

# re:fresh PROGRESSION WALKS

All of these walks are volunteer led and may involve hills, rough ground and stiles. Contact The Wellbeing Service to check that these walks are suitable for your ability.



 10.30am - 12.30pm  4 to 4.5 miles  Location as given    

Date	Meeting Point	What3Words
Fri 4th Oct	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
Mon 7th Oct	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Fri 11th Oct	Jumples Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames
Mon 14th Oct	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Fri 18th Oct	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware
Mon 21st Oct	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Fri 25th Oct	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Mon 28th Oct	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
Fri 1st Nov	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Marching.shortens.ankle
Mon 4th Nov	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Fri 8th Nov	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Mon 11th Nov	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Fri 15th Nov	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals
Mon 18th Nov	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering

Date	What3Words	Meeting Point
Fri 22nd Nov	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Mon 25th Nov	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware
Fri 29th Nov	Bold Venture Park Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Mon 2nd Dec	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Consoled.Noble.Producers
Fri 6th Dec	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Mon 9th Dec	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Fri 13th Dec	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Mon 16th Dec	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals
Fri 20th Dec	Sunnyhurst Woods, Disabled Entrance off Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving

**CONTACT THE WELLBEING SERVICE FOR MORE  
INFORMATION:**

**01254 682037**

Blackburn with Darwen

**WELLBEING  
SERVICE**