

Leesbrook

# 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.



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## Welcome to Leesbrook

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.

## History

Leesbrook Nature Park was once renowned as the Spa of the North when a local doctor proclaimed the virtues of the Lees Fountain of Health. It was thought that walking in the valley was beneficial to health and people flocked to Lees in droves. Today the valley has recovered from its industrial past and has become a haven for wildlife and once again we discover the benefits of a walk down the "spa".

## 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

## 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!

## How to get there

Leesbrook Nature Park is located to the west of Oldham town centre between Greenacres and Lees. It is bordered to the south by Lees Road (A669) and has Wellyhole Street/Constantine Street running along its western side to the north of Lees Road.

### Bus Routes

#### 180 Greenfield – Manchester

running along Lees Road

#### 184 Huddersfield – Manchester

running along Lees Road

#### 343 Hyde – Oldham

running along Lees Road

#### 418 Chadderton – Lees

running along Lees Road

Bus routes are subject to change for up to date information and times please call GMPTE on 0871 200 2233.

### Car Parks

There is a small car park on Constantine Street near to the allotments, and street parking around the rest of the site.



# Let's go for a walk

## green walk

Start the walk from the 'Owl and Fox' sculpture following Brook Lane into Bank Top. Pass through the black gate and continue with the river Medlock on your right. Carry on past the Old Mill Lodge, now a wildlife pond with dipping platform, and on to the weir in the river. Continue until the path splits and turn left uphill through the woodland. At the top of the hill turn left again to return with views over the valley and pond before dropping downhill and turning left at the next path junction to return to the start.

**Steps** 1068  
**Distance (m)** 700  
**Calories** 30  
**Time (mins)** 10



## blue walk

Start the walk from the 'Owl and Fox' sculpture following Brook Lane into Bank Top. Pass through the black gate and continue with the river Medlock on your right. Carry on past the Old Mill Lodge, now a wildlife pond with dipping platform, and on to the weir in the river. Continue until the path splits and turn right over the bridge following the path up to the former Oldham to Greenfield railway line. Cross directly over the railway and downhill to rejoin the river bearing right, following the path up to the bridge with handrails and continue with the river on your right until you see a long flight of steps leading uphill to the left.

Continue forward and bear left as the path forks, following a loop which turns left through woodland to join the top of the steps.

From the top of the steps walk straight on continuing through woodland, traversing the valley side until the path drops down towards the river.

Cross the sleeper bridge and retrace your steps back over the old railway following the green route to the start.

**Steps** 3060  
**Distance (m)** 2020  
**Calories** 84  
**Time (mins)** 32

