

Head down the side of the football pitch parallel with Harrison Drive. Follow the perimeter of the playing fields keeping to the outside of all the football pitches until you reach the mini roundabout at the junction with Red Lane. Turn left and walk up to the top of Red Lane to where the road narrows. Take the path on the left back into the nature area. Follow the path straight on keeping right until you meet the bridleway path. Turn left and follow this path until you get to the rugby pitches. Turn right and continue past the first Rugby pitch then turn right and then left to continue along the top side of the second rugby pitch. Take the track into the wooded area until you meet the main path. Turn right along the path and then cut left into the walled garden, where you do a loop in and out of the garden then head back down the road in the park. Turn right at the cross road junction and follow the path past the band stand to the bottom of the hill to where you turned off the road. Turn right and then turn right along the path back to the start.

Head down the side of the football pitch parallel with Harrison Drive. Follow the perimeter of the playing fields keeping to the outside of all the football pitches until you get to the community centre on your right. Take the path down the side of the community centre to Birtwistle Avenue and turn left. Follow the path until you reach the mini roundabout at the junction with Red Lane. Turn left and walk up to the top of Red Lane to where the road narrows. Take the path on the left back into the nature area. Follow the path straight on keeping right until you meet the bridleway path. Turn left and follow this path until you get to the rugby pitches. Turn right and continue past the first Rugby pitch then turn right and then left to continue along the top side of the second rugby pitch. Take the track into the wooded area until you meet the main path. Turn right along the path and then cut left into the walled garden, where you do a loop in and out of the garden then head back down the road in the park. Turn right at the cross road junction and follow the path past the band stand to the bottom of the hill to where you turned off the road. Turn right at the cross roads and follow the road for 50 meters and then turn right along the path back to the start.

Head down the side of the football pitch parallel with Harrison Drive. Follow the perimeter of the playing fields keeping to the outside of all the football pitches. At the bottom end of the playing field turn left, then follow the track alongside the top edge of Colne Football Stadium. Continue to follow the track past the first rugby pitch, then turn right and then left to continue along the top side of the second rugby pitch. Take the track into the wooded area until you meet the main path, turn right along

Head down the side of the football pitch parallel with Harrison Drive. Follow the perimeter of the playing fields and outside of the playing field turn left, follow the track along the top edge of Colne Football Stadium. Continue to follow the track past the first rugby pitch then turn right and then left to continue along the top side of the second rugby pitch and along the track into the wooded area until you meet the main path. Turn left and after 50 meters turn left along the path again, heading back to the starting point next to the changing rooms.

For something a bit more challenging, why not choose one of the 3 circular routes on a variety of terrains, starting with a one mile route and progressing through to a 2 mile route up to a 3 mile route. The walks take in footpaths, park paths and canal towpaths. When you have explored your local area why not use the link route to explore a new area using more of the route maps in this series. As all the routes are circular, you can start this route at any point. But for the purpose of explaining the routes we will start at the changing facility next to Colne and Nelson Rugby Club.

Want to go that bit further and explore a new area? Then why not follow the link route from the Alkincoates routes to the Boundary Mill Mile and then onto the Swinden routes and beyond. The link routes are just over a mile and will take you to the next set of interesting local routes. See our Swinden and Victoria leaflets for more information on the routes and beyond. Most of the link routes follow the cycle paths and the national cycle route number 68.



The Urban routes are a great place to start to explore and to help you get more active. The routes are designed to allow you to walk on pavements and well-lit footpaths straight from your own front door. Once you've completed the circular route and are back home, you know you've just walked a mile. Why not try improving on your time next time you do the route? Or try one of the other routes shown. As all the routes are circular, you can start this route at any point.



3 short Health Walks (see insert map). Exploring your local park is an excellent way of improving your health and well-being. Taking a brisk walk through the park burns the same amount of calories as a run over the same distance. It is an activity that the whole family can enjoy and best of all it's free. Alkincoates Park's Health Walk routes are designed to allow the user to pick and choose the level of exercise which they feel comfortable with. Just follow the waymarkers for your selected route: As all the routes are circular, you can start this route at any point.



Register for free today. Once you are a member, all our 'Up and Active' activities are free, or cost just £1.00.



UP AND active
is for everyone
100s of activities at your fingertips



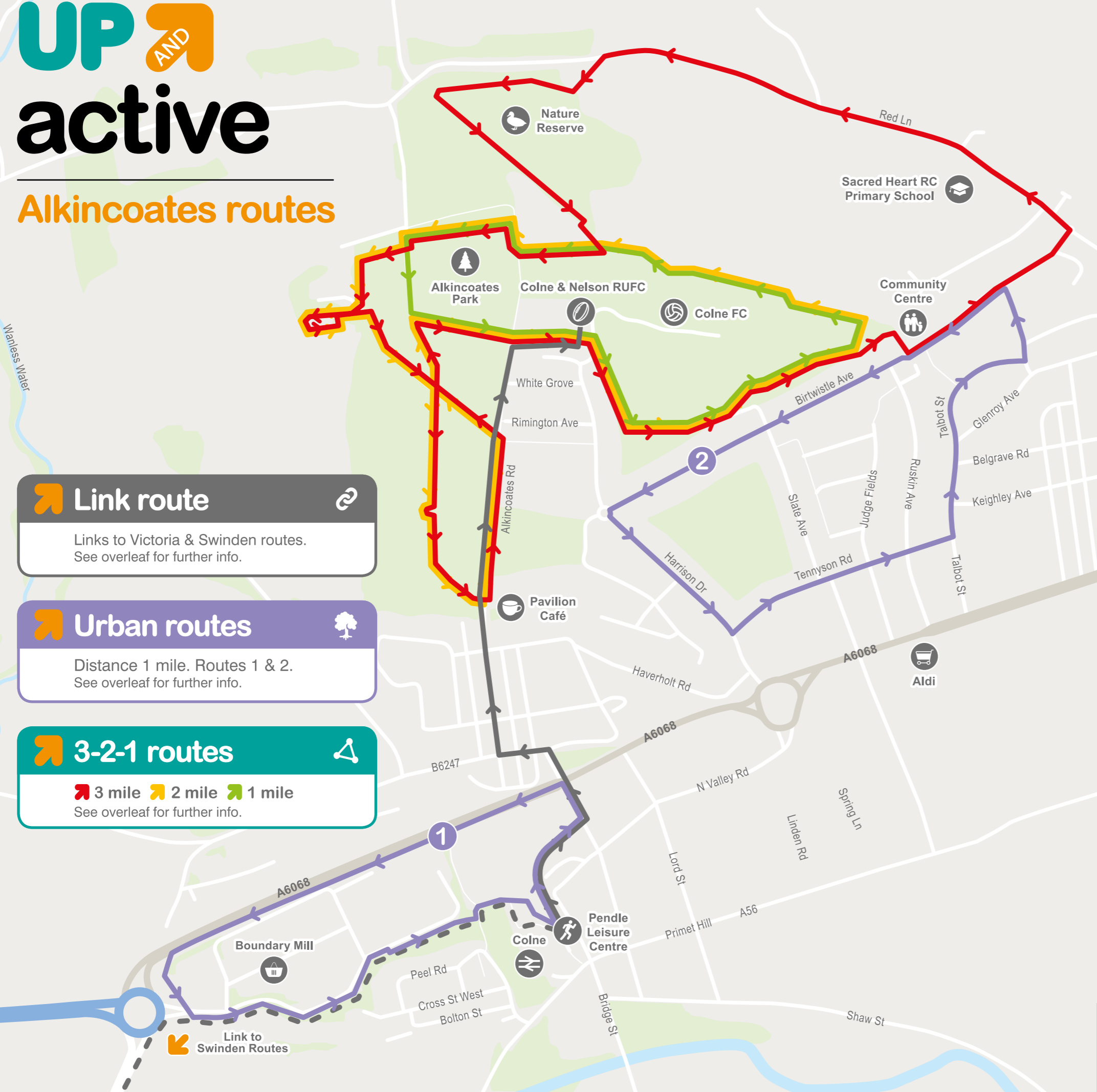
Get up, get out in Pendle



Get up, get active, have fun in Pendle
www.upandactive.co.uk

www.upandactive.co.uk

Alkincoates routes



Link route
Links to Victoria & Swinden routes. See overleaf for further info.

Urban routes
Distance 1 mile. Routes 1 & 2. See overleaf for further info.

3-2-1 routes
3 mile 2 mile 1 mile
See overleaf for further info.

Alkincoates Park Route Health Walks

Just follow the waymarkers for your selected route

- Hard (1.6km)
- Medium (1.1km)
- Easy (0.74km)

Landmarks on the inset map include: Walled Garden, Shelter, Bandstand, Play Area, Ball Games Court, Pavilion, and Bowling Green and Picnic Area.

Park routes

3 Routes - Hard, Medium and Easy. See map above and overleaf for further info.

