

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 02 nd Oct	Anglezarke, Knowsley Lane, PR6 9DQ	river.falls.cotton	Chris
Mon 05 th Oct 	Witton Park, Tower Road CarPark, BB2 5LE	chimp.reward.aims	Ian
Fri 09 th Oct	Ribchester Arms Carpark, PR3 3ZP	times.names.motive	Chris
Mon 12 th Oct	Sunnyhurst, Earnsdale Road, BB3 1HZ	candle.sofa.improving	Ken & Dave
Fri 16 th Oct	Ramblers Cafe Carpark, BB3 0PA	chatters.additives.upset	David
Mon 19 th Oct	Dinckley, Marles Wood Carpark, PR3 3XU	minder.peach.revives	Chris
Fri 23 rd Oct	Pleasington, Butlers Arms, BB2 5JH	butlers.measure.pleasing	David
Mon 26 th Oct	Brinscall, Lodge Bank, PR6 8QU	consoled.noble.producers	Ken & Dave
Fri 30 th Oct	Ewood, Darwen End, Carpark, BB2 4JF	rainy.glue.bottle	Chris
Mon 02 nd Nov	Abbey Village, Dole Lane, PR6 8EB	clearcut.repay.taped	Ian
Fri 06 th Nov	Wheelton, Clock Tower, PR6 8EU	marching.shortens.ankle	David

Mon 09 th Nov	Ramblers Cafe Carpark, BB3 0PA	chatters.additives.upset	Ken & Dave
Fri 13 th Nov	Balderstone, Mellor Brook Community Centre Carpark, BB2 7PR	compounds.yacht.decimals	Chris
Mon 16 th Nov	Edgworth, Barlow Institute Carpark, BL7 0AP	deny.extension.darkest	Chris
Fri 20 th Nov	Blacksnape Playing Fields, BB3 3PN	words.spine.home	David
Mon 23 rd Nov	Whitehall, Queens Road, BB3 2LN	clip.apples.leap	Ken & Dave
Fri 27 th Nov	Great Harwood, Memorial Park, BB6 7PR	crowd.ignites.glassware	David
Mon 30 th Nov	Sunnyhurst Earnsdale Road, BB3 1HZ	candle.sofa.improving	Chris
Fri 04 th Dec	Brinscall, Lodge Bank, PR6 8QU	consoled.noble.producers	David
Mon 07 th Dec	Edgworth, Barlow Institute Carpark, BL70AP	deny.extension.darkest	Ken & Dave
Fri 11 th Dec	Rishton, Cut Wood Park, BB1 4AP	tribes.hit.unity	David
Mon 14 th Dec	Wheelton Clock Tower, PR6 8EU	marching.shortens.ankle	Chris
Fri 18 th Dec ☕	Witton Park, Tower Road Carpark, BB2 5LE	chimp.reward.aims	David
Mon 21 st Dec	Great Harwood Memorial Park, BB6 7PR	crowd.ignites.glassware	Ken & Dave

CONTACT THE WELLBEING SERVICE FOR MORE INFORMATION:

01254 682037
REFRESHBWD.COM

