

Rainbow Walking inspiration 2021

R for Rossendale

Rossendale covers a number of towns around the valley of the River Irwell. The borough includes Bacup, Haslingden and Rawtenstall. Visit Lancashire have shared [walking routes](#).

A is for The Ainsdale & Birkdale Sandhills Nature Reserve

The [Ainsdale & Birkdale Sandhills Nature Reserve](#) includes the stunning Ainsdale Hills, Birkdale Hills, Frontals, Sands Lake, Velvet Trail and Birkdale Beach and is home to rare dunes, beach and woodland habitats. This local Nature Reserve is one of the largest areas of wild dunes left in Britain and is home to a vast diversity of rare, special and beautiful including the rare Natterjack Toad - whose astonishing chorus earns it the local name of 'Birkdale Nightingale'.

I is for Irby

Irby is a village on the Wirral. Irby Heath is managed by the National Trust and there is [a circular walk](#) around the outskirts of Irby and the edge of Thurstaston Common, with an option to take in part of Arroe Country Park.

N is for Nantwich

This is a [three mile circular waymarked walk](#) from the market town of Nantwich in Cheshire. The walk heads out through the Riverside Park on the paths following the River Weaver before crossing farmland to join the towpath of the Shropshire Union Canal for the return leg.

B is for Bolton

With the West Pennine Moors and the summits of Rivington Pike and Winter Hill right on its doorstep, Bolton has plenty of options for walkers. Here are [six great walks](#) near Bolton.

O is for Oldham

From a leisurely stroll along the Huddersfield Narrow Canal towpath, to a hill walk in the uplands at Crompton Moor [there are walks for everyone](#). The Oldham Way and two national trails, the Pennine Way and Pennine Bridleway, provide great long distance routes too.

W is for Warrington

Warrington is surrounded by parks and open spaces. There are [self-guided walking routes](#) you can walk along which include the areas in and around Culcheth Linear Park, Moore Nature Reserve, Spud Wood and the Bridgewater Canal. Here are [six suggested walks](#) near Warrington.