UP AND active

YOUR 2020 GUIDE TO

WALKING FOR ALL IN AND AROUND PENDLE

INCLUDING YOUR YEARLY WALKING CALENDAR

pendle leisure trust
Committed to your health & wellbeing

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 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.

For a variety of additional walks not listed, please visit **www.upandactive.co.uk**

WHY NOT TRY SOMETHING DIFFERENT?

NORDIC WALKING

Every Thursday at 10.45am from Pendle Leisure Centre, Colne. Poles provided.

Using poles with walking will give you a whole body workout. Walks last 1 ¼ - 1 ½ hours. Whatever your age, fitness level or goal, Nordic Walking is suitable, effective and enjoyable.

- Tones the upper and lower body at the same time
- Uses 90% of the skeletal muscles
- Burns up to 46% more calories than ordinary walking
- Reduces the pressure on knees and joints
- Great for the heart and lungs
- Ideal for neck, shoulder and back problems
- Poles propel the walker along, making it easier to move faster than normal without feeling the effort

SUNDAY WALKS

First Sunday of the month at 11.30am.
Join us for a Sunday walk once a month. These walks will last for up to four hours. Bring a packed lunch as there'll be a sandwich break during the walk.

SUMMER EVENING WALKS

Wednesday evenings in summer from 6.30pm.
These walks can last between 1½ and 2½ hours, with walks in June lasting up to 3 hours. Please contact the volunteer for more information.

Day		Time	Meeting Point	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Mon		1.30pm - 2.30pm	Colne - Pendle Leisure Centre BB8 9NP ●	<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<< WEEKLY >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>											
Tues	MORNING	10.00am - 12.30pm	Haggate - Village Crossroads BB10 3QH ●	7	11	17	21	26	30		4	8	13	17	
		10.00am - 12.30pm	Higham - top end of village BB12 9EU (off A6068) ●	14	18	24	28		2	7	11	15	20	24	
		10.00am - 12.30pm	Barley - Village Car Park BB12 9JX ●	21	25	31		5	9	14	18	22	27		1
		10.00am - 12.30pm	Fence - Forest Restaurant BB12 9PA ●	28		3	7	12	16	21	25	29		3	8
		10.00am - 12.30pm	Sabden - War Memorial BB7 9DZ ●		4	10	14	19	23	28		1	6	10	15
Wed	MORNING	10.00am - 12.30pm	Earby - Bus Station BB18 6UL ●	8	5	4	1, 29	27	24	22	19	16	14	11	9
		10.00am - 12.30pm	Foulridge - Four Elephants Restaurant BB8 7PY ●	15	12	11	8	6	3	1, 29	26	23	21	18	16
		10.00am - 12.30pm	Barnoldswick - Co-op Car Park BB18 5DL ●	22	19	18	15	13	10	8	5	2, 30	28	25	23
		10.00am - 12.30pm	Salterforth - Canal Bank Car Park BB18 5TT ●	29	26	25	22	20	17	15	12	9	7	4	2
	AFTERNOON	1.30pm - 3.30pm	Foulridge - Cafe Cargo BB8 7PP ●	8	5	4	1, 29	27	24	22	19	16	14	11	9
		1.30pm - 3.30pm	Colne - Ball Grove - Lakeside Cafe BB8 7HY ● ●	15	12	11	8	6	3	1, 29	26	23	21	18	16
		1.30pm - 3.30pm	Colne - Pendle Leisure Centre BB8 9NP ●	22	19	18	15	13	10	8	5	2, 30	28	25	
		1.30pm - 3.30pm	Trawden - opposite Trawden Arms BB8 8RU	29	26	25	22	20	17	15	12	9	7	4	2
	SUMMER EVENING	6.30pm - twilight	Colne - Railway Station BB8 9NX ●				1	6	10	15	19				
		6.30pm - twilight	Barnoldswick - Co-op Car Park BB18 6AB ●				8	13	17	22	26				
		6.30pm - twilight	Foulridge - Towngate BB8 7PL ●				15	20	24	29		2			
		6.30pm - twilight	Trawden - opposite Trawden Arms BB8 8RU ●				22	27		1	5				
		6.30pm - twilight	Nelson - Victoria Park, Carr Road BB9 7SS ●				29		3	8	12				
Thurs	MORNING	10.00am - 12.30pm	Nelson - Victoria Park, Carr Road BB9 7SS ●	2, 23	13	5, 26	23	21	18	16	13	10	1, 22	12	3
		10.00am - 12.30pm	Nelson - Marsden Park Golf Course BB9 8DG ●	9, 30	20	12	2, 30	28	25	23	20	17	8, 29	19	10
		10.00am - 12.30pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	16	6, 27	19	9	7	4	2, 30	27	24	15	5, 26	17
		10.00am - 12.30pm	Thursden Picnic Site - top of Halifax Road, Briercliffe ●				16	14	11	9	6	3			
		10.45am - 12.30pm	Colne - Pendle Leisure Centre Nordic Walking BB8 9NP ●	<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<< WEEKLY >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>											
	AFTERNOON	1.30pm - 3.00pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	2, 23	13	5, 26	16	7, 28	18	9, 30	20	10	1, 22	12	3
		1.30pm - 3.00pm	Foulridge Wharf - Café Cargo BB8 7PP ●	9, 30	20	12	2, 23	14	4, 25	16	6, 27	17	8, 29	19	10
		1.30pm - 3.00pm	Colne - Car Park, Alkincoats Park BB8 9QQ ●	16	6, 27	19	9, 30	21	11	2, 23	13	3, 24	15	5, 26	17
Fri	AFTERNOON	2.00pm - 4.30pm	Laneshawbridge - opposite Emmott Arms BB8 7HX ●	10		13		22		24		25		27	
		2.00pm - 4.30pm	Colne - Railway Station BB8 9NX ●	24		27		29		31			9		11
		2.00pm - 4.30pm	Foulridge - Towngate BB8 7PL ●	31			10		12		14		23		
		2.00pm - 4.30pm	Colne - Morris Dancers Pub BB8 0BH ●		14		24		26		28		30		
		2.00pm - 4.30pm	Trawden - opposite Trawden Arms BB8 8RU ●		28			8		10		11		13	
Sun		11.30am - 3.30pm	Foulridge - Towngate BB8 7PL ●	5				3				6			
		11.30am - 3.30pm	Colne - Morris Dancers Pub BB8 0BH ●		2				7				4		
		11.30am - 3.30pm	Colne - Railway Station BB8 9NX ●			1				5				1	
		11.30am - 3.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●				5				2				6

UP & ACTIVE TEAM

● (01282) 661226

VOLUNTEERS

- ● Norman Mitchell 07549 164739
- ● Ian Lowcock (01282) 812842
- ● Denis Kirkbride 07581 077792
- ● Ron Whalley (01282) 613282
- ● Judith Drury (01282) 698375
- ● Mike 07562 208624
- ● Jennifer Little 07543 328397 (text only please)

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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:

- **Norman Mitchell 07549 164739**
- **Denis Kirkbride 07581 077792**
- **Judith Drury (01282) 698375**
- **Jennifer Little 07543 328397** (text only please)
- **Ian Lowcock (01282) 812842**
- **Ron Whalley (01282) 613282**
- **Mike 07562 208624**

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) 661226.**

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, or alternatively email the Up & Active Team at **info@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.

CONTACT US

For more information please contact the Up & Active Team

CALL: **01282 661226**

EMAIL: **info@upandactive.co.uk**

ONLINE: **www.upandactive.co.uk**

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