

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 July	Ramblers Cafe Tockholes Rd, Darwen BB3 0PA	Ballparks.Good.Jaws
Mon 7th July	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Fri 11th July	Dean Clough, Great Harwood, Blackburn Old Road, Layby	Gets.Nods.Hurray
Mon 14th July	Jumbles Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames
Fri 18th July	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Mon 21st July	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Fri 25th July	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
Mon 28th July	Blacksnape Playing Fields, Darwen, BB3 3PN	Words.spine.home
Fri 1st Aug	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Mon 4th Aug	Ramblers Cafe Tockholes Rd, Darwen BB3 0PA	Ballparks.Good.Jaws
Fri 8th Aug	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Mon 11th Aug	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals
Fri 15th Aug	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Mon 18th Aug	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware

Date	Meeting Point	What3Words
Fri 22nd Aug	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Mon 25th Aug	BANK HOLIDAY	
Fri 29th Aug	Blacksnape Playing Fields, Darwen, BB3 3PN	Words.spine.home
Mon 1st Sept	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Fri 5th Sept	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
Mon 8th Sept	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
Fri 12th Sept	Jumbles Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames
Mon 15th Sept	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Fri 19th Sept	Ramblers Cafe Tockholes Rd, Darwen BB3 0PA	Ballparks.Good.Jaws
Mon 22nd Sept	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Fri 26th Sept	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.Garlic.Minerals
Mon 29th Sept	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle

CONTACT THE WELLBEING SERVICE FOR MORE INFORMATION:

01254 682037

Blackburn with Darwen
HEALTH & WELLBEING