

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
Fri 3 rd Apr	Bank Hol	Bank Hol	Bank Hol
Mon 6 th Apr	Bank Hol	Bank Hol	Bank Hol
 Fri 10 th Apr	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp. Reward. Aims	Chris
Mon 13 th Apr	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled. Noble. Producers	Chris
Fri 17 th Apr	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle. Sofa. Improving	Chris
Mon 20 th Apr	The Barlow Institute, Bolton Rd, Edgeworth, BL7 0AP	Deny. Extension. Darkest	Ken + Dave
Fri 24 th Apr	Ousel Nest Car Park, Chapeltown Rd, BL7 9AU	Stands. Intro. Fines	Chris
 Mon 27 th Apr	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp. Reward. Aims	Chris
Fri 1 st May	Great Harwood Memorial Park, Great Harwood BB6 7PR	Crowd. Ignites. Glassware	Chris
Mon 4 th May	Bank Hol	Bank Hol	Bank Hol
Fri 8 th May	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual. Stunner. Lingering	Chris
Mon 11 th May	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks. Hood. Jaws	Ken + Dave
 Fri 15 th May	Witton Park, Tower Rd, Car Park, Blackburn, BB2 5LE	Chimp. Reward. Aims	Chris

Mon 18 th May	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal. Heat. Total	Chris
Fri 22 nd May	Ribchester (park at Ribchester Arms) Preston PR3 3ZP	Times. Name. Motive	Chris
Mon 25 th May	Bank Hol	Bank Hol	Bank Hol
Fri 29 th May	Vaughn's Cafe, Tockholes Rd, Darwen, BB3 0PA	Ballparks. Hood. Jaws	Chris
Mon 1 st Jun	Blacksnape Playing Fields, Darwen, BB3 3PN	Words. Spine. Home	Ken + Dave
Fri 5 th Jun	Rivington (park at Go Ape car park) Bolton, BL6 7SB	songbird. breakfast. brighter	Chris
Mon 8 th Jun	Ousel Nest Car Park, Chapeltown Rd, BL7 9AU	Stands. Intro. Fines	Chris
Fri 12 th Jun	Wheelton Clock Tower, Chorley, PR6 8EU	Marching. Shortens. Ankle	Chris
Mon 15 th Jun	Sunnyhurst Woods, Disabled Entrance, Earnsdale Rd, Darwen, BB3 1HZ	Candle. Sofa. Improving	Ken + Dave
Fri 19 th Jun	Balderston (park at Mellor Brook Community Centre) Whalley Rd, Blackburn BB2 7PR	compounds. yacht. decimals	Chris
Mon 22 nd Jun	Bold Venture Park Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal. Heat.Total	Chris
Fri 26 th Jun	The Barlow Institute, Bolton Rd, Edgeworth, BL7 0AP	Deny. Extension. Darkest	Chris
Mon 29 th Jun	Abbey Village opp Hare & Hounds, PR6 8DP	Mutual. Stunner. Lingerin	Ken + Dave

CONTACT THE WELLBEING SERVICE FOR MORE INFORMATION:

01254 682037
REFRESHBWD.COM



re:refresh Blackburn
with Darwen

