

# 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 03 <sup>rd</sup> July	Brinscall, Lodge Bank, PR6 8QU	consoled.noble.producers	Chris
Mon 06 <sup>th</sup> July	Anglezarke, Knowsley Lane, Pr6 9DQ	river.falls.cotton	Chris
Fri 10 <sup>th</sup> July	Sunnyhurst, Earnsdale Rd, BB3 1HZ	candle.sofa.improving	Chris
Mon 13 <sup>th</sup> July	Entwistle, Batridge Rd Car Park, BL7 0LU	character.stages.sampled	Ken & Dave
Fri 17 <sup>th</sup> July	Ewood, Darwen End, Car Park, BB2 4JF	rainy.glue.bottle	Chris
Mon 20 <sup>th</sup> July	Witton Park, Tower Road Car Park, BB2 5LE	chimp.reward.aims	David F
Fri 24 <sup>th</sup> July	Ribchester Arms Car Park, PR3 0PA	times.names.motive	Chris
Mon 27 <sup>th</sup> July	Ramblers Cafe, Ramblers Car Park, BB3 0PA	chatters.additives.upset	Ken & Dave
Fri 31 <sup>st</sup> July	Great Harwood, Memorial Park, Bb6 7PR	crowd.ignited.glassware	David F
Mon 03 <sup>rd</sup> Aug	Dinckley, Marles Wood Car Park, PR3 3XU	minder.peach.revives	Chris
Fri 07 <sup>th</sup> Aug	Edgeworth, Barlow Inst Car Park, BL7 0AP	deny.extension.darkest	Chris
Mon 10 <sup>th</sup> Aug	Affetside, Jumbles Cafe Car Park, BL2 4JS	tolls.fumes.brings	Ken & Dave
Mon 14 <sup>th</sup> Aug	Clough Head Car Park, BB4 4AT	placed.purse.registry	David F

Mon 17 <sup>th</sup> Aug	Salesbury, School Carpark, Lovely Hall Lane, BB1 9EQ	clockwork.thundered.carver	David F
Fri 21 <sup>st</sup> Aug	Great Harwood, Layby, Blackburn Old Rd, BB6 7UW	spine.backs.sport	David F
Mon 24 <sup>th</sup> Aug	Sunnyhurst, Earnsdale Road, BB3 1HZ	candle.sofa.improving	Ken & Dave
Fri 28 <sup>th</sup> Aug	Witton Park, Tower Road Car Park, BB2 5LE	chimp.reward.aims	David F
Mon 31 <sup>st</sup> Aug	<b>Bank Holiday</b>		
Fri 04 <sup>th</sup> Sept	Rishton, Cut Wood Park, Cut Lane entrance, BB1 4AP	tribes.hits.unity	David F
Mon 07 <sup>th</sup> Sept	Belmont, Crookfield Road Carpark, PR6 8DZ	coolest.manly.fierly	David F
Fri 11 <sup>th</sup> Sept	Balderstone, Mellor Brook Community Centre, Carpark, BB2 7PR	compounds.yacht.decimals	Chris
Mon 14 <sup>th</sup> Sept	Ousel Nest Carpark, BK7 9NQ	means.stones.pizza	Ken & Dave
Fri 18 <sup>th</sup> Sept	Rivington, Go Ape Car Park, BL76 7SB	songbird.breakfast.brighter	Chris
Mon 21 <sup>st</sup> Sept	Brindle, Community Hall, PR6 8NH	manuals.thin.ascendant	Chris
Fri 25 <sup>th</sup> Sept	Wheelton, Clock Tower, PR6 8EU	marching.shortens.ankle	Chris
Mon 28 <sup>th</sup> Sept	Abbey Village, Dole Lane, PR6 8EB	motels.meanwhile.deodorant	Ken & Dave

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

**01254 682037**  
**REFRESHBWD.COM**



re:refresh Blackburn  
with Darwen

