

# Stepping Out Walks



East Lancashire  
Community Health Services

'Community health walks led by trained volunteer walk leaders – here to help you make walking a regular part of your life. For more information about the Stepping Out Project ring 01254 380441'

DATE	TIME	LED WALK	SHORTER WALK	LONGER WALK	MEETING POINT
MONDAY 23 AUGUST	10.30 am to 12 noon	Rishton Leg	♥♥	♥♥♥♥	The Centre, School St
MONDAY 23 AUGUST	1.30pm to 3.30pm	Clayton	♥♥♥	♥♥♥♥♥	Sparth Manor, Sparth Rd
TUESDAY 24 AUGUST	10.30am	Church	♥		Hyndburn Sports Centre
TUESDAY 24 AUGUST	1.30pm to 3.30pm	Barnfield		♥♥♥♥	Well Being Centre, at the junction of Manchester Rd and Broad Oak Rd, Accrington
WEDNESDAY 25 AUGUST	10.30am to 11.30am	Spring Hill	♥♥		Spring Hill Community Centre, Exchange St
THURSDAY 26 AUGUST	10.30am to 12.30am	Oswaldtwistle	♥♥♥	♥♥♥♥	Behind the Black Dog Pub at New Lane & Union Rd
THURSDAY 26 AUGUST	1.30pm to 3pm	Baxenden	♥♥♥		Haworth Art Gallery
FRIDAY 27 AUGUST	10.30am	Great Harwood		♥♥♥♥	Mercer Hall, Queen Street

## KEY

**Very Gentle Walk** ♥  
This walk is on the flat and lasts only 30 mins. A great introduction to walking if you have never done any or are recovering from illness.

**Gentle Walk** ♥♥  
These walks are at a gentle pace on relatively flat, well surfaced footpaths pavements. Walks last approx. 1 hour.

**Leg Stretchers** ♥♥♥  
These walks are at a moderate pace. They may involve some gradients and stiles/steps. Walks may be on footpaths, muddy tracks and through fields. Walking boots required. 1- 1½ hours long.

**Go-For-It** ♥♥♥♥♥  
These walks are at moderate/ fast pace. they involve stiles/steps and gradients. Walks may be on footpaths, muddy tracks and through fields. Walking boots required 1½ - 2hours.



## The Nature Walks in Hyndburn Project

The Prospects Foundation working with local groups and individuals to identify how access can be improved - this might be creating a new route, improving signage, upgrading a path or community management of a natural area.

If you would like to know more about the festival, future walks or if you are interested in nature conservation volunteering, contact Gemma Tomlinson, Nature Walks Project Officer on 01254 380675 or email: [gemma.tomlinson@prospectsfoundation.org.uk](mailto:gemma.tomlinson@prospectsfoundation.org.uk)

We also have a website:  
[www.prospectsfoundation.org.uk](http://www.prospectsfoundation.org.uk)

Nature Walks in Hyndburn is a partnership project:



**The Prospects Foundation.**  
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# Hyndburn



Find out more about the wonderful wildlife in Hyndburn during the 1<sup>st</sup> Hyndburn Nature Walks Festival 22<sup>nd</sup> August to 29<sup>th</sup> August. Walks led by experts, local enthusiasts and trained volunteer walk leaders.



Project supported by



# Hyndburn Nature Walks Festival

'The 1<sup>st</sup> Hyndburn Nature Walks Festival has been developed by the Nature Walks in Hyndburn Project which aims to encourage more local people to enjoy the outdoors and learn about the wildlife that the borough exhibits.'



**DATE**      **TIME**      **DESCRIPTION**      **MEETING POINT**

	1.30pm	<b>Baxenden Jubilee Walk</b> 4 mile walk around Baxenden taking in countryside, parks and Woodnook Vale. Stiles, fields and some hills. Walking shoes/boots recommended.	Haworth Art Gallery
	12.30	<b>Lunchtime Wildlife Wander – Woodnook Vale</b> 3 mile wildlife walk along the old railway line in Accrington.	Scaitcliffe House, Scaitcliffe St
	2.30pm	<b>Natures Calling on Martholme</b> Gentle flat walk looking at the nature along Martholme railway corridor, Led by countryside ranger Paul Shoreman of. Badgers, berries, flowers and trees.	Mill Lane, opposite the caravan park
	10.30am and 2pm	<b>Tramper Trails around the Coppice</b> Book your place to use one of the off-road mobility scooters to take in the beautiful views from The Coppice.	n/a must book a place 01772 534709

**6pm**  
**Arden Hall History Walk**  
2 hour walk led by a local historical enthusiast, take a photographic trip back in time.  
Arden Hall, Accrington

**2pm**  
**Food Forage on the Great Harwood Nature Trail**  
3 mile walk across fields. Learn from an expert about what trees, shrubs and flowers you can eat and make use of in the countryside.  
End of All Springs Drive, Great Harwood

**11am to 2pm**  
**Ladybird Trail for Children**  
Walking a section of the Ladybird Trail, we'll be tree hunting and looking at wildlife along the way.  
Youth and Community Centre, Clayton

**6.30pm**  
**Rishton for Circular**  
A 6 mile walk around Rishton led by the Ramblers Association.  
enquires@hyndburnrambler.co.uk  
Email for meeting point

**3pm**  
**Archaeology Walk Peel Park**  
A 2 hour expert led walk around Peel Park and The Coppice looking at archaeological features. Will encounter inclines.  
Peel Park, top of Avenue Parade

**7.30pm to late**  
**Go Wild with Bats and Moths**  
3<sup>rd</sup> Annual bat walk in Baxenden comes with a twist this year as we bring in a moth man to survey what other winged beasts roam Woodnook Vale. Booking is essential as places are limited.  
n/a booking is essential 01254 380675

**11am**  
**Ladybird Trail**  
An 8 mile walk round Hyndburn. Take in the views, history and wildlife through woodlands, fields and the Leeds and Liverpool Canal. Uneven surfaces, strong shoes recommended and bring a packed lunch.  
Church Kirk, St James Rd, Church

**10am**  
**Huncoat Trail**  
9 mile walk following the parish boundary taking in views of Hyndburn. A varied walk through woodlands, canal, fields, moorland with much nature to be found! Gradients and stiles, strong shoes/boots required. Walk will be led by Roy Chetham who originally devised the trail.  
Signal box next to Huncoat train station

