

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](https://www.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!



BURNLEY & PADIHAM WALKS 2026

MAY - AUG



ALL WALKS ARE FREE TO ATTEND!



OUTDOORTOWN.UK

MAY

/// 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 16th	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop
Sun 17th	09.00-16.00	The Burnley Big Walk 🐾	Prairie Sports Village ///goods.back.leaves
Sun 17th	11.00-12.30	OT Explorers Family Walk 🐾	Prairie Sports Village ///goods.back.leaves
Wed 20th	18:15-20.00	Padiham Local History Walk	Padiham Library ///parkway.desiring.cursing
Thur 28th	13.30-15.00	OT Explorers Family Walk 🐾	Towneley Riverside Car Park ///lock.camps.priced

WALK LEADERS:

Alicia (Ernest Cook Trust): 07833 575 497
Helen (Ribble Rivers Trust): 07508 717 984
Alison (Padiham Library): 0300 123 6703

JUNE

/// 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 20th	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop
Tue 23rd	10.00-11.00	Summer Walk	The Hive, Padiham ///hazelnuts.packages.admires



FINDING YOUR WAY...



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

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Download the app or visit:

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

JULY

/// 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 18th	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop
Thur 23rd	13.30-15.00	OT Explorers Family 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
Alexis Turner (Burnley Leisure & Culture): 07811 024 936

AUGUST

/// 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
Wed 5th	10.00-11.30	Family Woodland Wander 🐾	Towneley Hall & Museum ///flip.claims.remit
Thur 6th	10.30-12.30	Reading Heroes Story Walk	Padiham Library ///parkway.desiring.cursing
Fri 14th	13.30-15.30	OT Explorers Family Walk 🐾	Thornton Arms Car Park ///lakes.trout.putty
Sat 15th	10.00-12.00	Trek & Talk for Families	Burnley Wood, Family Hub ///rating.back.prop

For more information on a specific walk, please contact the walk leader. The background of each walk matches the colour used for the leader's contact details.

