

# 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
Mon 6th Jan	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Fri 10th Jan	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
Mon 13 Jan	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Fri 17th Jan	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
Mon 20th Jan	Jumbles Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames
Fri 24th Jan	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Mon 27th Jan	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Fri 31st Jan	Turton Tower, Chapeltown Rd, Turton, BL7 0HG	Witless.Spoon.Locked
Mon 3rd Feb	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Fri 7th Feb	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Mon 10th Feb	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Fri 14th Feb	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Mon 17th Feb	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Fri 21st Feb	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws

Date	What3Words	Meeting Point
Mon 24th Feb	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals
Fri 28th Feb	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Mon 3rd Mar	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Fri 7th Mar	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Mon 10th Mar	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware
Fri 14th Mar	Jumbles Park, Ousel Nest Car Park, Chapelton Rd, BL7 0LU	Vibes.Trail.Flames
Mon 17th Mar	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Fri 21st Mar	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals
Mon 24th Mar	Wheelton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
Fri 28th Mar	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Mon 31st Mar	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**