



YOUR GUIDE TO
WALKING FOR ALL
IN AND AROUND **PENDLE**



JANUARY – MARCH 2023



Day	Time	Meeting Point	Jan	Feb	March	
Tues	10.00am - 12.30pm	Barley - Village Car Park BB12 9JX ●	3	7	14	
	10.00am - 12.30pm	Fence - Forest Restaurant BB12 9PA ●	10	14	21	
	10.00am - 12.30pm	Sabden - War Memorial BB7 9DZ ●	17	21	28	
	10.00am - 12.30pm	Haggate - Village Crossroads BB10 3QH ●	24	28		
	10.00am - 12.30pm	Higham - top end of village BB12 9EU (off A6068) ●	25	22	22	
Wed	MORNING	10.00am - 12.30pm	Foulridge - Four Elephants Restaurant BB8 7PY ●	4	1	1, 29
		10.00am - 12.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●	11	8	8
		10.00am - 12.30pm	Salterforth - Canal Bank Car Park BB18 5TT ●	18	15	15
		10.00am - 12.30pm	Earby - Bus Station BB18 6UL ●	26	23	23
	EVENING	6.30pm - Twilight	Trawden - opposite Trawden Arms BB8 8RU			
		6.30pm - Twilight	Nelson - Victoria Park, Carr Road BB9 7SS			
		6.30pm - Twilight	Colne - Railway Station BB8 9NX			
		6.30pm - Twilight	Barnoldswick - Co-op Car Park BB18 6AB			
6.30pm - Twilight	Foulridge - Towngate BB8 7PL					
Thurs	10.00am - 12.30pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	5, 26	16	9, 30	
	10.00am - 12.30pm	Nelson - Victoria Park, Carr Road BB9 7SS ●	12	2, 23	16	
	10.00am - 12.30pm	Nelson - Marsden Park Golf Course BB9 8DG ●	19	9	2, 23	
	10.00am - 12.30pm	Thursden Picnic Site - top of Halifax Rd, Briercliffe BB10 3RG ●				
Fri	10.30am - 2.30pm	Kelbrook - opposite Craven Heifer BB18 6TF ●	20			
	10.30am - 2.30pm	Colne - Railway Station BB8 9NX ●		17		
	10.30am - 2.30pm	Colne - Morris Dancers Pub BB8 0BH ●			17	
	10.30am - 2.30pm	Laneshawbridge - opposite Emmott Arms BB8 7HX ●				
Sun	11.30am - 3.30pm	Colne - Morris Dancers Pub BB8 0BH ●	1			
	11.30am - 3.30pm	Colne - Railway Station BB8 9NX ●		5		
	11.30am - 3.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●			5	
	11.30am - 3.30pm	Foulridge - Towngate BB8 7PL ●				

Summer Evening Walks will return at the beginning of **April** and continue until the end of **August**



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**
- **Ian Lowcock (01282) 812842**
- **Ron Whalley (01282) 613282**
- **Jennifer Little 07732 913617**
(text only please)

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!

CONTACT US

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

CALL: (01282) 661664

EMAIL: pendle@upandactive.co.uk

ONLINE: www.upandactive.co.uk

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.



NEW WALKS

We are hoping to introduce new walks in 2023. For more information on walks not listed, please visit: www.upandactive.co.uk or follow us on Facebook: @UpAndActiveUK