

## WHY WALK?

Walking is a fun and easy way to stay active and feel great - no intense workouts required! It's perfect for all ages and fitness levels, and it's fantastic for your heart, your mind, and your overall well-being. Regular walks can:

- Boost your mood and help you feel more relaxed
- Improve flexibility, strength, and energy levels
- Support a healthy weight and keep you feeling fit
- Enhance your sleep and self-confidence
- Best of all, it's a wonderful way to meet new people and connect with your community!

**SO GRAB YOUR SHOES, STEP OUTSIDE, & ENJOY THE SIMPLE JOYS OF WALKING IN OUR #OUTDOORTOWN**

## WHAT TO WEAR?

Wear whatever you're comfortable in. We strongly advise wearing a full sturdy shoe or boots for support. Dress appropriately for the weather-layering is a great option. Be sure to bring a hat and sunscreen for sunny days, or a waterproof jacket if it looks like rain.

## ACCESSIBILITY AND WALK SUITABILITY

Many of our walking routes are accessible for prams and wheelchairs, but we recommend checking in advance to ensure suitability for your needs. If you're unsure about a particular walk, please contact the walk leader using the number provided.

## STAY UPDATED

Walk times are approximate and may vary for several reasons. It is at the walk leaders discretion to cancel a walk due to the weather. If you are in any doubt, please contact the walk leader on the day to check.

**For more information on walks across the borough, from self-led trails to walking clubs, check out the walking section on OUTDOORTOWN.UK**

PARTNER INFORMATION : Thanks to all the volunteers and organisations whose support and dedication make this walking programme possible. Your contributions help create wonderful opportunities for residents to stay happy, healthy, and connected!



#OutdoorTown



# BURNLEY & PADIHAM WALKS 2026

JAN-  
APR



**ALL WALKS  
ARE FREE  
TO ATTEND!**



**OUTDOORTOWN.UK**

# JANUARY

/// what3words  
∞ Same day every week

Well behaved dogs on a lead allowed

Mon	13.30-16.00	Weekly Walk ∞	Padiham Leisure Centre ///thin.warms.proofread
Thur	11.00-12.00	Weekly Wander ∞	Kiddrow Lane Health Centre ///thick.gold.human
Sat	10.00-13.00	Nature Walk & Talk 	Netherwood Road Car park ///swung.spun.hills
Sat	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop
Sun	11.00-12.30	Winter Walk for Families 	Gawthorpe Hall Car Park ///swordfish.chromatic.sports
Sat	10.00-12.00	Winter Tree ID Walk 	Gawthorpe Hall Car Park ///swordfish.chromatic.sports



## WALK LEADERS:

Alicia (Ernest Cook Trust): 07833 575 497  
Helen (Ribble Rivers Trust): 07508 717 984  
Henry (Burnley Council): 07813 570 168

# FEBRUARY

/// what3words  
∞ Same day every week

Well behaved dogs on a lead allowed

Mon	13.30-16.00	Weekly Walk ∞	Padiham Leisure Centre ///thin.warms.proofread
Thur	11.00-12.00	Weekly Wander ∞	Kiddrow Lane Health Centre ///thick.gold.human
Sun	10.00-13.00	Nature Walk & Talk 	Deerpark Road ////arch.future.these
Wed	12.30-14.00	Family Woodland Wander 	Towneley Hall Shop entrance ///flip.claims.remit
Fri	18.00-19.00	Glow Walk	Offshoots, Towneley ///hours.hooked.windy
Sat	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop

# FINDING YOUR WAY...



what3words

what3words divides the world into 3m squares, giving each a unique three-word address.

Never get lost & explore with confidence

Download the app or visit:

[what3words.com](http://what3words.com) - it's easy and free!

# MARCH

/// what3words

∞ Same day every week

Well behaved dogs on a lead allowed

Mon	13.30-16.00	Weekly Walk ∞	Padiham Leisure Centre ///thin.warms.proofread
Thur	11.00-12.00	Weekly Wander ∞	Kiddrow Lane Health Centre ///thick.gold.human
Sat	11.00-12.30	Family Nature Walk 	Rowley Lake meet at Thornton Arms Car Park ///dirt.hooked.kept
Sun	10.00-13.00	Nature Walk & Talk 	Thornton Arms Car Park ///lakes.trout.putty
Sat	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop
Tue	10.00-11.00	Spring Walk 	The Hive, Padiham ///hazelnuts.packages.admires

Lian (Shine Coaching): 07498 139 270

Mick (Newground Together): 07764 244 766

Mel & Ben (Burnley West PCN): 07535 331 152

David (National Trust): 07977 368 291



# APRIL

/// what3words

∞ Same day every week

Well behaved dogs on a lead allowed

Mon	13.30-16.00	Weekly Walk ∞	Padiham Leisure Centre ///thin.warms.proofread
Thur	11.00-12.00	Weekly Wander ∞	Kiddrow Lane Health Centre ///thick.gold.human
Sun	10.00-13.00	Nature Walk & Talk 	Towneley Woodgrove Car Park ///good.hang.film
Wed	14.00-15.30	Family Nature Walk 	Towneley Riverside Car Park ///lock.camps.priced
Sat	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop
Sat	10.00-15.00	History of Gawthorpe Woodland 	Gawthorpe Hall Car Park ///swordfish.chromatic.sports
Tue	10.00-15.00	Guided Walk (7.7miles) 	Thompson Park car park ///began.blunt.plant

