

## Dunwood 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 Dunwood 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

Dunwood Park was opened on the 14 September 1912. The development of the park was undertaken and funded by Crompton Urban District Council on land given to the council by Captain Abram Crompton, a local major land and mill owner.

Development was in response to industrialisation and the development of Shaw as a major mill town. Detrimental effects of pollution, high density population, disconnection from the countryside and hard working conditions provided a need for development of a 'breathing space' which was accessible to all.

The initial development was designed and supervised by Manchester architect, Ernest Woodhouse.

## 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

Dunwood Park is located in the north of Oldham just before the Oldham/Rochdale boundary. It is to the west of Milnrow Road (A663) and has Smallbrook Road running along part of its western side.

### Bus Routes

**181 and 182 Rochdale – Manchester**  
running along Milnrow Road

### 408 Stalybridge – Shaw

this service terminates at 'Wrens Nest' and is approximately 300m from the park

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

The main car park is found within the park off Smallbrook Road and a smaller informal parking area again off Smallbrook Road between the play area and bowling green.

There is on the road parking around the park.

### Toilets and refreshments

The toilets are part of the bowling pavilion.

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

## green walk

From the car park, head down the path towards the rear of Woodend Cottages. Once down the steps, turn left and proceed along the path towards the former bandstand green.

The centre of the grassed area was once a band stand where the residents of Shaw would gather around on a Sunday afternoon listening to local brass bands.

Continue walking parallel with the Rochdale to Victoria railway line and with the wooded banking to your left.

Once you have reached the cottages return along the same path but continue on up to the bowling green. Constructed in 1914/15, the bowling green still provides a popular pastime for locals today.

Continue around the green and past the tennis courts which were constructed slightly later in 1922. Follow the path back to the car park where you started your walk from.

Steps	2663
Distance (m)	1860
Calories	106
Time (mins)	25



# Dunwood Park

## blue walk

For those of you who wish to tackle a more strenuous route then I suggest taking the left hand path as you approach the grass plateau. Follow the path through the lower slopes of the woods until you meet up with the tarmac path. Continue left along the path and take the next available entrance back into the wood.

A steady climb and a sharp left leads you to a number of steps and the steepest part of the walk. Continue onwards and upwards taking in the views across the valley as you climb. Turn left at the top of the path so that Whitefield Farm is to your right. The path eventually opens out to an area which adjoins Smallbrook Road. Continue along the path, parallel with the road until you reach a path running left to right. Take a left and follow the path back onto the tarmac path. Continue to your right encompassing the bowling green and the tennis courts until you are back at the beginning of your walk.

Steps	3080
Distance (m)	1972
Calories	119
Time (mins)	32

