

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	Walk Leaders
Mon 5 th Jan	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws	Ken / Dave
Fri 9 th Jan	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive	Eileen / Kath
Mon 12 th Jan	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers	Chris
Fri 16 th Jan	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle.Sofa.Improving	Eileen / Kath
Mon 19 th Jan	Wheelton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle	Ken / Dave
Fri 23 rd Jan	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total	Eileen / Kath
Mon 26 th Jan	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest	Chris
 Fri 30 th Jan	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims	David F
Mon 2 nd Feb	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering	Ken / Dave
Fri 6 th Feb	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws	Eileen / Kath
Mon 9 th Feb	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive	Chris

Fri 13 th Feb	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware	David F
 Mon 16 th Feb	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims	Ken / Dave
Fri 20 th Feb	The Barlow Institute, Bolton Rd, Edgworth, BL7 0AP	Deny.Extension.Darkest	Eileen / Kath
Mon 23 rd Feb	Barridge Rd Car Park, Entwistle, BL7 0LU	Isolating.garlic.minerals	Chris
Fri 27 th Feb	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual.Stunner.Lingering	David F
Mon 2 nd Mar	Jumbles Park, Ousel Nest Car Park, Chapeltown Rd, BL7 0LU	Vibes.Trail.Flames	Ken / Dave
Fri 6 th Mar	Turton Tower, Chapeltown Road, Turton, BL7 0HG	Witless.spoon.locked	David F
Mon 9 th Mar	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks.Hood.Jaws	Chris
Fri 13 th Mar	Wheelton Clock Tower, Chorley, PR6 8EU	Marching.shortens.ankle	David F
Mon 16 th Mar	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.Ignites.Glassware	Ken / Dave
Fri 20 th Mar	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.Noble.Producers	David F
Mon 23 rd Mar	Whitehall Park, Corner of Queens Rd & Park Rd, Darwen, BB3 2LN	Long.Lifted.Naive	Chris
 Fri 27 th Mar	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp.Reward.Aims	David F
Mon 30 th Mar	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.Heat.Total	Ken / Dave

CONTACT THE WELLBEING SERVICE FOR MORE INFORMATION:

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