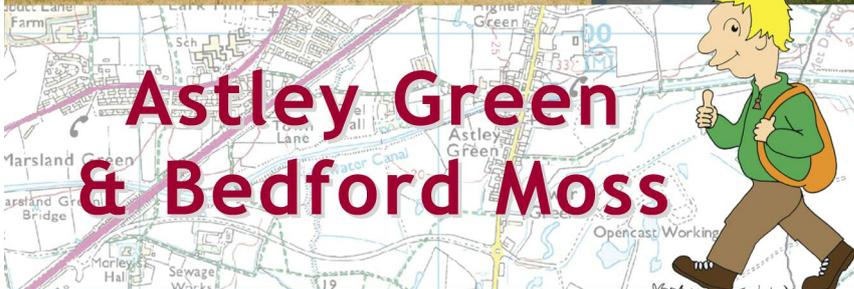


# Health Walks Series No4



Walk yourself healthy!

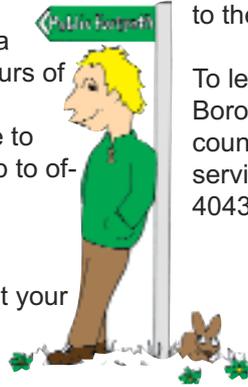
# Walk yourself healthy!

Walking is recognised as a great way to improve your physical health and mental wellbeing. This leaflet is one of a series of suggested short walks that can be undertaken by most people without much difficulty, and will reward you with views of our attractive countryside and many interesting local landmarks.

The council's public rights of way officers recommend these walks as a way to improve confidence and reduce the risk of ailments and illnesses such as heart disease, high blood pressure and stress. If you are in any doubt about whether you can complete these walks, please don't attempt it. There may also be hidden dangers caused by weather conditions or even malicious damage to stiles or bridges. Walkers take part at their own risk.

Where possible, we have offered straightforward routes which should take a person of average mobility a couple of hours of continuous walking. We have suggested short cuts and you are of course welcome to extend your route – but remember to keep to official, marked rights of way at all times.

As you walk around our countryside, we would be delighted to hear from you about your experiences enjoying one of the borough's greatest assets.



Wigan Council has direct responsibility for the borough's 477km of public rights of way. 92% of the network allows access on foot with the remainder being bridleways, allowing access on horse, foot and bicycle.

On most borough routes, you can take a pram, pushchair or wheelchair, but expect to encounter stiles on footpaths. Dogs should be kept under close control, preferably on a lead.

Should you encounter an illegal obstruction, you may make a small deviation from the path, but only if you are certain that your route is safe and available. If in doubt, please try to find an alternative right of way and report the obstruction to the council.

To learn more about access and rights of way in Wigan Borough, or to report a concern, you can go to the council's website [www.wigan.gov.uk](http://www.wigan.gov.uk) and click the A-Z of services. You may also contact us by phone on 01942 404309 or by email at [rightsofway@wigan.gov.uk](mailto:rightsofway@wigan.gov.uk)



This information can be made available in the following languages upon request:

Arabic هذا الكتيب بالإمكان توفيره في اللغة العربية

Cantonese 本小册子提供廣東話譯本

Farsi این کتابچه میتواند به زبان فارسی در دسترس قرار گیرد.

French Disponible en français sur demande

Gujarati આ પુસ્તિકા ગુજરાતીમાં મળી રહે તેવી વ્યવસ્થા કરી શકાય

Urdu اس کتابچہ کو اردو میں فراہم کیا جاسکتا ہے۔

You can request a tape version  
by phoning (01942) 404309.

Department of Environmental Services  
Civic Buildings  
New Market Street  
Wigan  
WN1 1RP

Issued: September 2006

# Wigan Health Walks

## Astley Green

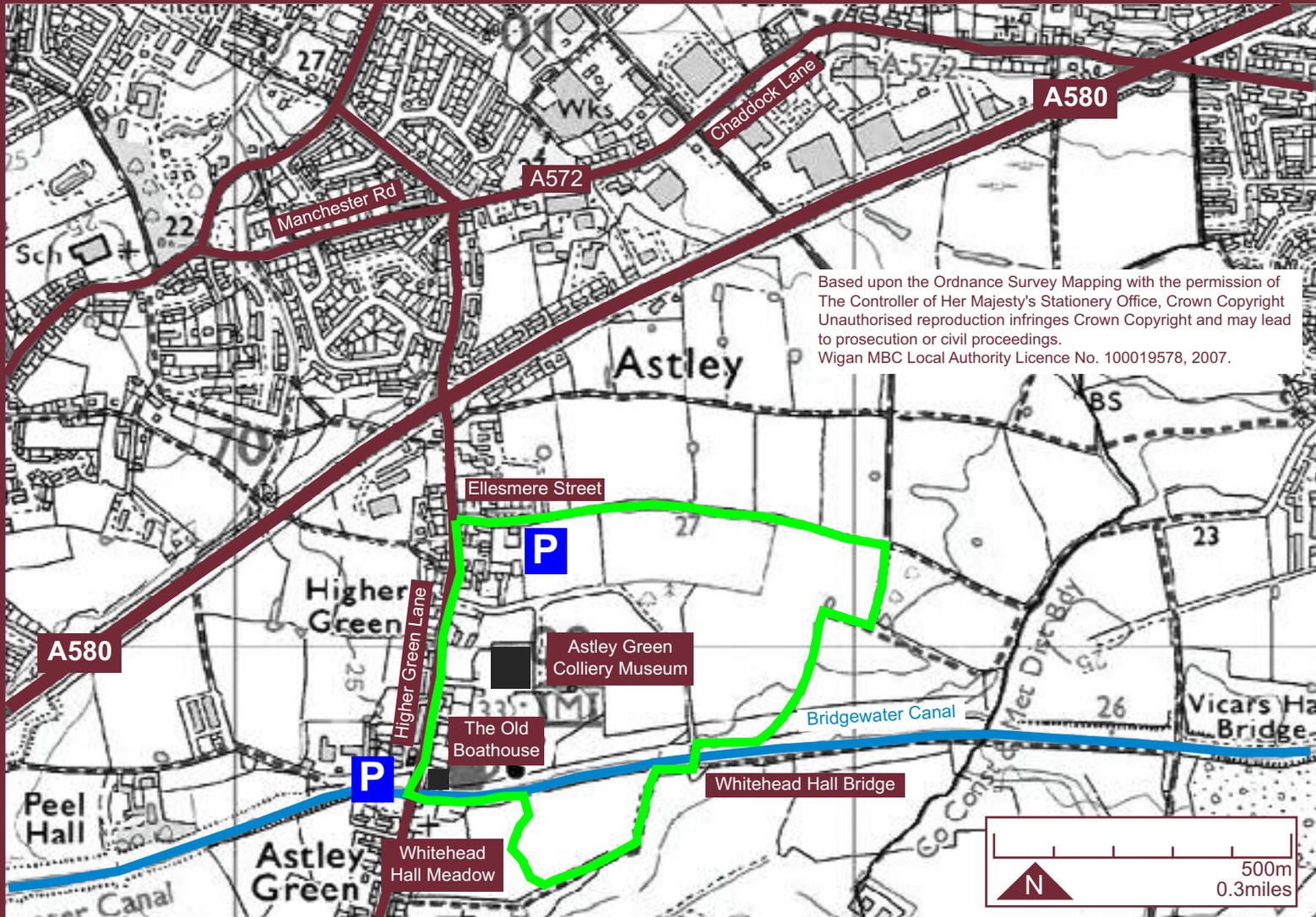
Distance: 1.5 miles / 2.5 km  
Allow: 1 Hour



1

This walk starts from the car park at the end of Ellesmere Street off Higher Green Lane. Local buses 551 and 654 both service Higher Green Lane.

From the small car park at the end of **Ellesmere Street** cross the horse stile and walk east down the bridleway for 600m until you come to a crossroads. Turn right here between the trees and go along a narrower path with good views of **Astley Green Colliery Museum** across the fields to your right.





2

After another 125m cross a stile into an open field, turning right and walking along the edge of the field for 125m. Next turn left and head across the field towards the Bridgewater Canal.

Cross two metal barred stiles 30m apart and join the path along the north side of the canal. Turn right here and after 140m cross the canal over **Whitehead Hall Bridge**.

As you come off the bridge turn right then take the path on your left down the canal embankment.

Follow this path through woodland for 350m until you come to the large stone slab marking the entrance to **Whitehead Hall Meadow**, a National Lottery funded "Millennium Green Scheme".

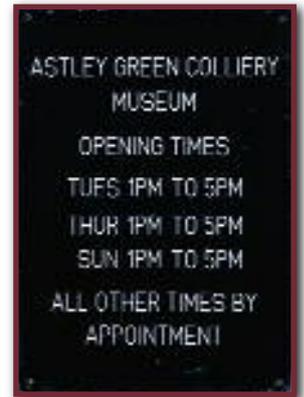
There are over 250 of these permanent areas of open space, each with its own character, designed by the people of the local community. The Greens are breathing spaces for people of all ages, for relaxation, play and the enjoyment of nature.

Continue through Whitehead Hall Meadow until you rejoin the canal towpath. Turn left here and walk along the towpath, past The Old Boat House pub across the canal before walking under Higher Green Lane.

Turn left just under the bridge and take the path up onto Higher Green Lane and turn left.

Walk over the bridge and continue for 200m past Astley Green Colliery Museum, which is well worth a visit during opening times.

Continue for another 275m back to the start of the walk at Ellesmere Street.



### Did you know?

**Astley Green Colliery Museum** occupies some fifteen acres of the Astley Green Colliery site.

Apart from the steam winding engine and headgear the museum houses many exhibits, not least of which is the collection of 28 colliery locomotives, the largest collection of its type in the United Kingdom.

The colliery began its life in 1908 to exploit coal reserves in the south Lancashire Coalfield.

The museum is now run and maintained, on behalf of the community, by the Red Rose Steam Society Limited, a registered charity based in Lancashire.

For more information see the Astley Green Colliery Museum website at: [www.agcm.org.uk](http://www.agcm.org.uk)



Astley Green Colliery