

re:fresh

VOLUNTEERS

VOLUNTEER LED WALKS

MODERATE PACE WALKS
IN YOUR COMMUNITY



1 APRIL - 30 JUNE
SPRING 2018

Blackburn with Darwen
**WELLBEING
SERVICE**

MONDAY

Progression Walk

10.30am - meet at locations listed below

A moderate pace walk lasting 1 & a half to 2 hours covering a distance of approximately 4 to 4 & a half miles. The walks may involve hills, rough grounds and stiles.

Date	Venue	Meeting Point
9 April	Whitehall Wander	Whitehall Park Gates, Darwen BB3 2LN
16 April	Witton Woodlands	Witton Park Tower Rd car park BB2 2TP
23 April	Around Wayoh	Barlow Institute, Edgworth BL7 0AP
30 April	Martholme Viaduct	Memorial Park, Great Harwood BB6 7PU
14 May	Three Villages	Hare & Hounds, Abbey Village PR6 8DP
21 May	Edge of the Moors	Bold Venture Park Gates, Darwen BB2 2SE
4 June	Leeds & Liverpool Canal	Near Butler's Arms, Pleasington BB2 5JH
11 June	Helmshore History	Textile Museum, Rossendale BB4 4NP
18 June	Entwistle Reservoir	Batridge Rd car park (pay & display) BL7 0LZ
25 June	Tockholes Trail	Vaughn's Cafe, Tockholes BB3 0PA

TUESDAY

Community Walk

12.30pm - meet at Mill Hill Community Centre, New Chapel Street, Blackburn BB2 4DT

A moderate pace walk lasting 2 hours taking in the local area or car sharing to visit various locations. The walk may involve hills, rough grounds and stiles.

**PLEASE CONTACT US ON 01254 682037
OR WELLBEING@BLACKBURN.GOV.UK**

TUESDAY**Evening Progression Walk**

7pm - 9pm - meet at locations listed below

A brisk pace walk with hills and stiles, lasting approximately 2 hours and covering 5-6 miles.

Date	Venue	Meeting Point
1, 8, 15, 22 & 29 May	Roddlesworth	Vaughn's Cafe, Tockholes BB3 0PA
5 & 12 June	Brinscall	Brinscall Swimming Pool, Lodge Bank PR6 8QU
19 & 26 June	Mellor Moor	Near Fieldens Arms, Mellor Brook BB2 7LB

WEDNESDAY**Community Walk**

1pm - meet at Bangor Street Community Centre, Norwich Street, Blackburn BB1 6NZ
LADIES ONLY.

A moderate pace walk lasting approximately 60 minutes taking in the local area.

THURSDAY**Blackburn with Darwen Carers Service Walk**

10.30am - meet at Blackburn with Darwen Carers Service, Kingsway, Greenhurst Place,
Blackburn BB2 1NA

A moderate pace walk lasting up to 1 & a half hours covering a distance of approximately 4 miles. This walk can include stiles, rough ground and steep gradients. If you would like any further information about this walk please contact the Carers Service on 01254 688440.

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FRIDAY

Progression Walk

10.30am - meet at locations listed below

A moderate pace walk lasting 90 minutes and covering a distance of approximately 3 miles. The walks may involve hills, rough grounds and stiles.

Date	Venue	Meeting Point
6 April	Sunnyhurst Woods	Salisbury Rd entrance, Darwen BB3 1HZ
13 April	Along the Goit	Lodge Bank, Brinscall PR6 8QU
20 April	Roddlesworth Woods	Vaughn's Cafe, Tockholes BB3 0PA
27 April	Mellor Moor	Near Feildens Arms, Mellor Brook BB2 7LB
4 May	Leeds & Liverpool Canal	Near Butler's Arms, Pleasington BB2 5JH
11 May	Whitethall Wander	Whitehall Park Gates, Darwen BB3 2LN
18 May	Bradshaw Valley	Barlow Institute, Edgworth BL7 0AP
25 May	Rivington Lead Mines	Rivington Lower Barn car park BL6 7SB
1 June	Three Villages	Near Hare & Hounds, Abbey Village PR6 8DP
8 June	The Grain	Cafe car park, Grane Rd, Haslingden BB4 4AT
15 June	River Calder	Memorial Park, Great Harwood BB6 7PU
22 June	Leeds & Liverpool Canal	Memorial Clock Tower, Wheelton PR6 8EU
29 June	Edge of the Moors	Bold Venture Park Gates, Darwen BB2 2SE

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