

Move More In May

**Complete a mile to raise money for
Age UK Blackburn with Darwen**

(£1 for visual map and directions of Bold Venture Park)

(2 LAPS of the route enclosed)

**Take a selfie on your walk and send to
emma.sharples@ageukbwd.org.uk**

Start at the main entrance to Bold Venture Park with the War Memorial facing you and take the path to the left of the memorial.



Go up to the fork and turn right



Where the steps are just continue to the right



Take 3rd exit - the path on your right



When you see the sign below take the right path



Keep to your left



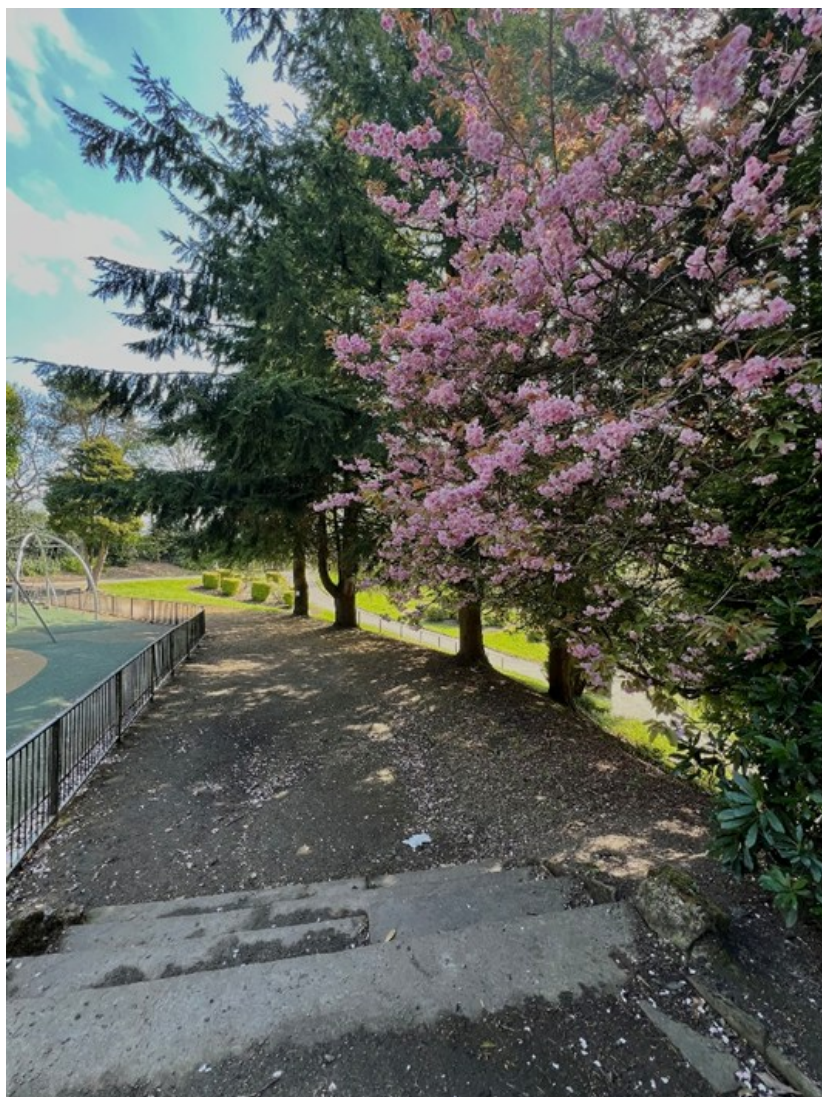
Up to the top where you'll see this stone feature



Take the path to the left over the bridge and follow the path along



Go past the children's playground and then you'll see the War Memorial. Go around the loop again to complete your mile



<https://www.justgiving.com/campaign/moveamileinmay>



Paths described may be pleasant for walking in fine weather. Please note that this is a suggested walk only that is 1 mile in distance – you should always take into consideration your own mobility, health and ability before you set off and seek advice from a GP or qualified health professional.

You walk at your own risk and Age UK Blackburn with Darwen cannot accept responsibility for any injuries, damages or losses that may occur on this walk.

Visit our website for more details of our services and activities www.ageukbwd.org.uk or follow us on social media



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