

## Crompton Moor

# 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 Crompton Moor

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

Crompton Moor covers about 160 acres and offers a wide variety of walking experiences. Despite its natural appearance the site has quite an industrial past with the mining of sandstone and coal once an important factor in the life of the moor. Brushes Clough Reservoir was constructed in the 19th century with stone from the quarries.

Woodland planting in the 1970s considerably changed the appearance of the area and many of the paths now skirt the woodland, although they are always worth exploring.

The moor is used by many groups including cyclists and horse riders and recent developments seek to encourage greater use of the site by the local community.

## 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

Crompton Moor is located in the north east of Oldham, between Shaw and Denshaw. It is surrounded by Buckstones Road (B6197) on the Shaw side and Rochdale Road (A640) running from Denshaw to New Hey.

### Bus Routes

#### 408 Stalybridge – Shaw

This stops along Buckstones Road between Milnrow Road and Hillside Avenue

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 Shaw and Crompton.

### Car Parks

There is a recently refurbished car park on the site at Pingot Quarry.

Off road parking is available on Rochdale Road to the north of the moor but this entails a long steep walk to get to the main features of the site.



# Let's go for a walk

## blue walk

From the main car park by Pingot Quarry follow the steps to the left and walk up the hill along the edge of the quarry. Look back at the great views of Oldham, Manchester and Rochdale. At the junction in the paths rather than follow the quarry edge, branch off diagonally to the left and follow the path between the drystone walls so the plantation is on your right.

At the end of the wall turn right and keep following the path. It could be easy to lose the path at this point but keep to the woods on your left and you will soon find the main path again. You will find yourself overlooked by the communications mast on Crow Knowl, the 391m summit of the moor. If possible take time to explore the woodland before you continue on the walk.

You will find a stoned path that bends to the left, follow the path and stay on this as it first goes east and then bends round to bring you a view of Brushes Clough Reservoir.

Continue along the path as you walk by the side of the reservoir and if you have time why not go down to the waters edge, there are opportunities to walk down when you are level with the dam wall.

At this point of the walk you have a great view of the steep valley with the reservoir overflow a prominent feature as it cascades down. You will also see signs of old mining buildings, evidence of the area's industrial history.

Follow the path downhill until you reach the road and turn right.

It is only a short distance to the car park, take time to look at the old sandstone quarry where you may spot climbers or follow the paths to the left beyond the car park and you will find Crompton Waterfall which eventually leads to the River Beal.

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| Steps        | 4100 |
| Distance (m) | 2318 |
| Calories     | 160  |
| Time (mins)  | 40   |

