

Health Walks



Let your feet hit the street

Get active!

Open to all

Burscough Health Walks

Meeting Point:
Richmond Park
(Bowling Pavilion)
Off Junction Lane
Burscough L40 2XY

Tuesdays
10.00 - 11.00am

Skelmersdale Health Walks

Meeting Point:
Visitor Centre
Beacon
Country Park
Beacon Lane
Upholland
WN8 7RU

Tuesdays
10.30 - 11.30am

Ormskirk Health Walks

Meeting Point:
Coronation Park
(Bowling Pavilion)
Ormskirk L39 3BY

Wednesdays
1.00 - 2.00pm

Nordic Walking

Meeting Point:
Burscough Racquet
& Fitness Centre,
Bobby Langton Way,
Burscough L40 0SD

Tuesdays
12.00 - 1.00pm
£3 (plus £1 pole hire)
Booking Required

- Walks are suitable for beginners and those returning to exercise
- Wear suitable clothing and footwear for all weathers
- All new walkers are requested to arrive 10 mins prior to walk commencing

Walks may be cancelled due to adverse weather conditions.

For more information/bookings, please contact Active West Lancs

Tel: 01695 555704

Email: activewestlancs@westlancs.gov.uk



www.activewestlancs.org

