



LET'S GET WALKING

**A resource with ideas of how to plan a walk
and start exploring, suitable for everyone.**



Walking can be great for our mental and physical health, but sometimes we need some support to get out the front door and recognise these benefits! We are lucky enough in this part of Lancashire to be surrounded by great countryside, local parks and the accessible Leeds to Liverpool Canal. We would encourage everyone to step outside, even if it is just for a few minutes each day.

Remember walking doesn't have to mean long treks through the countryside, over stiles and muddy fields. A short stroll along your street or to your local park can provide just as many benefits to your health and to open your eyes to local wildlife. But wherever you decide to walk, make sure you are wearing comfortable shoes, tell someone where you are going if you are walking alone, and take enough layers/waterproofs for the season!

The Coronavirus pandemic has introduced lots more people to walking as part of their daily exercise, but please remember, when you are making plans for a walk, follow the current restrictions and guidance in place at that time.



WHERE TO WALK?

There are lots of paths suitable for walking on across Lancashire. These may come in the form of pavements along roads; tarmacked paths and trails through local parks; muddy footpaths across fields and the wider countryside; or towpaths along the canal.

Which sort of route you take may depend on anything: from how far you fancy walking, the conditions underfoot or where you feel comfortable and safe. All types of routes and paths provide benefits, you can seek the solace of nature and fresh air everywhere! Wherever you walk, don't forget to take some time to look up into the sky, or down at your feet, and notice the environment around you.

You may already know routes along pavements, and you have probably walked through your local park a few times. For footpaths across the wider landscape, we turn to maps to find out exactly where we should (and shouldn't) be walking. Ordnance Survey have mapped all the UK – paths, towns, buildings, watercourses etc. and we think these maps are the most reliable.



Maps and How to Use them

Footpaths, bridleways and byways all make up Public Rights of Way – paths that all members of the public can access freely, and often taking you across land that is privately owned. Bridleways and byways are suitable for cyclists and horse riders, as well as walkers. These paths are shown on

lots of different maps – but one we like to use is the Ordnance Survey (OS). Different maps use different ‘keys’ to distinguish different paths and features. Some sorts of paths are not always included within OS maps. These may include urban paths and paths in parks.

Ordnance Survey maps

Find out more at www.ordnancesurvey.co.uk

There are different types of OS maps, and each map covers a different area. Different types of maps are set to different scales, so some are better used in a town and others better to be used in the wider countryside. (accompanying image: W9)

OS maps include different lines and symbols, and they all mean a different thing. (accompanying image: W10)

Here are a few of the lines and symbols you may see on a map, and what they mean. Each OS map includes a key which explains all the symbols on a map.

Examples of other mapping systems (there are a lot more!)

Free apps tend to offer free OpenStreet Mapping, which looks different to Ordnance Survey maps, and doesn't include all Public Rights of Way. But within these apps, there are usually options to pay to access OS maps:

View Ranger – A free GPS navigation app that can be used to plot routes, record routes and navigate.

Bing – free OS layer that you can look at on www.bing.com/maps.

Google Street View contains some footpaths, and can be easier to use to navigate around towns and cities.





Signs on the Ground

In the wider countryside you may also see signs that show you where you can walk or cycle.

Beware, some areas don't have many signs on the ground so don't rely on them in a new place. Parks tend to have signs showing you short routes, or asking you not to walk over certain areas. When in doubt follow the signs on the ground rather than what you think may be on a map.



Examples of what signs look like:

Footpaths may be signposted by simple arrows, or more elaborate finger post signage.

Bridleways (and other rights of way) will also usually be accompanied by specific signage or wording.

Some signs may look quite old or outdated – but that doesn't mean they shouldn't be followed and sometimes remind us of ways we can walk responsibly through countryside.





The Countryside Code is guidance produced to encourage all of us to respect and enjoy the outdoors when we are walking, cycling and exploring. Wherever you are out walking, it is really important to remember to follow the Countryside Code. We should respect other people, protect the natural environment and enjoy our time in the outdoors.

Please remember to do the following things:

- Leave no trace: always take any litter home with you.
- Consider the local community and other people enjoying the outdoors.
- Follow footpaths or bridleways, rather than trespassing over private land.
- Always leave gates as you find them (e.g. if they were closed make sure you close it after you).
- If you are walking with a dog, always keep it under close control (especially around livestock!) and pick up your dog poo, bag it and bin it.
- Always plan ahead, check the weather forecast and take the right clothing and equipment needed.



Thank you!

Illustration by creative-council.net

If you want to learn more about how to understand maps and symbols check out: getoutside.ordnancesurvey.co.uk/guides/beginners-guides-map-reading/



Local Routes

There are lots of local parks across Pendle, Burnley and the Ribble Valley – here are just a few.

We, the Pendle Hill Landscape Partnership, also promote a series of routes in the local area. These have been uploaded onto ViewRanger, and also include some pieces of information about the routes. These walking routes are checked by volunteers and staff, to ensure they are still safe to use, and are different lengths and over different types of terrain. Find out more about these routes:

www.pendlehillproject.com/explore-walking

Pendle – find out more information about the local parks/open spaces:
www.pendle.gov.uk/parks

- Alkincoates Park (Colne)
- Barrowford Park (Barrowford)
- Victoria Park (Nelson)
- Ball Grove Park (Colne)
- Marsden Park (Nelson)
- Heyhead Park (Brierfield)

Burnley – find out more information about the local parks/open spaces:
www.burnley.gov.uk/residents/parks-open-spaces

- Queens Park
- Thompson Park
- Scott Park
- Towneley Park

Clitheroe – find out more information about the local parks/open spaces:
www.ribblevalley.gov.uk/info/200304/parks_and_open_spaces

- Brungerly Park
- Grounds of Clitheroe Castle

Leeds Liverpool Canal



- The Leeds Liverpool Canal is 127 miles long, and passes through a lot of East Lancashire. It goes through Blackburn, Hyndburn, Burnley and then into Pendle, before heading into North Yorkshire.
- A tow path accompanies the canal, which can be accessed at multiple points along the watercourse.
- Some sections of the canal are muddier than others! Some sections of towpath are grassier and muddier, whereas some are made of more hardstanding material, but most of the canal tow path is relatively flat.
- The canal can be used for linear, out and back walks, or you may be able to link up a circular walk and just walk along the canal for a section.
- And of course you can also cycle along the canal towpath, but whether cycling or walking, always respect other path users.
- The Canal and River Trust provide more information about the canal: <https://canalrivertrust.org.uk/enjoy-the-waterways/canal-and-river-network/leeds-and-liverpool-canal>

You may find other local walking routes on the Up and Active website: www.upandactive.co.uk/downloads/walking-cycling/

Not sure on planning a circular walk? Remember you can plan a linear walk and include public transport. You could walk out and aim to reach a specific bus stop or train station, or you can get a bus or train out and walk back.

STEPPING OUT

Walking and spending time outside is beneficial for our mental and physical health and wellbeing and being surrounded by nature can be incredibly calming. But as much as we can read about the benefits, and be told about the benefits, stepping outside the door isn't always easy. Our enthusiasm and ability to leave the house for a walk can be dictated by so many things: stresses of everyday life, our current mood and state of mind, the weather, time commitments and family life. As much as the Covid 19 pandemic has given more people more of an opportunity to explore their local areas on foot, for some people it may have had the opposite effect. With fewer trips outside the house, and the worry of Covid, stepping outside for a walk may seem incredibly daunting.

Weather can sometimes put us off from going for a walk, but a short stroll under a cloudy sky or even in the rain can offer more benefits than we think. Wrap up and wear waterproofs and there is no such thing as bad weather! Have you noticed the ground beneath your feet become damp as we move into spring? Soon the spring showers will bring puddles galore (although puddles seem to last most of the year).



Illustration by Cath Ford

There are ways to make getting out for a walk slightly easier, and more enjoyable.

- Walking doesn't have to involve a 5 mile hike, and it might be that walking up and down your road is enough for the time being—building on this every day by aiming for a streetlight a little bit further away, or listening to an extra song through your headphones before you turn around. Even just sitting on your front step, brew in hand, may be enough some days—and you will still feel the benefits of breathing in the fresh air.
- Plan to go out for a walk with someone from your household or support bubble, or meet a friend (restrictions permitting). Ask them to walk past your house if possible, so you can join them straight away. Or if you do prefer the company of music or podcasts, listen to something which is calming and helps you in stressful situations (but make sure you can hear the sound of the road and other people)
- Be realistic with the time you do have and aim for a suitably distanced walk to meet with your other commitments. Don't compare what you're doing with what your friends or neighbours are doing!
- Focus on another reason for getting out for a walk, other than just walking. Learning more about local nature is a great way get interested with heading outside— noticing the birds flying past, the small plants in the cracks of the pavement or across the parks.



Photo by Steven Kidd



Photo by Richard Bayley



NOTICING NATURE

Spotted any birds recently?

You may hear them before you see them! Look out for species such as blackbirds, sparrows and the confident robin. The species you see may depend on where you walk, but why not try and take photos of the birds so that you can learn more about how to identify them? Or just **count how many you see each walk?**

Think your local area could do more to attract birds—why not make a bird feeder for you garden and encourage you neighbours to do the same?

Trees: leaves, buds, bark & branches

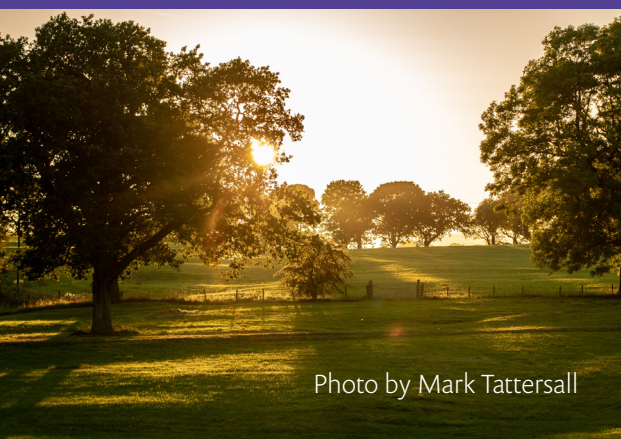
You may have a favourite tree in your local area, or you may use a tree as a marker to aim for when you are walking. Have you ever really looked at the tree? Do you know what species it is?

Woodlands are wonderful to wander through, they can be very calming. **If you have a local woodland, have you noticed how the trees change through the seasons?** And all the other living creatures which rely on the trees throughout the year?

Fabulous Fungi

Fungi (or you may know them as mushrooms) are wonderful and weird! In autumn, they are more common in grasslands and woodland floor, thriving off moist, damp conditions. But you may also see them attached to dead trees or large branches that have fallen off trees – these are attached to the wood like a bracket.

Have you seen any weird looking things out on your walk which you now think could be fungi?



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