

## Waterhead

# 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 Waterhead

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

Waterhead Park was opened in 1926 and covers an area of 5 hectares. It has an open aspect with views across to Saddleworth Moor.

In 2001 Oldham Council undertook a project to refurbish the park which included the provision of a multi-use games area, skate park, better play facilities and aesthetically pleasing soft and hard landscaping.

The park is home to Waterhead Rugby Club, which has a history of producing world class players that have gone on to enjoy great success in professional ranks.

## 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

Waterhead Park is to the east of Oldham town centre.

### Bus Routes

#### 350 Oldham – Ashton

running along Huddersfield Road

#### 410 Oldham – Higginshaw Circular

running along Huddersfield Road

#### 411 Oldham – Roxbury Circular

running along Huddersfield Road

Bus routes are subject to change for up to date information and times please call TfGM on 0161 244 1000.

### Metrolink

The closest Metrolink stop is Oldham Mumps or Derker.

### Car Parks

The park has two car parks. The first is by the main entrance at the junction of Herbert Street and Peach Road and the second is within the park off Peach Road by the Waterhead Rugby Club buildings.





# Let's go for a **walk**

## green walk

From Peach Road enter the park and turn left. Follow the path and head towards the Growing Hub. Circumnavigate the Growing Hub and enter the walled garden.

Take the first exit on your left and proceed along the roadway. Immediately after the parking bays, turn right and join the sandstone path. Follow this to point. Follow the path to the right and continue until you reach the children's play area.

This is a short and relatively easy walk to start with.

<b>Steps</b>	<b>1252</b>
<b>Distance (m)</b>	<b>893</b>
<b>Calories</b>	<b>50</b>
<b>Time (mins)</b>	<b>12</b>

## blue walk

For a change of scenery why not try an alternative route.

Turn into Peach Road until it merges with Morley Street. Continue forward over Culvert Street and onto Waterworks Road.

To your right is a wooded area with naturalistic planting, an ideal location to observe Kestrels from. Take your first right after the lodge and follow the path down into the Strinesdale reservoir, following the path around the reservoir and return by the same route.

This walk links in with the leaflet on Strinesdale so please refer to that for further information.

<b>Steps</b>	<b>3882 + 1462</b>
<b>Distance (m)</b>	<b>2793 + 964</b>
<b>Calories</b>	<b>158 + 80</b>
<b>Time (mins)</b>	<b>38 + 20</b>

