

## Daisy Nook

# 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 Daisy Nook

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

Originally the area was known as the village of Waterhouses until in 1855 Ben Brierley, the famous Lancashire poet and dialect writer, wrote his first major piece of work 'A Day Out'. It described a ramble to a fictional beauty spot which he named Daisy Nook.

Crime Lake was formed in 1794 as a result of the canal work flooding the valley. Many of the structures remain from the time when the canal system was in use, such as the viaduct and the unique double lock system leading up to Sammy's Basin.

The arboretum and a few ruins are all that remain of the impressive Riversvale Hall which was demolished around 1948. Riversvale Drive is the original carriage drive running from Oldham Road to the site of the old hall.

## 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

Daisy Nook Country Park is located on the border of Oldham and Tameside. It is surrounded by Oldham Road (A627), Newmarket Road and Stannybrook Road.

**Bus Routes**  
396 Newton Heath – Ashton  
409 Rochdale – Ashton  
419 Middleton – Ashton

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

### Car Parks

The main car park is located by the visitor centre just off Stannybrook Road.

Additional car parks are at Crime Lake and Bardsley off the A627.

### Toilets and refreshments

The main visitor centre is found just off Stannybrook Road with a café, toilets and a Countryside Ranger Office located within the centre. Just off the car park there is a new children's play area and picnic tables.

# Let's go for a walk

## green walk

From the Countryside Centre take the path that follows the line of the old canal through the 'dark tunnel'. You will go past two sections of the canal that have been left as wildlife habitats. These are now havens for breeding ducks and moorhens. At the top turn left and continue along the path past Sammy's Basin which is now used as a fishing pond and just past here turn right and follow the path around the top of Sammy's.

Watch out for herons on the canal as they look for fish. You will reach some steps that lead back down to the model boat pond, turn right down these and follow the path back to the start.

Steps	2101
Distance (m)	1380
Calories	62
Time (mins)	25

## blue walk

From the Countryside Centre take the path that follows the line of the old canal through the 'dark tunnel'. You will go past a section of the canal that has been left as a wildlife habitat and is now used by breeding ducks and moorhens. Just before the second pond look out for some concrete steps on the right that will take you up along the top edge of Boodle Wood and alongside a field.

Continue along this path until it joins up with a wide path at Knott Lane. Turn left here down the hill and just before the aqueduct turn right and then sharp left so that you come out at the canal, turn left here and then follow the canal for a while.

Take the next left down some steps that lead back down to the model boat pond. Follow the path over the Valley Aqueduct and then head back to the Countryside Centre to finish.

Steps	3655
Distance (m)	2580
Calories	110
Time (mins)	40

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