

# 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 April	Jumbles Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames
Mon 7th April	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
Fri 11th April	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Mon 14th April	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Fri 18th April	<b>BANK HOLIDAY</b>	
Mon 21st April	<b>BANK HOLIDAY</b>	
Fri 25th April	Blacksnape Playing Fields, Darwen, BB3 3PN	Words.spine.home
Mon 28 April	Jumbles Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames
Fri 2nd May	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Mon 5th May	<b>BANK HOLIDAY</b>	
Fri 9th May	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware
Mon 12th May	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Fri 16th May	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Mon 19th May	Wheelton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle

Date	What3Words	Meeting Point
Fri 23rd May		
Mon 26th May	<b>BANK HOLIDAY</b>	
Fri 30th May	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Mon 2nd June	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Fri 6th June	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
Mon 9th June	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Fri 13th June	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Mon 16th June	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Fri 20th June	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Mon 23rd June	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
Fri 27th June	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Mon 30th June	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals

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

**01254 682037**

Blackburn with Darwen

**WELLBEING  
SERVICE**