How can I take part in these walks?

If you would like to take part in these walks or would like more information please contact:
James Kenyon Active Spaces Co-ordinator Burnley & Rossendale
07545 734361
Alternatively: james.kenyon@newground.co.uk

Alternatively, you can visit:
www.walkingforhealth.org.uk—Search for the Active Spaces Burnley & Rossendale schemes

Visit www.newground.co.uk for information about more free guided walks in Pennine Lancashire
Join us on Facebook
(Active Spaces Rossendale and Burnley)
April — June 2015

**Monday**
- **Two Padiham Walks.** Class B/C Walks. Both start at 13:30 outside Padiham Leisure Centre. For the shorter walk, please contact beforehand as this is not possible every week. Walk lasts between 60 and 90 minutes.

**Tuesday**
- **Ladies Health Walk.** Class A. Meet 09:15 at Stoneyholme Primary School or on the corner of Oswald Street, Stoneyholme for 09:30. Walk lasts 15 to 45 minutes.
- **Bobs Health Walk.** Class A. Meet at 10:00 outside St Peters Pharmacy, located inside St Peters Centre. Walk last between 10 and 30 minutes.
- **Whitegate Children's Centre Walk.** Class A Walk. Meet 13:30 outside the main gates for a walk exploring Padiham. All routes are pram and pushchair friendly and walks last 30 to 45 minutes.

**Wednesday**
- **Wednesday Walk – Various locations each week.** Class B and C. Meet at the venue at 10:00, see Tuesdays Burnley Express. Alternatively please read St Peters Leisure Centre notice board for walk location or contact the Active Spaces team. Walk lasts between 60 and 90 minutes.
- **Early Riders.** Meet at 10:00 at Offshoots (Side of Towneley Hall) for a steadily paced cycle ride exploring the grounds of Towneley park and the surrounding areas. All bikes and helmets are provided.
- **Triking & Biking.** Meet at 12:00 at Offshoots (side of Towneley Hall). Build your confidence on our adult adapted trikes around the flat paths of Towneley Park. All trikes, bikes and helmets are provided.

**Thursday**
- **Yorkshire Street Medical Centre Health Walk.** Meet at 10:00. Class A Walk. Meet outside the medical centre. Walk lasts 15 to 45 minutes.
- **Kiddrow Lane Health Centre Walk** start at 11:00. Class A/B walk. Meet across the road from the centre. Walk lasts for 45 to 60 minutes.

**Friday**
- **St Mary’s Ladies Walk.** Meet at 09:15 outside the main gates to St Mary's Primary School, Rawtenstall. Class A Walk, a steadily paced walk between 30 and 60 minutes.
- **St Anne’s School Breakfast Walk.** Class A Walk. Meet at 09:15 outside the main entrance to the school. Walk lasts between 30 and 60 minutes.
- **Haslingden Medical Centre Walk.** Class A Walk. Meet at 10:00 outside the centre. Walks lasts between 10 and 30 minutes.
- **Parkside Care Home Centre Walk (closed walk).** Class A Walk. Starts at 11:00. A walk for the residents of Parkside care home around stubby lee park.
- **Marl Pits Health Walk.** (starts 12th June). Class A Walk. Meet at 13:00 outside the reception area. This walk will last between 15 and 45 minutes.

**Walk class**  
A = Easy  
B = Moderate  
C = A little more vigorous

For information contact the Active Spaces team direct:  
James Kenyon on 07595 734361

This project is part of the fantastic ‘Walking for Health’ national initiative overseen by The Ramblers & Macmillan Cancer.