

# Stepping Out Evening Walks

**Walks will be on Wednesday nights starting at 7pm.**  
**These walks we class as “Leg Stretchers” walks, they are at a moderate pace, involving some gradients and stiles/steps. Walks maybe on footpaths, muddy tracks and through fields.**  
**Walks will be approx. 1 ½ - 2 hours long.**

Date	Location	Starting Point
13 <sup>th</sup> May	Rishton	The Centre, School Street.
20 <sup>th</sup> May	Oswaldtwistle	Black Dog Pub, Jct of New lane & Union Rd.
27 <sup>th</sup> May	Clayton le Moors	The Wellington, Barnes Square.
3rd June	Barnfield	Manchester Rd Centre, Manchester Rd.
10 <sup>th</sup> June	Gt Harwood	Mercer Hall, Queen’s St.
17 <sup>th</sup> June	Spring Hill	Spring Hill Community Centre, Exchange St.
24 <sup>th</sup> June	Baxenden	Haworth Art Gallery.
1st July	Rishton	The Centre, School Street.
8 <sup>th</sup> July	Oswaldtwistle	Black Dog Pub, Jct of New lane & Union Rd.
15 <sup>th</sup> July	Clayton le Moors	The Wellington, Barnes Square.
22 <sup>th</sup> July	Baxenden	Haworth Art Gallery.
29 <sup>th</sup> July	Spring Hill	Spring Hill Community Centre, Exchange St.
5 <sup>th</sup> Aug	Gt Harwood	Mercer Hall, Queen’s St.
12 <sup>th</sup> Aug	Barnfield	Manchester Rd Centre, Manchester Rd.

**For more info please ring Fran Riley on 01254 356873**



# Stepping Out

- The Stepping Out Project now has nine led walks a week in Hyndburn. These range from a 1/2 an hour walk to a 2 hour walk. For more information on all our walks please contact us on the number overleaf.
- All our walks are led by trained Volunteer Walk Leaders. Training involves a free one day course accredited by Walking the Way to Health. Walk Leaders are involved with the planning and risk assessing of our walks. It's a great way to stay fit and healthy and also make new friends. We are always looking for new volunteers, so if you interested please contact us.

## Additional Information:

- **All our walks are free, and are open to all ages and abilities.** However we would ask all new walkers to start by walking with us on our shorter, slower paced walks unless they are extremely confident in their own fitness levels. For advice or more information on this please contact us.
- Whilst Walk Leaders take every care, your comfort and safety are your own responsibility on the walk.
- If you have medication you may need please bring it with you.
- If you are diabetic bring a sugary drink.
- Dogs are welcome if they are kept on a short lead and you clean up after them.

### **BENEFITS OF WALKING INCLUDE:**

**Weight loss,  
Increased levels of fitness,  
More energy,  
Better sleep patterns,  
Reduced risk of disease and heart attack,  
Getting out in the fresh air,  
It's free, no specialist equipment required.**