

**JAN - MAR  
2026**

# **ACTIVE OUTDOORS PROGRAMME**



**GET ACTIVE  
IN YOUR  
COMMUNITY**



# ACTIVE OUTDOORS HUB

A VARIETY OF CYCLE SESSIONS,  
LED WALKS, VOLUNTEERING  
AND TRAINING OPPORTUNITIES  
AVAILABLE FOR ALL ABILITIES.

**DROP IN FOR MORE INFORMATION**



**EVERY TUESDAY**



**WITTON PARK, NEXT TO PAVILION CAFE,  
BB2 2TP**



**10:00AM - 12:00PM**

**VISIT OUR WEBSITE  
TO SEE WHAT'S ON**



You are responsible for your own safety during the activities. All sessions are weather dependent.

# Themed **WALKS**

ALL THE WALKS ARE  
ACCESSIBLE BY PUBLIC  
TRANSPORT 

## January



**WEDNESDAY 21ST**



**10:30AM - 12:00PM**



**BLACKBURN CENTRAL LIBRARY  
TOWN HALL STREET, BB2 1AG**



## **WAINWRIGHT IN BLACKBURN WALK**

A walk to celebrate Alfred Wainwright's birthday (17th January), uncovering the town centre locations linked with the author's early life in the town.

## **RIVER DARWEN IN WINTER**



A walk exploring the upper reaches of the River Darwen around Jack's Key. Please note this walk involves some gradients, stiles and uneven ground.

## February

**WEDNESDAY 18TH**



**10:30AM - 12:00PM**



**WHITEHALL PARK MAIN ENTRANCE  
CEMETERY ROAD/QUEEN'S ROAD,  
BB3 2LZ**



## March



**WEDNESDAY 11TH**



**10:30AM - 12:00PM**



## **INSPIRATIONAL WOMEN OF BLACKBURN WALK**

Celebrate International Women's Day (March 8th) with a walk exploring the stories of Blackburn's female writers, political campaigners and entrepreneurs.



**BLACKBURN CENTRAL LIBRARY  
TOWN HALL STREET  
BB2 1AG**

# CYCLING IN THE PARK

## PEDAL ROUND THE PARK



A guided cycle around the park. All equipment will be provided.

Meet: **Active Outdoors Hub,**  
next to Pavilion, BB2 2TP

## TUESDAYS

Time: **11:00am - 12:00pm**

## LEARNING DISABILITY & AUTISM CYCLING

Cycle on the Athletics Track. All equipment will be provided including specialised cycles to suit a wide range of abilities. Carers free of charge.



Meet: **Athletics Track,**  
Witton Park, BB2 2TP

## TUESDAYS

Time: **1:30pm - 3:00pm**

# CYCLING IN THE PARK

## CYCLE BACK TO FITNESS

Cycle around the Athletics Track while building your confidence and increasing your skills. Trikes and adapted bikes available.



Meet: **Athletics Track, Witton Park, BB2 2TP**

## TUESDAYS

Time: **10:00am - 10:45am**  
**& 12:30pm - 1:15pm**

## THURSDAYS

Time: **12:30pm - 1:30pm**

## BIKER TOTS



A fun cycling session for pre-school children aimed at improving balancing and riding skills. Balance bikes and helmets provided.

## THURSDAYS

Meet: **Witton Park, Active Outdoors Hub, BB2 2TP**

Time: **10:30am - 11:30am**

All of our Cycling Sessions cost **£1** with a Leisure Card on a refresh membership, unless otherwise stated...

# COMMUNITY WALKS

OUR COMMUNITY WALKS ARE FRIENDLY, LOW-LEVEL, AND TAKE PLACE REGULARLY. THEY ARE ACCESSIBLE, PROVIDING A WELCOMING ENVIRONMENT FOR ALL.



## Monday



10:00AM - 11:30AM



VARIOUS LOCATIONS



TO REGISTER:  
[WPSLINGS.COM](http://WPSLINGS.COM) OR CALL 07900987789



West Pennine Slings  
Formerly Blackburn with Darwen Sling Library



## Monday



11:00AM - 12:30PM APPROX



MEET AT  
SHADSWORTH HUB,  
ROTHESAY ROAD



## SHORT STROLLS

Gentle walks, generally between 2.5 and 4km with good accessibility and the opportunity to meet new people.

newground  
together   
THE  
hub  
@  
SHADSWORTH

**IF YOU ARE UNSURE OF YOUR SUITABILITY  
FOR A WALK, PLEASE CALL OUR  
WELLBEING SERVICE ON 01254 682037**



## Wednesday



**10.00AM - 11:00AM**



**BANGOR ST  
COMMUNITY CENTRE,  
BB1 6NZ**

## BANGOR ST LADIES WALK

This ladies only volunteer led walk explores the local community and lasts up to one hour.

HEALTH & WELLBEING  
**VOLUNTEERS**



## Wednesday



**10.00AM - 10:45AM**



**SUNNYHURST WOODS,  
DARWEN, DISABLED  
ENTRANCE, BB3 1JA**

**£ 1**

## MORE THAN A WALK

Feel stronger and more energised as you challenge your balance and improve your strength with simple exercises to work your tummy muscles, lower back, and legs.

**re:fresh**  
your health and wellbeing

HEALTH & WELLBEING  
**VOLUNTEERS**



## Wednesday



**10:30AM  
- 11:30AM**



**WITTON PARK ARENA,  
BB2 2TP**

## Thursday



**2:00PM  
- 3:00PM**

## WITTON PARK WANDER

Take in the beautiful scenery of Witton Park. Meet at the main entrance of Witton Park for a slow mile walk.



**FOR MORE INFORMATION  
CONTACT AGE UK ON: 01254  
266620.**

**re:fresh**  
your health and wellbeing

HEALTH & WELLBEING  
**VOLUNTEERS**

Blackburn  
with Darwen  
**ageUK**

# COMMUNITY WALKS

VISIT OUR WEBSITE TO FIND OUT  
MORE FROM OUR PARTNERS.



## Wednesday

 11.00AM - 11:45AM

 **DARWEN MARKET  
SQUARE, OUTSIDE THE  
MARKET, BB3 1JA**

## DARWEN HERITAGE WALK

The walk will take in some of the stunning architecture, blue plaques and famous faces of the past Darwen has to offer with the walk finishing off at Darwen Library. Up to 1 mile.

**re:fresh**  
your health and wellbeing

**HEALTH & WELLBEING  
VOLUNTEERS**



## Thursday

 10.30AM - 12:00PM

 **SUNNYHURST WOODS,  
FALCON AVENUE, BB3 1JA**

## SUNNYHURST WOODS WALK

Take in the beautiful scenery of Sunnyhurst Woods. The route involves some hills. Contact Age UK on 01254 266620 to check that the walk is suitable for your ability. Between 2 to 3 miles.

  
Blackburn  
with Darwen  
age UK

# Thursday



**11.00AM - 12:30PM**



**VARIOUS LOCATIONS -  
CALL THE CARERS SERVICE  
01254 688440**



## **BWD CARERS SERVICE WALK**

The volunteer led walk may involve hills, rough grounds and stiles. Between 3 to 4 miles. Contact the Careers Service to check that the walk is suitable for your ability.



# Thursday



**11.00AM - 12:30PM**



**EWOOD PARK, BLACKBURN, BB2  
4JF. MEET AT THE BLACKBURN END  
RECEPTION**

**£ 3**



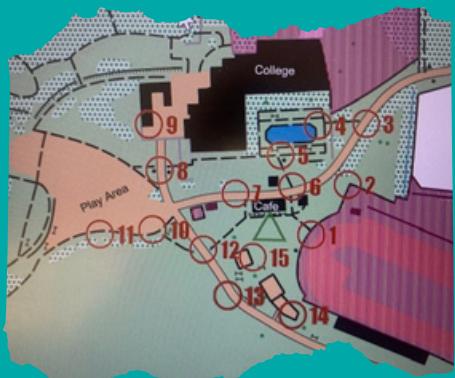
## **JACK'S WALKERS**

A one hour walk around the perimeter of the hallowed Ewood Park turf. The walk is stewarded for increased safety within an already gated but outdoor area, accommodating for all paces. Sit down and brew available at the end.





**FIND YOUR WAY WITH THIS FREE, FUN, FAMILY ACTIVITY.  
DOWNLOAD OR PRINT OFF THE RELEVANT XPLORER MAP OF EACH  
PARK FROM THE REFRESH WEBSITE AND USE IT TO LOCATE THE FUN  
PLAQUES LOCATED AROUND EACH PARK.**



Request a pack or  
download your pack to  
your phone. Either visit our  
website  
[www.refreshbwd.com](http://www.refreshbwd.com) or  
Scan the QR code.



# XPLORER TRAILS

**CORPORATION PARK,  
BB2 6AY**

**WHITEHALL PARK,  
BB3 2NQ**

**WITTON COUNTRY PARK,  
BB2 2TP**

**QUEENS PARK,  
BB1 1QF**

SCAN ME



**APPROX 45 MINUTE DURATION**  
**UPTO 15 THEMED PLAQUES TO**  
**FIND**  
**PRAM FRIENDLY**  
**ALL YEAR ROUND FUN**

# WANT MORE FROM re:fresh?

## GET ACTIVE! TIMETABLE

- Mums & Parent's to Be
- Early Years
- Community Sessions
- Learning Disabilities & Autism

Join our Facebook groups [Start Well](#) and [Live Well](#) for more info



## HEALTH & WELLBEING COACHES

- Long term medical condition support
- Healthy weight support
- Improve mental wellbeing
- Ask your GP for a referral!

Visit [refreshbwd.com/stay-healthy/healthwellbeingcoaches](#) for more info

## 12 WEEK REFERRAL PROGRAMME

- One-to-one support
- Goal setting
- Behaviour change
- Health coaching
- Lifestyle changes

Visit [refreshbwd.com/lets-get-active](#) for the latest info



## 16 WEEK FALLS PREVENTION PROGRAMME

- Strength & Balance
- Over 60's
- Build confidence
- Reduce risk of falls
- Keep your independence

Visit [refreshbwd.com/lets-get-active](#) for our latest information.

## WEIGHT MANAGEMENT PROGRAMME

- 12 week programme
- Dietary advice
- Changing behaviours
- Low-level exercise sessions

Visit [refreshbwd.com/healthyweight](#) for our latest information.



