Wellbeing Walks

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.

All walks are a maximum of **one hour**.

We'd love to see you there! 😊



RAMBLERS WELLBEING WALKS Blackpool

Walk Meeting Points

Bispham Marsh	Back of Moor Park Leisure Centre
Cleveleys Promenade	in Front of KB Kafe
Carlton Lodge	Back of Moor Park Leisure Centre
Fairhaven Lake	Inner Promenade at main entrance
Robin Circular	Back of Moor Park Leisure Centre
South Promenade	In front of Solaris Centre
Stanley Park	Next to children's play area
Woodland Gardens	Next to children's play area
Zoo Circular	Next to children's play area

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Wellbeing Walks

Autumn Winter 2026 Timetable

Tuesday Walks - 10:30am

6 October	Zoo Circular
13 October	Cleveleys Pormenade
20 October	Bispham Marsh
27 October	Zoo Circular
3 November	Robin Circular
10 November	Woodlands Garden
17 November	Cleveleys Promenade
24 November	South Promenade
1 December	Stanley Park
8 December	No Walk - Christmas Party
15 December	Cleveleys Promenade
22 December	No Walk - Christmas Break
29 December	No Walk - Christmas Break

Wednesday Walks - 10:30am

7 October	South Promenade
14 October	South Promenade
21 October	Woodlands Garden
28 October	Bispham Marsh
4 November	Stanley Park
11 November	Carlton Lodge
18 November	Stanley Park
25 November	Zoo Circular
2 December	South Promenade
9 December	Robin Circular
16 December	Stanley Park - Mince Pie's
23 December	No Walk - Christmas Break
30 December	No Walk - Christmas Break

Thursday Walks - 2:00pm

1 October	Stanley Park
8 October	Woodlands Garden
15 October	Stanley Park
22 October	Cleveleys Promenade
29 October	South Promenade
5 November	Fairhaven Lake
12 November	Woodlands Garden
19 November	Carlton Lodge
26 November	Robin Circular
3 December	Cleveleys Promenade
10 December	South Promenade
17 December	Zoo Circular
24 December	No Walk - Christmas Break
31 December	No Walk - Christmas Break

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