

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.



A free brew included at the Active Outdoors Hub in Witton Park to connect with others and learn about our Health and Wellbeing service.



10.30am - 12.30pm






4 to 4.5 miles



Location as given



Date	Meeting Point	What3Words
Fri 3 rd Oct	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
Mon 6th Oct	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Fri 10th Oct	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
 Mon 13th Oct	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Fri 17th Oct	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Mon 20th Oct	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Fri 24th Oct	Bartridge Rd Car Park, Entwistle, BL7 0LU	Isolating.garlic.minerals
Mon 27th Oct	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering
Fri 31st Oct	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Mon 3rd Nov	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive
Fri 7th Nov	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest

 Mon 10th Nov	Butlers Arms, Pleasington, Blackburn, BB2 5JH	Fine.Slam.Technical
Fri 14th Nov	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws
Mon 17th Nov	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving
 Fri 21st Nov	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Mon 24th Nov	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers
Fri 28th Nov	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware
Mon 1st Dec	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest
Fri 5th Dec	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total
Mon 8th Dec	Wheulton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle
 Fri 12th Dec	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims
Mon 15th Dec	Bartridge Rd Car Park,Entwistle, BL7 0LU	Isolating.garlic.minerals

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

01254 682037

Blackburn with Darwen
**HEALTH &
WELLBEING**