

Day	Time	Meeting Point	Oct	Nov	Dec	
Mon	11.30am - 12.30pm	Colne - Holt House Car Park BB8 9SF ●	28	11	9	
	11.30am - 12.30pm	Barnoldswick - Victory Park Car Park BB18 5EN ●	7	18	16	
	11.30am - 12.30pm	Nelson - Victoria Park, Carr Road BB9 7SS ●	14	25		
	11.30am - 12.30pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	21	4	2	
Tues	10.00am - 1.00pm	Barley - Village Car Park BB12 9JX ●	8	12	17	
	10.00am - 1.00pm	Fence - Forest Restaurant BB12 9PA ●	15	19		
	10.00am - 1.00pm	Sabden - War Memorial BB7 9DZ ●	22	26		
	10.00am - 1.00pm	Haggate - Village Crossroads BB10 3QH ●	29		3	
	10.00am - 1.00pm	Higham - top end of village BB12 9EU (off A6068) ●	1	5	10	
Wed	MORNING	10.00am - 12.30pm	Foulridge - Four Elephants Restaurant BB8 7PY ●	23	20	11
		10.00am - 12.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●	2, 30	27	18
		10.00am - 12.30pm	Salterforth - Canal Bank Car Park BB18 5TT ●	9	6	4
		10.00am - 12.30pm	Earby - Bus Station BB18 6UL ●	16	13	
	EVENING	6.30pm - 8.30pm	Trawden - opposite Trawden Arms BB8 8RU ●	Summer Evening Walks will return at the beginning of April 2025 and continue until the end of August 2025		
		6.30pm - 8.30pm	Laneshawbridge - Opposite Emmott Arms BB8 7HX ●			
		6.30pm - 8.30pm	Colne - Railway Station BB8 9NX ●			
		6.30pm - 8.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●			
		6.30pm - 8.30pm	Foulridge - Towngate BB8 7PL ●			
Thurs	MORNING	10.00am - 12.30pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	10	7	5
		10.00am - 12.30pm	Nelson - Victoria Park, Carr Road BB9 7SS ●	17	14	12
		10.00am - 12.30pm	Nelson - Marsden Park Golf Course BB9 8DG ●	24	21	19
		10.00am - 12.30pm	Colne - Ball Grove Nature Reserve - upper car park BB8 7HZ ●	3, 31	28	
	AFTERNOON	1.30pm - 3.00pm	Colne - Alkincoats Park, Car Park BB8 9QQ ●	17	7, 28	19
		1.30pm - 3.00pm	Barrowford - Pendle Heritage Centre, Car Park BB9 6JQ ●	3, 24	14	5
		1.30pm - 3.00pm	Foulridge - The Wharfe at Foulridge (formerly Cafe Cargo) BB8 7PP ●	10, 31	21	12
Fri	10.30am - 2.30pm	Kelbrook - opposite Craven Heifer BB18 6TF ●			20	
	10.30am - 2.30pm	Colne - Railway Station BB8 9NX ●				
	10.30am - 2.30pm	Colne - Morris Dancers Pub BB8 0BH ●	18			
	10.30am - 2.30pm	Laneshawbridge - opposite Emmott Arms BB8 7HX ●		15		
	QUARTERLY AFTERNOON	2.00pm - 4.30pm	Colne - Library BB8 0AP ●		29	
Sun	11.30am - 3.30pm	Colne - Morris Dancers Pub BB8 0BH ●			1	
	11.30am - 3.30pm	Colne - Railway Station BB8 9NX ●	6			
	11.30am - 3.30pm	Barnoldswick - Co-op Car Park BB18 6AB ●		3		

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:

• **Paula:** 07707 533298

• **Norman Mitchell:** 07549 164739

• **Ian Lowcock:** 07956 516177

• **Barbara Stuart:** 07930 342216

• **Jennifer Little:** 07732 913617 (text only please)

• **Ron Whalley:** 07712 861665

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) 661664**.

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. Alternatively email the Up & Active Team at pendle@upandactive.co.uk to receive a copy of the questionnaire. Please note, walking is a potentially dangerous activity and you undertake it at your own risk.