

## Glodwick Lows

# 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.



Oldham Council Environmental Services  
Alexandra Park, King Road,  
Oldham OL8 2BH

E: [environmentalservices@oldham.gov.uk](mailto:environmentalservices@oldham.gov.uk)  
T: 0161 770 4067



## Welcome to Glodwick Lows

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

Glodwick Lows is Oldham's first, and at present only, Local Nature Reserve (LNR). The reserve is only 2km from Oldham town centre, and at 17 hectares one of the largest areas of open space within Oldham's urban core.

Glodwick Lows LNR contains a nationally important geological Site of Special Scientific Interest (SSSI) Lowside Brickworks – particularly significant for its Middle Carboniferous fossils. The reserve has also been important throughout Oldham's history having witnessed the arrival of Iron Age, Roman and Viking invaders, medieval settlers, coal miners, quarrymen, hermits and dare-devil motorcyclists!

## 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

Glodwick Lows is located to the south east of the town centre and is in close proximity to Alexandra Park. It is surrounded by Abbey Hills Road, Glodwick Road and Roundthorn Road.

### Bus Routes

408 Stalybridge – Shaw

425 Fitton Hill – Holts

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

Street parking only



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

## blue walk

The route commences at the site entrance board which is situated just off Abbey Hills Road, opposite it's junction with Tate Street.

Follow the site's main access track for a short distance, here the route is a little steep but you soon pass a barrier where the track levels out and turns to the right. Initially there is a block of woodland to your right, and soon after you reach the top of the site, all round you are good views of Oldham and beyond.

Continuing along the track there are areas of woodland, and grassland and the views open up towards Hartshead Pike. Eventually the track peters out and descends to a small stone path in a woodland. At the bottom of here turn right to begin your return journey. Follow this path which rises gently until it comes to a grassland area where you keep left passing a hawthorn hedge and soon after go through a small wooden stile.

Continuing along this path which runs parallel with the houses on Abbey Hills Rd you soon come to a small grass bowl. Follow this gently up and round, when after 75m it gently falls to the left to return you to your start point.

<b>Steps</b>	<b>1965</b>
<b>Distance (m)</b>	<b>1280</b>
<b>Calories</b>	<b>60</b>
<b>Time (mins)</b>	<b>30</b>



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