

Stepping Out





We now have eight led walks a week in Hyndburn. These range from a ½ an hour walk to a 2 hour walk. All 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. Please see Led Walk Programme for further details.

Whilst Walk Leaders take every care, your comfort and safety are your own responsibility on the walk.




















- Please wear comfortable clothing and shoes/boots suitable for the weather conditions
- 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.

Volunteering with Stepping Out

All our walks are led by trained Volunteer Walk Leaders. Training involves a free one day course accredited by Walking for 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 are interested please contact us.

KEY	TYPE OF WALK
	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 and pavements. Walks last approx. 1 hour
	Leg Stretchers These walks are at a moderate pace. They may involve some gradients and stiles/steps. Walks maybe on footpaths, muddy tracks and through fields. Walking boots required. 1-1½ hours long
	Go-For-It These walks are at a moderate/fast pace. They involve stiles/steps and gradients. Walks maybe on footpaths, muddy tracks and through fields. Walking boots required. 1½ - 2 hours

We offer a variety of led walks of differing length and pace. To help you choose your walk, please read the key opposite. All our walks are weekly and circular in nature.

Led Walk Programme	Time	Shorter Walk	Longer Walks	Stiles	Gradients	Please Bring:
Rishton: The Centre, School Street	Monday 10.30am				Some Gradients	Strong Shoes/ Boots Required
Clayton le Moors: Sparth Manor, Sparth Rd	Monday 1.30pm				Some Gradients	Strong Shoes/ Boots Required
Church: Hyndburn Sport Centre	Tuesday 10.30am				Flat	Comfortable Shoes Required
Barnfield: The Well Being Centre, at the junction of Manchester Rd & Broad Oak Rd	Tuesday 1.30pm				On Gradients	Strong Shoes/ Boots Required
Spring Hill: Spring Hill Community Centre, Exchange Street	Wednesday 10.30am				Some Gradients	Comfortable Shoes Required
Oswaldtwistle: Behind the Black Dog Pub, at the junction of New Lane & Union Rd.	Thursday 10.30am				Some Gradients	Strong Shoes/ Boots Required
Baxenden: Haworth Art Gallery, Haworth Park, Off Manchester Rd	Thursday 1.30pm				Some Gradients	Strong Shoes/ Boots Required
Gt Harwood: Mercer Hall, Queens Street	Friday 10.30am				Some Gradients	Strong Shoes/ Boots Required

If you haven't done much exercise recently and are worried about your health, please see your doctor before taking part in any activities.