

Wellbeing Walks

Summer 2026

Tuesday Walks - 10:30am

7 July South Promenade
14 July Carlton Lodge
21 July South Promenade
28 July Marton Mere
4 August Zoo Circular
11 August Woodland Gardens
18 August Stanley Park
25 August Robin Circular
1 September Stanley Park
8 September Woodland Gardens
15 September South Promenade
22 September Stanley Park
29 September Bispham Marsh

Wednesday Walks - 10:30am

8 July Robin Circular
15 July Anchorsholme Park
22 July Anchorsholme Park
29 July South Promenade
5 August Anchorsholme Park
12 August Bispham Marsh
19 August South Promenade
26 August Zoo Circular
2 September Anchorsholme Park
9 September Bispham Marsh
16 September Woodland Gardens
23 September Carlton Lodge
30 September Anchorsholme Park

Thursday Walks - 2:00am

9 July Stanley Park
16 July Zoo Circular
23 July Carlton Lodge
30 July Ashton Gardens (St.Annes)
6 August Fairhaven Lake
13 August Zoo Circular
20 August Anchorsholme Park
27 August Marton Mere
3 September South Promenade
10 September Stanley Park
17 September Fairhaven Lake
24 September Zoo Circular
1 October Stanley Park

Walk Meeting Points

Anchorsholme Park	In front of Brew Cafe
Ashton Gardens (St. Annes)	Park entrance on Beach Road
Bispham Gardens	Back of Moor Park Leisure Centre
Carlton Lodge	Back of Moor Park Leisure Centre
Fairhaven Lake	Inner Promenade at main entrance
Marton Mere	In car park of Village Hotel
Robin Circular	Back of Moor Park Leisure Centre
South Promenade	In front of Solaris Centre
Stanley Park	Next to children's play area
Witch Wood (Lytham)	Next to Lowther Gardens pond
Woodland Gardens	Next to children's play area
Zoo Circular	Next to children's play area

All our walks are **completely free** – there's no need to book. Just come along to the meeting point a little before the start time.

Please wear **comfortable shoes** and **clothing** suitable for walking, and dress for the weather on the day.

It's a good idea to **bring some water** to stay hydrated, and use **sun protection** on warmer days.

Walk at a **pace** that feels right for you, our friendly volunteers will be there to support you every step of the way.

We'd love to see you there! 😊