

## Tandle Hill

# 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 Tandle Hill

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

Tandle Hill was used as a meeting area in the 19th century by political activists and the woodland was planted to prevent this.

The area was donated to the people of Royton in 1919 as a peace offering at the end of the First World War. The war memorial was unveiled in 1921 at the park's highest point and from here the Welsh Mountains can be seen on a clear day. The majority of the park is either beech woodland or open grassland and offers many pleasant walks either on formal footpaths or walks through the woodland.

Most of the surrounding area is agricultural and public footpaths make much of the area accessible.

In winter the area is always popular with children for sledging.

## 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

Tandle Hill Country Park is located in the north east tip of Oldham just outside Royton. It is half a mile from Rochdale Road (A671) at the end of Tandle Hill Road. To the south is Oozewood Road and there are access points from here.

### Bus Routes

**24 Rochdale – Manchester**  
running along Rochdale Road

**402 Royton – Oldham**  
running along Tandle Hill Road as far as Newark Park Way

**409 Ashton – Rochdale**  
running along Rochdale Road

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

### Car Parks

The car park is at the main entrance.

### Toilets and refreshments

There is a café and toilets at the Countryside Centre.





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

## Tandle Hill

### green walk

From the Countryside Centre walk past the play area and turn right to head down the hill along the main tarmac path into the woodland. Follow this path towards the road, through the woodland and uphill until you reach a crossroads. Here turn left and continue along the tarmac path until you emerge out of the woodland onto the grassland at the top of the hill. Take in the view across the valley to Manchester. Walk down the hill and at the bottom turn left and go across the grassland until you reach the tarmac path again. Follow this path until you reach the bottom of the hill from the Countryside Centre.

Steps	2200
Distance (m)	900
Calories	55
Time (mins)	45

### blue walk

From the Countryside Centre walk past the play area and turn right to head down the hill along the main tarmac path into the woodland. Follow this path, through the woodland and uphill until you reach a crossroads. Here turn right and follow the path up the hill where you take a sharp left and walk along the path to the monument. Reach the viewfinder and look across to the Pennine hills, and then over the valley to Manchester and beyond. From the monument walk down the 101 steps and turn right to go through the pine woodland before you reach the grassland. Follow the path over the open grassland until you reach the tarmac path. Just as you reach the pond on your right, turn left off the tarmac path and follow the walk up the hill until you reach the beech woodland. Follow the path down through the woodland and turn right to go over the bridge and onto the tarmac path once more. Follow this path back to the centre.

Steps	3200
Distance (m)	1300
Calories	79
Time (mins)	60

