

## Strinesdale

# 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 Strinesdale

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

Strinesdale is owned and managed by United Utilities. The site was landscaped in the 1990s when the drinking water reservoirs were decommissioned and two smaller lakes, woodlands, wildflower meadows and a range of informal recreation facilities were created. It is now a haven for wildlife and an excellent place where you can go for a walk.

## 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

Strinesdale is located in the Medlock Valley approximately 1.5 miles from Oldham town centre.

### Bus Routes

410 Oldham – Higginshaw Circular

411 Oldham – Roxbury Circular

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

Parking is available near to the Centre

### Toilets

Toilets are available at the Countryside Centre



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

## green walk

Starting from the car park, go through the gate and up a short hill until you have the reservoir in front of you, turn right and follow the path until you meet the bridge at the far end of the reservoir. Turn left crossing the bridge over the river and then turn left again to follow the path along the opposite side of the reservoir. Follow the path until you are back where you started from.

<b>Steps</b>	<b>1462</b>
<b>Distance (m)</b>	<b>964</b>
<b>Calories</b>	<b>80</b>
<b>Time (mins)</b>	<b>20</b>

## blue walk

From the car park take the path to the left just near the barrier. Follow this path past "the golden steps" (the overflow channel from the reservoir) until you join the service road for the water treatment works. Continue along here and then bear left just before the treatment works, through a gate and follow the path as it bends through the woodland.

Just as you come out of the woodland go straight on and then turn left near the gate across the track that leads to the farm. Then follow the walled path to kissing gate and continue across the field. After the squeeze stile, turn left over the bridge and take a sharp left again so you are almost doubling back on yourself. From here the path runs alongside a section of the River Medlock and then along an old access road through some mature woodland.

This is a good place to stop and admire the view over the top reservoir, which is a nature area and provides some excellent habitat for wetland birds. Continue along the track until you reach Waterworks House turn left here through the gate down to the bottom reservoir and simply follow the path back down to the car park.

<b>Steps</b>	<b>3531</b>
<b>Distance (m)</b>	<b>2330</b>
<b>Calories</b>	<b>186</b>
<b>Time (mins)</b>	<b>40</b>



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