society for an evening of astronomy. There will be a general talk, from members of the group, suitable for all levels of knowledge, followed by an opportunity to ask questions and engage in some guided observing.

Observing will be available using supplied equipment, weather permitting. You are welcome to bring your own binoculars or even telescopes. **Booking and payment in advance is essential. Cost £5.**

Observing highlights – Telescope night. Members will offer information and demonstrations of their astronomical equipment. As the Moon is at the New Phase, and hopefully the skies clear it will be dark and the Milky Way should be seen, along with Mars, the constellations and deep sky objects.

Tickets will be available to purchase 2 months prior to event date: 10/09/2018

Time: 7.30pm to 11.00pm
Meeting point: Tegg’s Nose Country Park Visitor Centre, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)
Saturday, 17th November

Wild Basket Weaving – Macclesfield Riverside Park

Join James Wood from Totally Wild UK to learn the inspiring craft of basket weaving and create your very own hand crafted foragers basket.

During this whole day session we will make our very own round baskets. We will look in to what wild plants we can use to aid our basket weaving including dog wood, hazel, brambles and willow. Through the day we will walk through the techniques needed to successfully build our own unique, beautiful and useful baskets to take home and enjoy.

Weaving materials and tea / coffee included but please bring a packed lunch.

Booking and payment in advance is essential. Cost: £60 per adult.

Time: 10.00am to 4.00pm
Meeting point: Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)
Leader: James Wood from Totally Wild UK - http://www.totallywilduk.co.uk/
Booking: http://totallywilduk.co.uk/courses/#/event/wild-basket-weaving
Information: 07999 992615

(Please wear suitable boots and clothing / Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Partnership event / Refreshment stop, opportunity for refreshments / Bring a packed lunch / Suitable for anyone over the age of 16)

Sunday, 18th November

Wild Basket Weaving Again – Macclesfield Riverside Park

Join James Wood from Totally Wild UK to learn the inspiring craft of basket weaving and create your very own hand crafted foragers basket.

During this whole day session we will make our very own round baskets. We will look in to what wild plants we can use to aid our basket weaving including dog wood, hazel, brambles and willow. Through the day we will walk through the techniques needed to successfully build our own unique, beautiful and useful baskets to take home and enjoy.

Weaving materials and tea / coffee included but please bring a packed lunch.

Booking and payment in advance is essential. Cost: £60 per adult.

Time: 10.00am to 4.00pm
Meeting point: Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)
Leader: James Wood from Totally Wild UK - http://www.totallywilduk.co.uk/
Sunday, 18th November

**Interested in Wildlife Conservation?**

Learn some simple countryside skills from our local conservation volunteers group and help to improve natural habitats for wildlife at Brereton Heath Local Nature Reserve. **Suitable for anyone over the age of 16.**

**Time:** 10.00am to 3.00pm  
**Meeting point:** Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)  
**Leaders:** Congleton and District Conservation Volunteers  
**Information:** Ring 07999 992615 or visit [http://www.cdcv.org.uk/](http://www.cdcv.org.uk/)  
(Children must be accompanied by an adult / Please leave your dog at home / Please wear suitable boots and clothing / Suitable for anyone over the age of 16 / Bring a packed lunch / Car parking charge)

Saturday, 24th November

**Hedgelaying for Beginners**

Hedgelaying is the traditional way to maintain a boundary hedge. This hands on event will introduce you to the basic hedge laying techniques and to the different tools required to complete the job. **Suitable for anyone over the age of 14.Booking and payment in advance is essential. Cost £20.**

**Tickets will be available to purchase 2 months prior to event date: 24/09/2018**

**Time:** 10.00am to 4.00pm  
**Meeting point:** Rode Heath Rise, Off Sandbach Road, Rode Heath, Cheshire, ST7 3RU (SJ805570)  
**Leader:** Ranger Matthew Axford  
**Booking:** [http://www.eventbrite.co.uk/e/hedgelaying-for-beginners-tickets-42541831764](http://www.eventbrite.co.uk/e/hedgelaying-for-beginners-tickets-42541831764) by 20th November  
**Information:** 01260 297237  
(Places limited - please book in advance / Please wear suitable boots and clothing / Suitable for anyone over the age of 14 / Bring a packed lunch / Refreshment stop, opportunity for refreshments / There is a charge, payable in advance, for attending this event)

Sunday, 25th November

**Meet the Longhorns**

This is a unique event with a chance to come and see the Bollin Valley Partnership’s Longhorn cattle. You will meet all the bulls, cows and calves at close quarters in their winter housing at Styal and find out how and why we use the Longhorns to manage our country parks.

**Booking and payment in advance is essential. Cost £4, children 16 or under go free.**

**Tickets will be available to purchase 2 months prior to event date: 25/09/2018**
Time: 2.00pm to 4.00pm
Meeting point: Oakwood Farm, Styal Road, Styal, Cheshire, SK9 4HY (SJ841829)
Leaders: Bollin Valley Partnership
Booking: http://www.eventbrite.co.uk/e/meet-the-longhorns-tickets-42542173787 by 22nd November
Information: 01625 374790
(Ideal for families and accompanied children / There is a charge, payable in advance, for attending this event / Children must be accompanied by an adult / Places limited - please book in advance / Please leave your dog at home / Please wear suitable boots and clothing / Easy walking grade)

Saturday, 1st December

Introduction to Nordic Walking - December – Higher Poynton

Nordic walking is the fastest growing fitness activity in the world with a wide variety of people now regularly taking part in what was originally used by cross country skiers as a way to stay fit during the summer.

However, it is not simply a case of grabbing a pair of poles and walking with them! It requires the correct technique in order to get the whole body working and it is essential you learn this from a qualified Instructor who will ensure you get the full benefit and fastest possible results.

Introduction to Nordic Walking is a FREE session which will cover the basics and benefits to Nordic Walking. You will get to try out the poles and the technique, and is led by a qualified instructor from the Everybody Sport & Recreation Nordic Walking Programme. Booking in advance is essential. If you enjoy this session there will be a follow on course to perfect your technique and then be able to attend our regular walks.

Time: 10.00am to 11.30am
Meeting point: Nelson Pit Visitor Centre, Lyme Road, Higher Poynton, Cheshire, SK12 1TH (SJ945833)
Leader: David Lambert, Nordic Walking Instructor for the Everybody Nordic Walking Programme
Booking: https://www.eventbrite.co.uk/e/introduction-to-nordic-walking-december-poynton-tickets-39828343648
Information: 07593448403
(Easy walking grade / Please wear suitable boots and clothing / Car parking charge / Places limited - please book in advance)

Sunday, 2nd December

Chainsaw Carving in Macclesfield Forest

Drop in at any time to watch as Ranger Ed chainsaw carves a tree stump into a creature.

Time: 10.00am to 3.30pm
Meeting point: Trentabank Ranger Centre, Macclesfield Forest, SK11 0NS (SJ961711)
Leader: Cheshire East Council Countryside Ranger Ed Pilkington
Information: 01625 383700
(Easy walking grade / Please wear suitable boots and clothing / Car parking charge / Ideal for families and accompanied children)

Tuesday, 4th December

Pram Fit / Outdoor Fitness Taster Class - December

A fantastic way to get back in shape, after the birth of your child, with personal trainer Kelly Morley.
Anyone can come to the class at any level of fitness. No experience needed. Any pram is fine, and the even better news is that you don't need child care as you bring your baby with you. There is a variety of exercises including toning, cardio and sometimes the boxing gloves come out for some fun! Booking in advance is essential.

This event repeats every first Tuesday of the month.

**Time**: 10.00am to 11.00am  
**Meeting point**: Astbury Mere Country Park, Sandy Lane, off A34 Newcastle Road, Congleton, Cheshire, CW12 4FR (SJ846627)  
**Leader**: Personal Trainer Kelly Morley  
**Booking**: [http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502](http://www.eventbrite.co.uk/e/pram-fit-outdoor-fitness-taster-class-tickets-42089725502)  
**Information**: 07803 245590 or email hnb@kellymorley.co.uk (Places limited - please book in advance / Please wear suitable footwear and clothing / Healthy Walk – Event / Full accessibility - level or ramped access. Accessible toilets available / Children must be accompanied by an adult)

**Wednesday, 5th December**

**Crafting at Christmas**

A great chance to make some Christmas decorations to impress your family and friends. Suitable for all skill levels! Full instructions will be given on how to make simple decorations or gifts from willow and other natural materials.

Suitable for anyone over the age of 16. Booking and payment in advance is essential. Cost £8. Tickets will be available to purchase 2 months prior to event date: 05/10/2018

**Time**: 12.00pm to 3.00pm  
**Meeting point**: Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)  
**Leaders**: Bollin Valley Partnership Rangers Emma Houghton and Nik Ginn  
**Booking**: [http://www.eventbrite.co.uk/e/crafting-at-christmas-tickets-42543166757 by 29th November](http://www.eventbrite.co.uk/e/crafting-at-christmas-tickets-42543166757 by 29th November)  
**Information**: 01625 374790 (Places limited - please book in advance / Please leave your dog at home / Suitable for anyone over the age of 16 / Full accessibility - level or ramped access. Accessible toilets available / Refreshment stop, opportunity for refreshments / There is a charge, payable in advance, for attending this event)

**Saturday, 8th December to Sunday 23rd December**

**Tegg’s Nose Country Park Elf Hunt**

The Elves are on the loose in the park! Can you find them all and collect their names? Pick up a map from the Tegg's Nose Tea Room for 50p and get searching around the top of the park.

Each map purchased entitles you to 50p discount off one hot drink from Tegg's Nose Tea Room following completion of the trail.

**Time**: Maps available to purchase between 9am to 5pm between the 8th of December until 23rd December  
**Meeting point**: Tegg's Nose Tea Room, Tegg's Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)  
**Leaders**: Cheshire East Council Countryside Ranger Service & Tegg's Nose Tea Room
Information: 01625 374833
(Please wear suitable boots and clothing / There is a charge for this event / Refreshment stop, opportunity for refreshments / Ideal for families and accompanied children / Car parking charge / Healthy Walk – Event / Partnership event)

Saturday, 8th December to Sunday 23rd December

Brereton Heath Local Nature Reserve Elf Hunt

The Elves are on the loose in the park! Can you find them all and collect their names? Pick up a map from the visitor centre and get searching around the park.

Time: Maps available to collect between 9.00am to 4.00pm between the 8th of December and 23rd December
Meeting point: Brereton Heath Local Nature Reserve Visitor Centre, Davenport Lane, Brereton, Congleton, CW12 4SU (SJ794653)
Leaders: Cheshire East Council Countryside Ranger Service
Information: 01477 534115
(Please wear suitable boots and clothing / Ideal for families and accompanied children / Car parking charge / Healthy Walk – Event)

Sunday, 9th December

Children’s Crafts for Christmas

A chance to try your hand at some simple Christmas themed decorations or gifts. Suitable for all the family and all skill levels! Full instructions will be given on how to make simple decorations or gifts from willow and other natural materials.

Suitable for anyone over the age of 6. Booking and payment in advance is essential. Cost £5 per person.

Tickets will be available to purchase 2 months prior to event date: 09/10/2018

Time: 2.00pm to 4.00pm
Meeting point: Riverside Park Ranger Centre, Beechwood Mews, Beech Lane, Macclesfield, SK10 2SL (SJ914745)
Leaders: Bollin Valley Partnership Rangers Emma Houghton and Nik Ginn
Booking: http://www.eventbrite.co.uk/e/childrens-crafts-for-christmas-tickets-42544074472 by 5th December
Information: 01625 374790
(Places limited - please book in advance / Please leave your dog at home / Suitable for anyone over the age of 6 / Full accessibility - level or ramped access. Accessible toilets available / There is a charge, payable in advance, for attending this event)

Saturday, 15th December

Father Christmas at Tegg’s Nose Country Park – 15th December

Visit Father Christmas in his festive grotto at Tegg’s Nose Country Park Visitor Centre this Winter.

To book your tickets please first choose your preferred 10 minute time slot. To ensure that Father Christmas gets to see all of his visitors please arrive promptly for your booked time slot. For example if you have booked
time slot 10.00am - 10.10am, please arrive at 10.00am at Father Christmas's grotto in the visitor centre and let one of our helpful Elves know you are here.

While you are waiting enjoy a hot chocolate, tea, coffee or festive treats which are available to buy from Tegg’s Nose Tea Room next to the grotto. After your visit why not buy a 'Elf Hunt' map from the Tea Room and explore the park looking for Father Christmas's little helpers.

Each child will receive a small treat from Father Christmas to take away.

**Cost:** Single child ticket for 10 minute slot is £6, 2 x child tickets for same 10 minute slot is £10 or 3 x child tickets for same 10 minute slot is £14. Maximum of 2 accompanying adults per booking. Booking and payment in advance is essential.

**Tickets will be available to purchase 4 months prior to event date: 15/08/2018**

**Time:** Bookable 10 minute slot between 10.00 and 3.00pm

**Meeting point:** Tegg's Nose Tea Room, Tegg's Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP (SJ950733)

**Leaders:** Father Christmas and his Elves

**Booking:** [http://www.eventbrite.co.uk/e/father-christmas-at-teggs-nose-country-park-15th-december-tickets-42544441570](http://www.eventbrite.co.uk/e/father-christmas-at-teggs-nose-country-park-15th-december-tickets-42544441570)

**Information:** 01625 374833
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Partnership event / Ideal for families and accompanied children / Suitable for accompanied children between the ages of 1 and 12)

Sunday, 16th December

**Father Christmas at Tegg's Nose Country Park – 16th December**

Visit Father Christmas in his festive grotto at Tegg's Nose Country Park Visitor Centre this Winter.

To book your tickets please first choose your preferred 10 minute time slot. To ensure that Father Christmas gets to see all of his visitors please arrive promptly for your booked time slot. For example if you have booked time slot 10.00am - 10.10am, please arrive at 10.00am at Father Christmas's grotto in the visitor centre and let one of our helpful Elves know you are here.

While you are waiting enjoy a hot chocolate, tea, coffee or festive treats which are available to buy from Tegg's Nose Tea Room next to the grotto. After your visit why not buy a 'Elf Hunt' map from the Tea Room and explore the park looking for Father Christmas's little helpers.

Each child will receive a small treat from Father Christmas to take away.

**Cost:** Single child ticket for 10 minute slot is £6, 2 x child tickets for same 10 minute slot is £10 or 3 x child tickets for same 10 minute slot is £14. Maximum of 2 accompanying adults per booking. Booking and payment in advance is essential.

**Tickets will be available to purchase 4 months prior to event date: 15/08/2018**

**Time:** Bookable 10 minute slot between 10.00 and 3.00pm
Meeting point: Tegg’s Nose Tea Room, Tegg’s Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP
(SJ950733)
Leaders: Father Christmas and his Elves
Booking: http://www.eventbrite.co.uk/e/father-christmas-at-teggs-nose-country-park-16th-december-tickets-42546638140
Information: 01625 374833
(Places limited - please book in advance / There is a charge, payable in advance, for attending this event / Car parking charge / Partnership event / Ideal for families and accompanied children / Suitable for accompanied children between the ages of 1 and 12)
Open Air 2018

The Cheshire East Council Countryside Ranger Service guide to events in the countryside sites of Cheshire East in 2018

Web: www.cheshireeast.gov.uk/rangers  Email: rangers@cheshireeast.gov.uk
Twitter: www.twitter.com/cecrangers  Facebook: www.facebook.com/cecrangers
Instagram: www.instagram.com/cecrangers

Cheshire East Council Countryside Ranger Service Online Events Listings: http://www.cheshireeast.gov.uk/rangerevents