

'Stepping Out', Hyndburn's Walking for Health Project along with Hyndburn Borough Council aims to encourage people to take up walking as a fun and enjoyable form of physical activity.

- WALKING is the most accessible form of physical activity. It's free and easy and doesn't require expensive clothing or equipment.
- WALKING gives people opportunities to enjoy their local environment.
- WALKING can improve a person's confidence, energy, weight control, mental health, stamina and life expectancy.

Any walking is better than none, but a brisk walk is best to gain health benefits. Ideally, you should work towards walking for 30 minutes a day, at a pace that makes you breathe a little faster, makes you feel warmer and makes your heart beat slightly faster.

Gentle strolling is a good start for people who are not use to exercise. If you haven't done much exercise recently and are worried about your health, see your doctor before taking part in any extra activities.

If you'd like to know more about the 'Stepping Out' Walking Project or receive details on Hyndburn's Health Walks, please contact: The 'Stepping Out' Walking Project, Tel: (01254) 356873 or Email: steppingoutproject@hotmail.com

**If you would like this in larger print,
please call 01254 356206**

اگر آپ یہ لٹلیٹ اپنی زبان میں سمجھنا چاہتے ہیں تو برائے مہربانی کیونٹی ایڈوائس سنٹر سے 01254 380144 پر رابطہ کریں۔

আপনি যদি এই লিফলেটটি আপনার নিজের ভাষায় জানতে চান তাহলে অনুগ্রহপূর্বক কমিউনিটি এডভাইস সেন্টারে ০১২৫৪ ৩৮০১৪৪ নাম্বারে যোগাযোগ করুন।

STEPPING OUT!

HYNDBURN'S WALKING PROJECT a stroll in the park



A series of fun, healthy walks in
Hyndburn's Parks



Welcome

Exploring your local park, by following the new way markers set out in many of Hyndburn's parks is a great way to enjoy the health and environmental benefits associated with walking. Involve the family. Walking is good for children too, and it's a great way of exploring your local area.

A total of 14 short walks in 7 different parks throughout the borough have been marked out with coloured arrows. The coloured arrows can be found on timber posts, and are graded yellow, orange and red as a guide to the walk's difficulty and length, red being the most demanding!

Most of the walks are over tarmac paths in reasonable condition, there are however a number of walks where fairly steep inclines can be found. Mercer Park is the exception to this as all the walks in this park are over flat ground.

Bullough Park

This walk is the longest and takes you out into the countryside onto unmade paths which can be very muddy, there are also 20 steep steps at the halfway point making it unsuitable for wheelchairs and pushchairs.

Activities to do along the way.

On each post you will also find a different activity and although this is optional it provides an additional challenge along the way.

Like a challenge?

Also incorporated within each park is a hidden anagram the letters can be found on the waymarker posts within the park.

Finally if you would like any further information about your local park please contact Hyndburn Borough Council on 01254 388111 or check out the website at www.hyndburnbc.gov.uk

OAK HILL PARK accrington

KEY

1. Oak Hill Mansion
2. Disabled Patrons' Car Park
3. Basket Ball Courts
4. Children's Playground
5. Tennis Courts
6. Bowling Green
7. Rock Garden
8. War Memorial
9. Band Stand
10. Duck Pond
11. Works Building



Activities to do along the way

- Reach for the sky to the next post
- Do 10 spotty dogs
- Jog on spot for one minute
- Do a funny walk to the next post
- Do 10 star jumps
- Do knees up for one minute
- Hop to the next post
- Do 10 squat jumps
- Do hopscotch to the next post
- Do side steps to the next post
- Do 10 leg curls

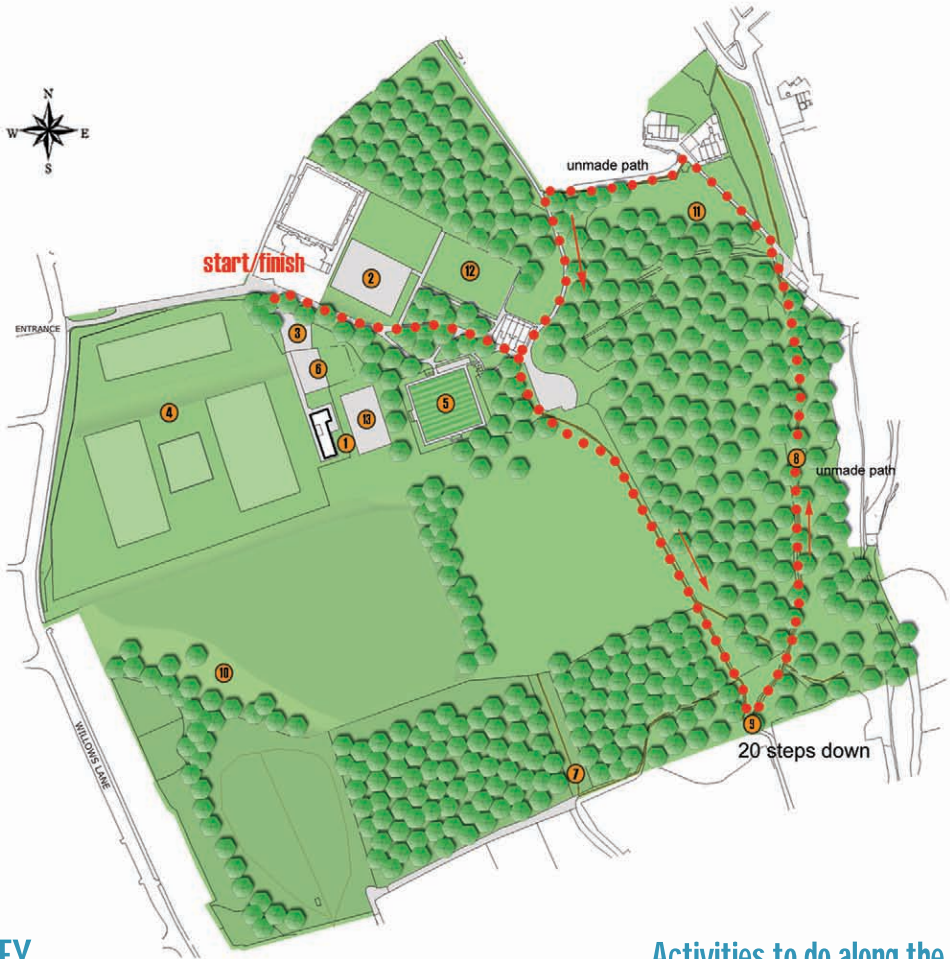
-
- YELLOW WALK 225 metres
Approx ½ a lap of a running track or 0.1 miles
-
- ORANGE WALK 674 metres
Approx 1¾ laps of a running track or 0.4 miles
-
- RED WALK 930 metres
Approx 2¼ laps of a running track or ½ a mile

Discover the hidden anagram

(a letter is on each waymarker post)

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BULLOUGH PARK accrington



KEY

- | | |
|--------------------------------|--------------------------|
| 1. Works Building and Pavilion | 8. Woodland Walk |
| 2. Car Park | 9. Steps |
| 3. Disabled Patrons' Car Park | 10. Marshy Grassland |
| 4. Sports Pitches | 11. Allotment Gardens |
| 5. Crown Green Bowling | 12. Wildlife Orchard |
| 6. Children's Play Area | 13. Multi-use games area |
| 7. Bridleway network | |



RED WALK 1304 metres
(approx 3 ¼ laps of a running track or ¾ miles)

Activities to do along the way

- Reach for the sky to the next post
- Do 10 spotty dogs
- Jog on spot for one minute
- Do side steps to the next post
- Do 10 star jumps
- Do knees up for one minute
- Hop to the next post
- Do 10 leg curls

Discover the hidden anagram

(a letter is on each waymarker post)



Walks in Hyndburn's Parks

1 Oak Hill Park BB5 2BN



Oak Hill Park is one of the largest parks within the borough and is located between Manchester Road and Hollins Lane in Accrington. The size allows a host of features and activities including tennis courts, 2 bowling greens, a large children's play area, a duck pond and rockery.

2 Haworth Park BB5 2JS

Haworth Art Gallery, one of the borough's premier visitor attractions, is set within the grounds of Haworth Park which is located off Hollins Lane. The park offers a relaxed environment for picnics and gentle walks amongst woodland and more formal areas.



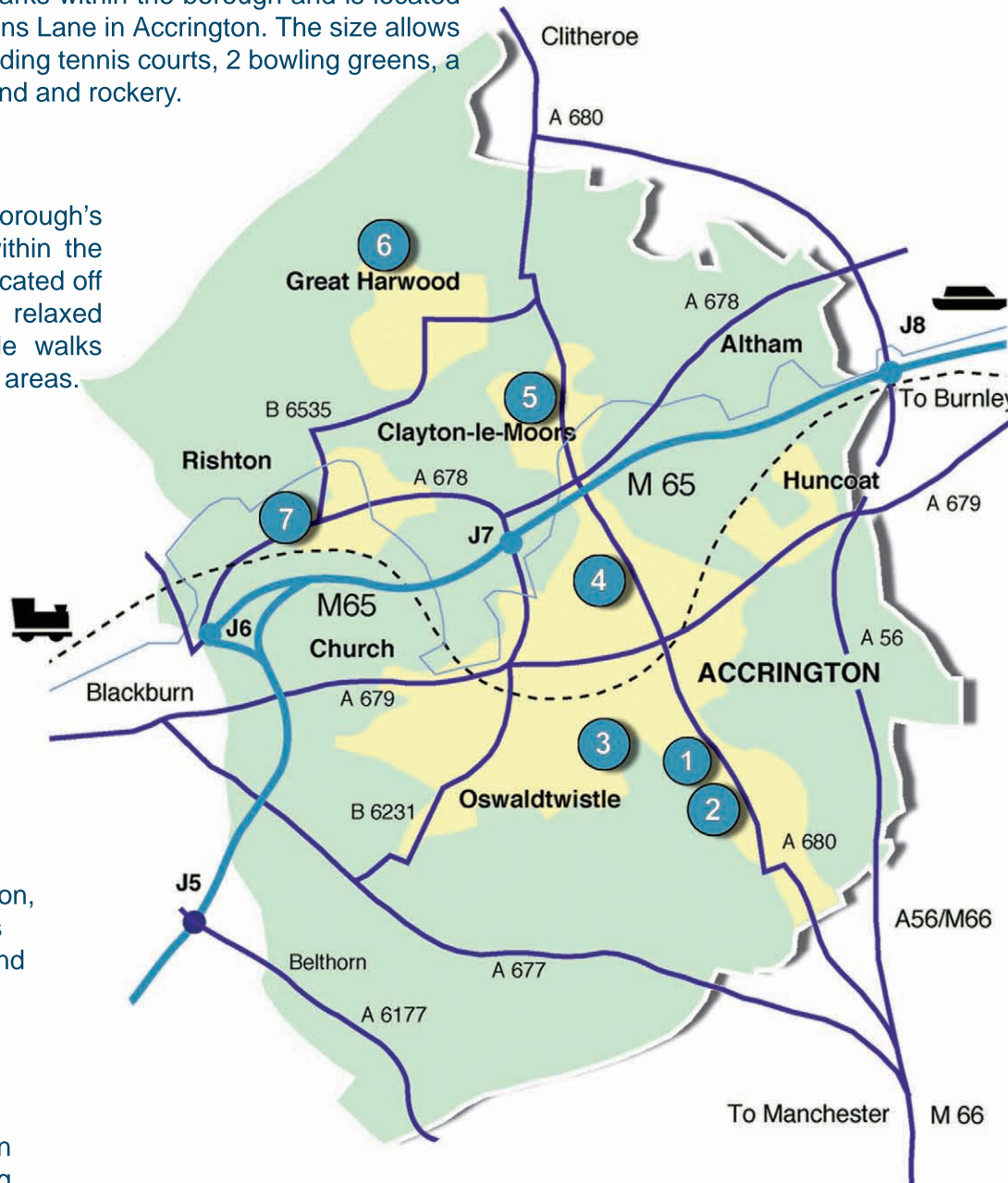
Oak Hill Park

3 Bullough Park BB5 0LW

Located off Willows Lane in Accrington, Bullough Park is composed of sports pitches, a bowling green, a MUGA and children's play area along with more informal recreation areas.

4 Milnshaw Park BB5 4SD

To be found off Lancaster Avenue in Accrington, it consists of 2 bowling greens and a network of footpaths for easy walking amongst mature trees.



Mercer Park

5 Mercer Park BB5 5HT



A children's play area, MUGA, half pipe, assault course, bowling green and horticultural displays can be found in this compact and level park. It is located to the west of Whalley Road in Clayton-Le-Moors at the end of Sparth Road.

6 Memorial Park BB6 7PT

Located on Church Lane in Great Harwood, the park is elevated with excellent views north. The formal parkland area is complemented by the adjacent sports fields for football and cricket.

7 Cutwood Park BB1 4ET

Adjacent to Rishton Reservoir off Blackburn Road in Rishton, the park has a children's play area, woodland and more open formal grassland areas including an area for football. There is also a terrace overlooking the reservoir.

MERCER PARK clayton-le-moors



Activities to do along the way

- Hop to the next post
- Do knees up for one minute
- Do side steps to the next post
- Do 10 star jumps
- Do a funny walk to the next post
- Do 10 leg curls
- Skip to the next post
- Do 10 spotty dogs
- Jog on the spot for one minute
- Do hopscotch to the next post

KEY

1. Mercer House (Grade II Listed)
2. Disabled Patrons' Car Park
3. Toilets (open during working hours)
4. Children's Playground
5. Skate Park
6. Trim Trail
7. Bowling Green
8. Multi-use games area
9. War Memorial (Grade II Listed)
10. Youth Shelter
11. Picnic Area
12. Football Pitch



YELLOW WALK 406 metres
(approx 1 lap of a running track or ¼ mile)



ORANGE WALK 762 metres
(approx 2 laps of a running track or ½ mile)



RED WALK 826 metres
(approx 2 laps of a running track or ½ mile)

Discover the hidden anagram

(a letter is on each waymarker post)

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CUTWOOD PARK rishton



KEY

1. Toddler Playground
2. Junior Playground
3. Woodland Walk
4. Waterside View
5. Football Pitch
6. Young Native Tree Planting



ORANGE WALK 716 metres
(approx 1 ¾ laps of a running track or 0.4 miles)

Activities to do along the way

- Do knees up for one minute
- Do side steps to the next post
- Skip to the next post
- Do 10 leg curls
- Jog on the spot for 1 minute
- Reach for the sky to next post
- Do 10 star jumps

Discover the hidden anagram

(a letter is on each waymarker post)