

YOUR GUIDE TO WALKING FOR ALL IN AND AROUND PENDLE



Day	Time	Meeting Point	Apr	May	Jun
Mon 	11.30am - 12.30pm	Colne - Holt House Car Park BB8 9SF ●	8, 29	27	10
	11.30am - 12.30pm	Barnoldswick - Victory Park Car Park BB18 5EN ●	15		17
	11.30am - 12.30pm	Nelson - Victoria Park, Carr Road BB9 7SS ●	22		3
Tues	10.00am - 1.00pm	Barley - Village Car Park BB12 9JX ●	16	21	25
	10.00am - 1.00pm	Fence - Forest Restaurant BB12 9PA ●	23	28	
	10.00am - 1.00pm	Sabden - War Memorial BB7 9DZ ●	30		4
	10.00am - 1.00pm	Haggate - Village Crossroads BB10 3QH ●	2	7	11
	10.00am - 1.00pm	Higham - top end of village BB12 9EU (off A6068) ●	9	14	18
Wed MORNING EVENING	10.00am - 12.30pm	Foulridge - Four Elephants Restaurant BB8 7PY ●	3	1, 29	5
	10.00am - 12.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●	10	8	12
	10.00am - 12.30pm	Salterforth - Canal Bank Car Park BB18 5TT ●	17	15	19
	10.00am - 12.30pm	Earby - Bus Station BB18 6UL ●	24	22	26
	6.30pm - Twilight	Trawden - opposite Trawden Arms BB8 8RU ●	24	29	
	6.30pm - Twilight	Brierfield - Library BB8 5HW ●		1	5
	6.30pm - Twilight	Colne - Railway Station BB8 9NX ●	3	8	12
	6.30pm - Twilight	Barnoldswick - Co-op Car Park BB18 6AB ●	10	15	19
6.30pm - Twilight	Foulridge - Towngate BB8 7PL ●	17	22	26	
Thurs MORNING AFTERNOON	10.00am - 12.30pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	25	23	20
	10.00am - 12.30pm	Nelson - Victoria Park, Carr Road BB9 7SS ●	4	2, 30	27
	10.00am - 12.30pm	Nelson - Marsden Park Golf Course BB9 8DG ●	11	9	6
	10.00am - 12.30pm	Colne - Ball Grove Nature Reserve - upper car park BB8 7HZ ●	18	16	13
	1.30pm - 3.00pm	Colne - Alkincoats Park, Car Park BB8 9QQ ●	11	2, 23	13
	1.30pm - 3.00pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	18	9, 30	20
	1.30pm - 3.00pm	Foulridge - The Wharfe at Foulridge (formerly Cafe Cargo) BB8 7PP ●	4, 25	16	6, 27
Fri QUARTERLY AFTERNOON	10.30am - 2.30pm	Kelbrook - opposite Craven Heifer BB18 6TF ●	19		
	10.30am - 2.30pm	Colne - Railway Station BB8 9NX ●		17	
	10.30am - 2.30pm	Colne - Morris Dancers Pub BB8 0BH ●			21
	10.30am - 2.30pm	Laneshawbridge - opposite Emmott Arms BB8 7HX ●			
	2.00pm - 4.30pm	Colne - Library BB8 0AP ●		31	
Sun	11.30am - 3.30pm	Colne - Morris Dancers Pub BB8 0BH ●			2
	11.30am - 3.30pm	Colne - Railway Station BB8 9NX ●	7		
	11.30am - 3.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●		5	

VOLUNTEERS AND DETAILS

Each walk is led by a volunteer who has been trained by Pendle Leisure Trust. By each walk there is a colour coded dot to represent the contact for each walk as follows:

- **Paula Ritchie: 07707 533298**
- **Norman Mitchell: 07549 164739**
- **Ian Lowcock: 07956 516177**
- **Barbara Stuart: 07930 342216**
- **Jennifer Little: 07732 913617** (text only please)
- **Ron Whalley: 07712 861665**

Please use the above contacts should you require any specific information about a walk. Please note that these people are some of the volunteers who use their personal time to lead these walks on behalf of Pendle Leisure Trust. Should there be any questions or concerns which cannot be answered by our volunteers then please contact the Up & Active Team on **(01282) 661664**.

If it is your first walk then you will be asked to complete a health questionnaire prior to setting off. With this in mind, please ensure you have suitable time to complete this at the start. Alternatively email the Up & Active Team at **pendle@upandactive.co.uk** to receive a copy of the questionnaire. Please note, walking is a potentially dangerous activity and you undertake it at your own risk.

VOLUNTEERS NEEDED

If you enjoy walking in Pendle and want to help run a walking group, please get in touch to discuss becoming a volunteer. We can provide full training and support to help you get up and walking!

WHY WALK?

Walking is a great way to stay active and improve your fitness, without the added intensity that any other exercise form brings. Anyone can do it at any age and any fitness level, plus it is good for your heart, your head and your wallet.

Pendle Leisure Trust's walking programme is aimed at giving people that helping hand if they are just beginning with a gentle stroll or if they want to progress on and explore the surrounding areas.

WHAT TO WEAR?

Suitable clothing and footwear should be worn for all walks. Walking boots are always advised and waterproof clothing when deemed necessary.

HEALTH BENEFITS

The health benefits from regular walking are vast and include:

- Reduced risk of developing type 2 diabetes, coronary disease and strokes
- Improve flexibility and strength of joints, muscles and bones and reduce risk of osteoporosis
- Help manage your weight
- Improve mood, reduce anxiety, aid sleep and self-image
- Meet new friends

All the walks in this leaflet are aimed at regular walkers and are of an intermediate to advanced level. They are all completed at a moderate pace and will include some hills, muddy paths and stiles, making them unsuitable for pushchairs. If you are unsure of the nature of a particular walk, please contact the volunteer who will be happy to advise you.

The walks will continue throughout the year, but volunteers will endeavour to avoid paths which have become difficult to pass due to poor weather and alternative routes may be sought. Walk durations indicated overleaf are approximate and may vary for several reasons. It is at the volunteer's discretion to cancel a walk due to the weather. If you are in any doubt, please contact the volunteer on the day to check.

CONTACT US For more information please contact Pendle's Up & Active Team

UP AND active

T: (01282) 661664

E: pendle@upandactive.co.uk

f: @UpAndActiveUK

W: pendle.upandactive.co.uk