

## Chadderton

# Let's go for a walk



Oldham Council and Oldham Community Leisure are working together to help you take the next step and Walk to Run.

Running and Jogging is the natural progression from walking. Begin with brisk walking and build up to regular running.

The only difference between walking, jogging and running is intensity and regular jogging/running is the natural progression to maintaining an active lifestyle and offers many health benefits including:

- Building strong bones, (as it is a weight bearing exercise)
- Strengthening muscles
- Improving cardiovascular fitness
- Burning plenty of calories
- Helping you to maintain a healthy weight

If you would like to know more about the Walk to Run initiative contact the Oldham Council team on the email address below.



Oldham Council Environmental Services  
Alexandra Park, King Road,  
Oldham OL8 2BH

E: [environmentalservices@oldham.gov.uk](mailto:environmentalservices@oldham.gov.uk)  
T: 0161 770 4067



## Welcome to Chadderton Hall Park and Foxdenton Park

This leaflet is one of a series that describes some easy walks around some of Oldham's fantastic parks and countryside areas. They are designed to show you routes that can be followed until you get to know the areas and can explore some of the other routes and places within the parks.



## Walking

Walking is good for you because it can:

- Make you feel good
- Give you more energy
- Reduce stress and help you sleep better
- Keep your heart 'strong' and reduce blood pressure
- Help to manage your weight

The current recommendation for physical activity is just 30 minutes a day of moderate activity, such as brisk walking. That's all it takes to feel the difference. You don't have to do them all in one go to start with, you could walk for ten minutes, three times a day or 15 minutes twice a day at first. The most important thing is that you start 'where you're at' and build up gradually.

'Brisk' walking means that you breathe a little faster, feel warmer and have a slightly faster heart beat. There are many ways in which you can build walking into your life, whether it's getting off the bus a stop earlier, walking the children to school or taking the stairs instead of the lift.

It's easy to make walking a habit that will benefit your health!

## What should I wear?

- A good pair of shoes is the only equipment required – any shoes that are comfortable, provide good support and grip and don't cause blisters
- Loose fitting clothing allows you to move more freely. Wear thin layers rather than heavy, chunky clothing
- If it's a hot day, take a bottle of water, a sun hat and sun cream and don't forget the weather around Oldham can be very changeable so a waterproof coat is a good precaution



## Foxdenton Park

Foxdenton Park is an oasis away from the hustle and bustle of modern day Chadderton Life. The jewel in the crown is a 1620 hall, which is encompassed by landscaped gardens and an ornamental duck pond.

The park is dominated by mature trees and attracts a rich array of bird, insect and mammal life.

The park facilities include two bowling greens, a bowls pavilion, two tennis courts, a children's play area, two football pitches, a cricket wicket, a woodland walk and a sensory garden.

The Foxdenton heritage started in the early 1400's when Elizabeth Radcliffe married her cousin Robert Radcliffe and they built the first Foxdenton Hall as their home. William Radcliffe, the "Foxdenton Redhead", rebuilt the Hall in 1620. He was killed together with his son and heir, Robert fighting for his country at the Battle of Edgehill in 1642. It was Alexander (Radclyffe) who was responsible for rebuilding the hall in 1700 as it is seen today. The last of the Radclyffes was Charles Robert Eustace who died in 1953 and brought to an end the long line of Radclyffes, who had lived in Foxdenton Hall.

During the turbulent times of the Civil Wars, when the Cavaliers were very vulnerable, it would have been expedient to have a quick means of escape, and it was widely rumoured to have a tunnel from Foxdenton to Chadderton Hall. This was never really proved except when Chadderton Council were renovating the Hall in 1965 they found a large stack of bricks under the new stone terrace. Albert Halkyard claims to have found evidence of this tunnel through the use of a 'revealer' a sophisticated piece of equipment and supposedly the 'tunnel' ran for about 20ft before it was blocked by a brick wall.

In recent times the Hall has been used for various private functions. In October 1989 the Cappio Historical Dance Music Group presented "A Baroque Assembly". It was presented complete with period costume and instruments, dancing minuet, suites and country dances recreating the atmosphere of the Baroque extravaganza.

### How to get there

The park is located on Foxdenton Lane, Chadderton, and can be reached from the number 415 bus from either Middleton or Oldham bus stations. The closest Metrolink stop is Freehold.



## Chadderton Hall Park

The park was opened on 19 May 1956 and is located on the former site of Chadderton Hall. Purchased by the council in 1935, the 6.47 hectare park has links to Tandle Hill Country Park, Irk Valley and Rochdale Canal.

Facilities include a children's play area, tennis courts, multi games area, picnic site, woodland walkway and a local popular café.

Chadderton Hall Park is located on Chadderton Hall Road (B6195) towards the north of Chadderton. It lies at bottom of Chadderton heights. The geography of the park itself is like a bowl; the grass fields lie in the centre of the park at the lowest point and the land to either side of the fields is higher. This is because of the River Irk's natural valley, but also because the central area of the park was once used as a lake.

Chadderton Hall Park was originally the grounds of Chadderton Hall. The hall was first built in the 13th century by Geoffrey de Chadderton, and was in Chadderton Fold slightly to the east of the current park.

In 1629 a new hall was built at the site of the current park and was present there until (the 20th century) when it was demolished.

It was at the end of the 19th Century that the area surrounding Chadderton Hall began to be used for public recreation. A boating lake and a menagerie,

including a kangaroo and a lion, were established as part of a "Pleasure Garden". These features have long since been demolished but evidence of the boating lake can be seen by the hollowed out area where the playing fields now stand.

### Interesting fact

If you come across any large bones in Chadderton Hall Park, do not be alarmed!

Elephant bones have recently been dug up here, and date from a hundred years ago when a zoo in the park was a popular tourist attraction. Crocodiles, bears, monkeys, a boxing kangaroo and a large lion called Chang were also kept in the pleasure park.

### How to get there

Chadderton Hall Park is located off Chadderton Hall Road and can be reached using the number 58 and 59 buses from Oldham bus stations. The closest Metrolink stop is Freehold.

For further information about both parks please contact Oldham Environmental Services on 0161 770 4067.



# Let's go for a walk

## Chadderton Hall Park green walk

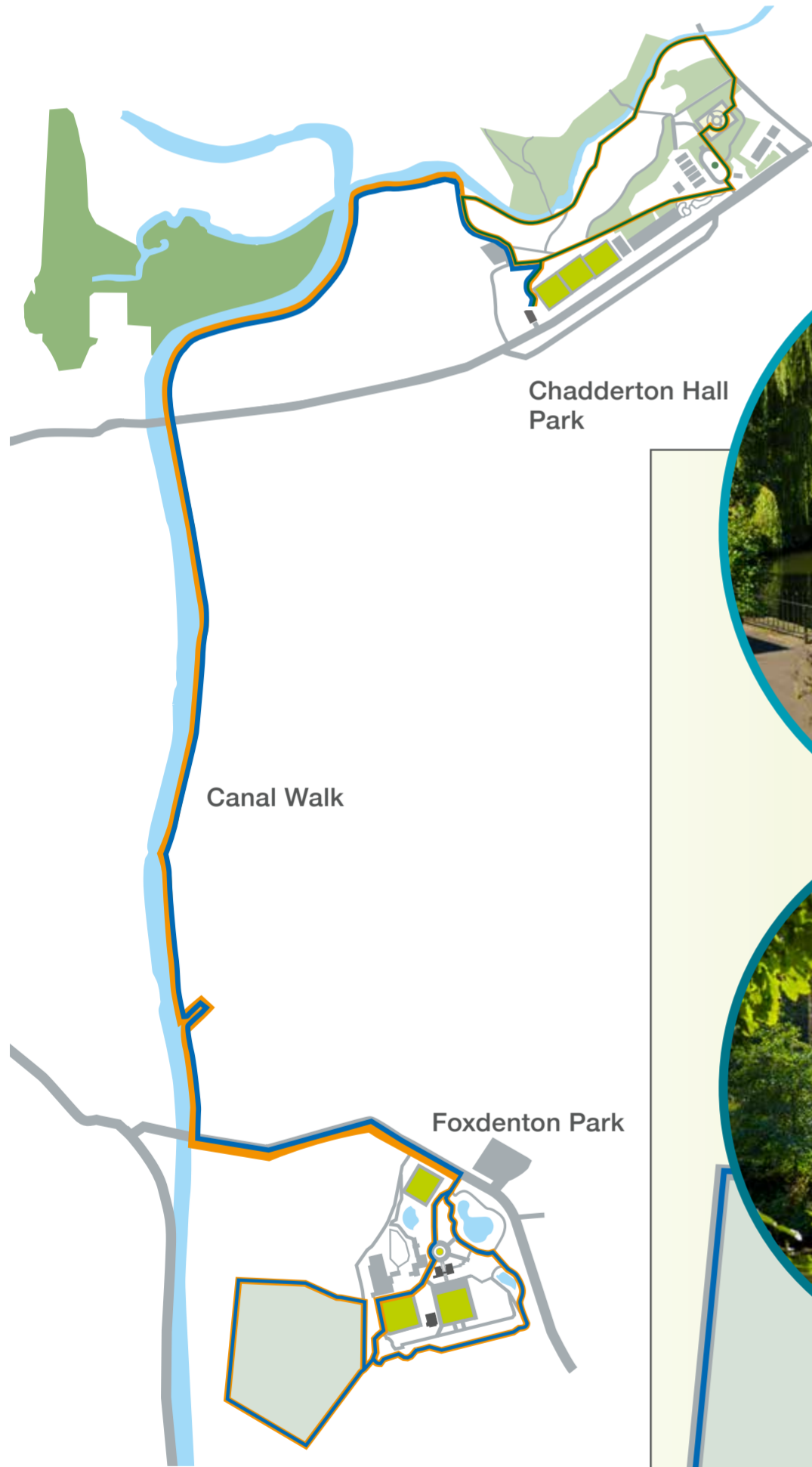
**Chadderton Hall Park – beginners:**  
A lap of Chadderton Hall Park (1.29km)  
Can be flexible and extend slightly dependant on walkers ability.

**Number of steps:** 1890  
**Calories burnt:** 66  
**Time:** 20 mins approx  
**Distance:** 1.29km approx

## Foxdenton Park blue walk

**Foxdenton Park – intermediate:**  
Start with a lap of Foxdenton Park (1.06km), walk the canal (2.63km), into Chadderton Hall Park (To the Pavilion – but not a lap!!) and return to Foxdenton Park down the canal (2.63km).

**Number of steps:** 9292  
**Calories burnt:** 235  
**Time:** 1 hour 15 minutes  
**Distance:** 6.32km approx



## Combined walk orange walk

**Chadderton Hall Park and Foxdenton Park - advanced:**  
If you fancy a challenge, then why not have a go at the combined walk from Chadderton Hall Park to Foxdenton Park...

Start with a lap of Chadderton Hall Park (1.29km), walk the canal (2.63km), into Foxdenton Park and do a lap (1.06km), walk back down the canal (2.63km), and do another lap of Chadderton Hall Park (1.29km). The last lap could be optional dependant on the walkers ability.

**Number of steps:** 13,072  
**Calories burnt:** 367  
**Time:** 1 hour 55 minutes  
**Distance:** 8.90km approx



Foxdenton Park