

## Dove Stone Reservoir

# 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 Dove Stone Reservoir

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

Dove Stone Reservoir was constructed in 1967 and is part of the Peak District National Park. There are also three other reservoirs in the area and these were all constructed earlier than Dove Stones.

Dove Stone is an established tourist attraction offering a variety of outdoor experiences including walking, sailing, cycling, climbing and bouldering. Despite its popularity the area offers seclusion especially to those who go off the beaten track. Woodland planting has added character and points of interest to the area.

The reservoir is surrounded by many gritstone crags with enigmatic names such as Wilderness, Robbs Rocks and Indians Head.

The area is predominantly agricultural so sheep frequently share the footpaths and add to the rural experience.

## 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

Dove Stone Reservoir is found within the Peak District Country Park. It is accessed on the Holmfirth Road (A635) just outside Greenfield.

### Bus Routes

#### 180 Greenfield – Manchester

This service terminates at the Chew Valley Road junction and is 1 mile from the reservoir

#### 350 Oldham – Ashton

This service runs along Chew Valley Road and Manchester Road and is 1 mile from the reservoir

#### 354 Denshaw – Ashton

This service runs along Chew Valley Road and Manchester Road and is 1 mile from the reservoir

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

### Nearest Railway Station

Greenfield Station – 2 miles

### Car Parks

The main car park is pay and display. There is a second car park off the Holmfirth Road at Binn Green though this is not directly next to the reservoirs.

### Toilets and refreshments

Toilets are found at both car parks. An ice-cream van is often sited in the main car park.





# Let's go for a walk

## green walk

From the main car park the path leads to the right past the Sailing Club buildings. After the 'Life For A Life' plantation the path crosses the stream. Take the path on the left and follow it up the hill eventually going through a gate. The path continues around the reservoir passing woodland on the left and the dominant crags on the right.

At Dove Stone Clough you walk over a bridge and at this point waterfalls are visible as they cascade down to the reservoir. It was in this area that the 'Ashway Gap House' once stood, however only the garden steps and posts now remain.

Walk over the dam wall of Yeoman Hey Reservoir and once past this, walk for a few metres along the access road and go through the gate on the left to rejoin the main footpath. The path does become quite steep at this point.

Follow the path round the side of the reservoir and cross the dam wall back to the car park.

Steps	5966
Distance (m)	4399
Calories	235
Time (mins)	55

## blue walk

Follow the green route as far as the end of Yeoman Hey Dam and then turn right along the access track.

The reservoir remains on the right and the overflow of Greenfield Reservoir will be continuously on your left with many water courses feeding this as it flows. Walk past the plantations before a small incline to reach Greenfield Reservoir.

The path continues to be well maintained but the scenery starts to become much more rugged from here on.

Follow the path to the end of the reservoir and spend some time enjoying the solitude before returning by the same path.

Steps	11118
Distance (m)	8081
Calories	440
Time (mins)	105

