

## Alexandra Park

# 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 Alexandra 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.

## History

Alexandra Park was the first public park in Oldham, opened in 1865 and was named to commemorate the marriage of the Prince of Wales to Princess Alexandra of Denmark. The park was one of the first ever 'Job Creation' schemes, developed to provide employment to the many cotton mill workers, who due to the Federal blockade of Confederate seaports during the 1861 American Civil War, found themselves without any raw cotton to spin.

More recently the park has been restored to its former glory by significant investment backed by a grant from the Heritage Lottery Fund and was reopened in 2004 after refurbishment.

## 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

Alexandra Park is located to the south east of Oldham town centre. It is surrounded by Park Road/Queens Road, Kings Road and Alexandra Road.

### Bus Routes

**408** From Oldham Bus Station, stopping on Park Road

**425** From Oldham Mumps, stopping on Abbey Hills 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 Central.

### Car Parks

There are three car parks situated on Park Road (at the junction with Kings Road), Kings Road and Alexandra Road.

### Toilets and Refreshments

Toilets are near the Boat House and by the playground and are open from 7.30am to 5pm (though the closing can vary with the seasons). The refreshments are in the Boat House but an ice cream van is often sited by the children's play area in warmer weather.





# Let's go for a walk

## green walk

From the car park on King's Road turn right and head towards the observatory. The temple-like structure was built in 1899 from where weather readings were taken. Continue through the gardens and up to the stone statue of Joseph Howarth or 'Blind Joe', as he was fondly known. Joseph was a lay preacher and local bellman for 40 years. Follow the path to the conservatory keeping left and heading towards the pergola. Keep the play area on your left until you meet the main path. Turn left past the toilets and continue past the 'Boy and Dolphin' fountain on your right. Continue on the main path until you reach a small gate into the Pavilion Gardens. Exit through the side gate a further 30m on your right. Walk up to the road and continue left. The duck pond to your left provides a quiet, safe sanctuary for both resident and migrant wild fowl.

Follow the path around past the boat house and along the lakeside, back to the car park where you started from.

Steps	1946
Distance (m)	1367
Calories	77
Time (mins)	18

## blue walk

Follow the green route until you reach the main path, then turn right here until you reach the sign for Donnelly's Hollow (continue along the main path for the disabled route). Take the steps down into a wooded valley, and follow the main path to the left. After 100m take a further left and rejoin the path through the park once more. Continue to the right up the path and take the second path on your left, which takes you around the back of the Lions Den and through the woodland walk (alternatively follow the main promenade for an accessible route). Upon rejoining the promenade there is a delightful statue of Emma, a flower girl who once sold flowers in the park. Continue over the crossroads and drop down to the front of the 1909 boathouse and follow the path along the lakeside to the opposite end. Before you turn right and head back towards the car park, observe the two glacial boulders on the main path, one of which weighs a colossal 21 tonnes. Continue right and head towards the bowling green from where the car park may be accessed.

Steps	3365
Distance (m)	2480
Calories	130
Time (mins)	32

