

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!

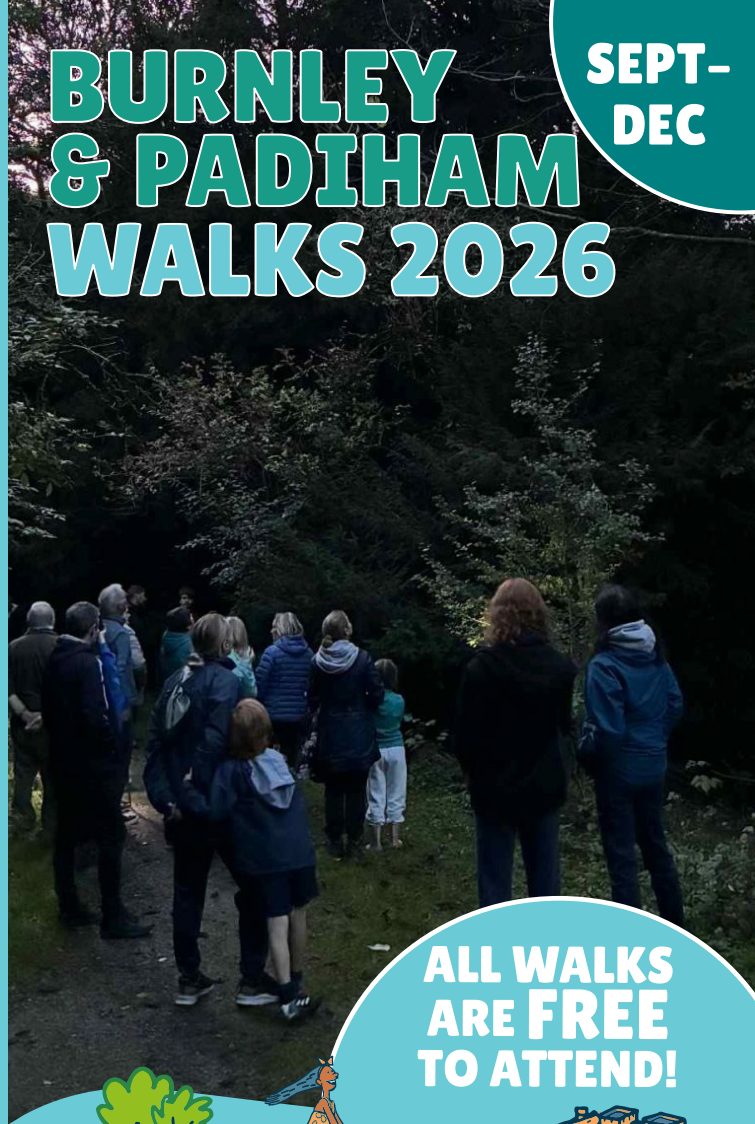


#OutdoorTown



BURNLEY & PADIHAM WALKS 2026

SEPT-
DEC



**ALL WALKS
ARE FREE
TO ATTEND!**



OUTDOORTOWN.UK

SEPT

/// 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
Fri 4th	19.30-21.00	Bat Walk	Offshoots, Towneley Park ///hours.hooked.windy
Fri 11th	10.00-12.00	Canal, Natural History Walk	Ramp next to Buzz Bingo ///inches.cover.apples
Mon 14th	14.00-16.00	Padiham Local History Walk	Padiham Library ///parkway.desiring.cursing
Wed 16th	18.00-19.30	Heritage Open Days Walk	Padiham Library ///parkway.desiring.cursing
Sat 19th	10.00-12.00	Trek & Talk	Burnley Wood, Family Hub ///rating.back.prop
Tue 22nd	10.00-11.00	Autumn Walk	The Hive, Padiham ///hazelnuts.packages.admires
Fri 25th	19.00-20.30	Bat Walk	The Hive, Padiham ///hazelnuts.packages.admires

OCT

/// what3words

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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 3rd	10.00-12.00	Nature Walk and Talk	Unity College Car Park ///soup.mile.ends
Wed 14th	10.00-15.00	Guided: Hurstwood & Worsthorne (7.7 miles) 🐾	Towneley - Rotunda Cafe ///demand.calms.discouraged
Sat 17th	10.00-12.00	Trek & Talk	Burnley Wood, Family Hub ///rating.back.prop
Fri 30th	13.30-15.00	Outdoor Town Explorers	Thompson Park Pavillion ///crowd.sing.birds

FINDING YOUR WAY...



what3words

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NOV

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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
Mon 16th	18.00-19.00	Glow Walk	Padiham Memorial Park - Cafe ///senior.annotated.opposites
Wed 18th	18.00-19.00	Glow Walk	Thompson Park Pavillion ///energetic.mental.shack
Sat 21st	10.00-12.00	Trek & Talk	Burnley Wood, Family Hub ///rating.back.prop

WALK LEADERS:

Mick (Newground Together): 07764 244 766

Peter/Carol: burnleycivictrust@gmail.com

Lian (Shine Coaching): 07498 139 270

Alexis Turner (Burnley Leisure & Culture): 07811 024 936

Helen (Ribble Rivers Trust): 07508 717 984

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

Henry (Burnley Council): 07813 570 168

Alicia: (Outdoor Town): 07833 575 497

DEC

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∞ Same day every week

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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 5th	10.00-12.00	Nature Walk and Talk	Thompson Park Pavilion ///energetic.mental.shack
Tue 22nd	10.00-11.00	Winter Walk	The Hive, Padiham ///hazelnuts.packages.admires



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.