

YOUR 2018 GUIDE TO

WALKING IN PENDLE

INCLUDING YOUR YEARLY
WALKING CALENDAR



| Month | Day | Route | Distance | Difficulty | Notes |
|-----------|-----|-------|----------|------------|-------|
| January | 1 | ... | ... | ... | ... |
| February | 1 | ... | ... | ... | ... |
| March | 1 | ... | ... | ... | ... |
| April | 1 | ... | ... | ... | ... |
| May | 1 | ... | ... | ... | ... |
| June | 1 | ... | ... | ... | ... |
| July | 1 | ... | ... | ... | ... |
| August | 1 | ... | ... | ... | ... |
| September | 1 | ... | ... | ... | ... |
| October | 1 | ... | ... | ... | ... |
| November | 1 | ... | ... | ... | ... |
| December | 1 | ... | ... | ... | ... |

WHY WALK?

Walking is a great way to stay active and improve your fitness, without the added intensity that any other exercise form brings. Anyone can do it at any age and any fitness level, plus it is good for your heart, your head and your wallet.

Pendle Leisure Trust's walking programme is aimed at giving people that helping hand if they are just beginning with a gentle stroll or if they want to progress on and explore the surrounding areas.

WHAT TO WEAR?

Suitable clothing and footwear should be worn for all walks. Walking boots and waterproof clothing are advisable when deemed necessary.



HEALTH BENEFITS

The health benefits from regular walking are vast and include:

- Reduced risk of developing type 2 diabetes, coronary disease and strokes
- Improve flexibility and strength of joints, muscles and bones and reduce risk of osteoporosis
- Help manage your weight
- Improve mood, reduce anxiety, aid sleep and self-image
- Meet new friends



SHORT HEALTH WALKS

If you want to start walking to improve your health, but the walks listed here look a bit daunting, why not try one of our short health walks?

These 30-60 minute walks are ideal for all ages and abilities.



All the walks in this leaflet are aimed at regular walkers and are of an intermediate to advanced level. They are all completed at a moderate pace and will include some hills, muddy paths and stiles, making them unsuitable for pushchairs. If you are unsure of the nature of a particular walk, please contact the volunteer who will be happy to advise you.

The walks will continue throughout the year, but volunteers will endeavour to avoid paths which have become difficult to pass due to poor weather and alternative routes may be sought. Walk durations indicated overleaf are approximate and may vary for several reasons. It is at the volunteer's discretion to cancel a walk due to the weather. If you are in any doubt, please contact the volunteer on the day to check.

WHY NOT TRY SOMETHING DIFFERENT?

NORDIC WALKING

Every Thursday at 10.45am from Pendle Leisure Centre, Colne. Poles provided.

Using poles with walking will give you a whole body workout. Walks last 1 ¼ - 1 ½ hours. Whatever your age, fitness level or goal, Nordic Walking is suitable, effective and enjoyable.

- Tones the upper and lower body at the same time
- Uses 90% of the skeletal muscles
- Burns up to 46% more calories than ordinary walking
- Reduces the pressure on knees and joints
- Great for the heart and lungs
- Ideal for neck, shoulder and back problems
- Poles propel the walker along, making it easier to move faster than normal without feeling the effort

SUNDAY WALKS

First Sunday of the month at 11.30am.

Join us for a Sunday walk once a month. These walks will last for up to four hours. Bring a packed lunch as there'll be a sandwich break during the walk.

SUMMER EVENING WALKS

Wednesday evenings in summer from 6.30pm.

These walks can last between 1½ and 2½ hours, with walks in June lasting up to 3 hours. Please contact the volunteer for more information.

UP & ACTIVE TEAM

- **(01282) 661226**

VOLUNTEERS

- **Norman Mitchell**
(01282) 772409
- **Ian Lowcock**
(01282) 812842
- **Denis Kirkbride**
(01282) 871397
- **Ron Whalley**
(01282) 613282
- **Judith Drury**
(01282) 698375
- **Mike**
07708 199091
- **Jennifer Little**
07543 328397
(text only please)



VOLUNTEERS AND DETAILS

Each walk is led by a volunteer who has been trained by Pendle Leisure Trust. By each walk there is a colour coded dot to represent the contact for each walk as follows:

- **Norman Mitchell (01282) 772409**
- **Denis Kirkbride (01282) 871397**
- **Judith Drury (01282) 698375**
- **Jennifer Little 07543 328397**
(text only please)
- **Ian Lowcock (01282) 812842**
- **Ron Whalley (01282) 613282**
- **Mike 07708 199091**

Please use the above contacts should you require any specific information about a walk. Please note that these people are some of the volunteers who use their personal time to lead these walks on behalf of Pendle Leisure Trust. Should there be any questions or concerns which cannot be answered by our volunteers then please contact the Up & Active Team on **(01282) 661226**.

If it is your first walk then you will be asked to complete a health questionnaire prior to setting off. With this in mind, please ensure you have suitable time to complete this at the start, or alternatively email the Up & Active Team at **info@upandactive.co.uk** to receive a copy of the questionnaire.

CONTACT US

For more information please contact the Up & Active Team

CALL: 01282 661226

EMAIL: info@upandactive.co.uk

ONLINE: www.upandactive.co.uk

