

## Stoneleigh 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 Stoneleigh

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

Stoneleigh Park was officially opened in 1938 and covers 23 acres. At the time it was the largest piece of public open space to be opened in the borough.

In 1997 the Council began its first phase refurbishment of Stoneleigh Park culminating in its re-opening in May 1998 and the hosting of the Tulip Fun Day event.

Subsequent years have seen continued improvements to the park including floodlighting, new sport pitches, a trim trail and youth shelters.

Today the park is at the heart of the Oldham community. It provides a wide range of outdoor facilities for all ages, but is an oasis of calm for those who wish to relax.

## 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

### Location

Stoneleigh Park is located within the Derker area, north of the town centre. It is surrounded by Vulcan Street and Buxted Road which are both within the estate. Beal Valley is to the north and the Oldham – Shaw railway line is to the north west.

### Bus Routes

#### 410 Oldham – Higginshaw Circular

running along Sydenham Street and Stoneleigh Street

#### 411 Oldham – Roxbury Circular

running along Sydenham Street and Stoneleigh Street

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 Derker.

### Car Parks

There is road parking around the park.





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

## green walk

From Buxted Road enter the Park through the gates by the flag pole.

Walk down towards the sports arena where basketball, tennis and 5-a-side football are played. On your left is a quiet sunken garden where a wide variety of plants have been used to awaken your senses.

Follow the path up towards the children's play area and bare left towards the rugby field.

From this point the park takes on an open aspect with a corridor for wildlife into the Beal Valley. To your right is Stoneleigh Academy.

Continue along the sandstone footpath which encompasses the rugby and football fields. You will then pass by the Metrolink and start to head back up towards the play area.

Continue alongside a small copse of mixed variety trees, where a plethora of wild birds can be found foraging. When you reach the edge of the trees cut across the grass and head towards the bowling green. Turn right and continue along the tarmac path until it brings you out at the point where you started.

As you get fitter, why not attempt some of the work stations around the sports pitches or even a game of bowls at the end of the walk.

Steps	1859
Distance (m)	1282
Calories	72
Time (mins)	17



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