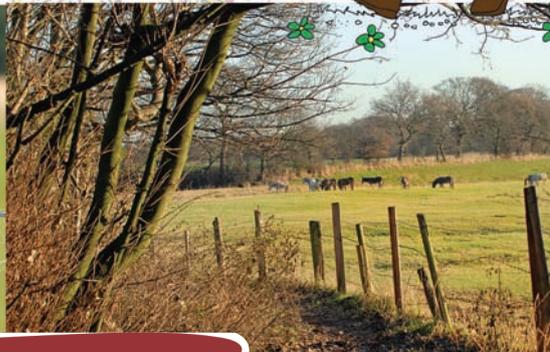


Health Walks Series No5



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.



Wigan Council has direct responsibility for the borough's 477km of public rights of way. 92 per cent of the network allows access on foot with the remainder being bridleways, which can be used by horseriders, walkers and cyclists.

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.

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 them. 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.

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 and click the A-Z of services.

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 –

You may also contact us by phone on 01942 404377 or by email at rightsofway@wigan.gov.uk

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.



We can make this information available in other formats and languages on request.



www.wigan.gov.uk

Wigan Health Walks

Ashton Heath & Edge Green

Distance: 3.5m / 5.6km
Allow: 2 Hours



1

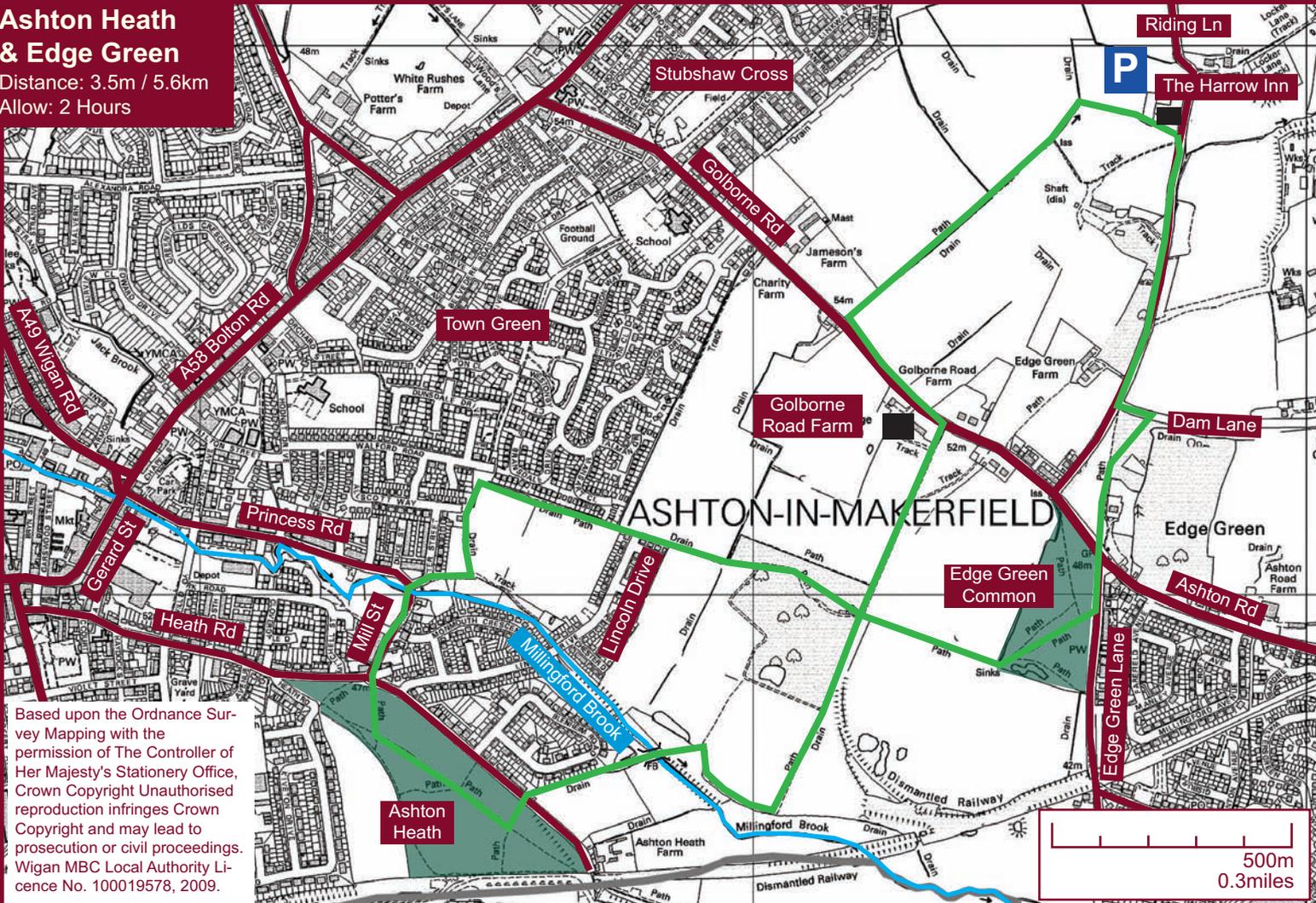
The walk starts from the car park of the **Harrow Inn** on Riding Lane.

At the **Harrow Inn** Car Park, follow the signposted footpath down the side of the field for approximately 197m. Turn left to follow the footpath for a further 86m and bear left into the field on your left hand side. Follow the path straight ahead until you arrive at **Golborne Road**.



Ashton Heath & Edge Green

Distance: 3.5m / 5.6km
Allow: 2 Hours





2

Turn left at Golborne Road and continue for 260m. Just after **Golborne Road Farm** on the right cross the road and follow the signposted footpath. Walk along the track for 370m until you come to a footpath crossroads. Turn right into the woodland and follow the path for 750m passing the end of **Lincoln Drive** until you arrive at the end of the path. Turn left and carry on for approximately 170m and then turn right and walk onto **Mill Street**.

Walk up the hill and cross onto **Ashton Heath**. At the footpath junction turn left and follow the path down the centre of the Heath for 280m, then take the path on the left toward the end of the houses.

Cross Heath Road and join the path down the side of the houses with the field on your right and continue for 350m, crossing **Millingford Brook** at a footbridge. Turn right and follow the field edge for 200m. Turn left and follow the path between the fields back to the

footpath crossroads.

Turn right into the field at this point and follow the footpath through **Edge Green Common** until you arrive at **Edge Green Lane**.

Once on Edge Green Lane turn left towards Ashton Road and cross the main road. Follow the footpath down towards the bungalow and then into the wooded area until you arrive at **Dam Lane**.

Turn left and then right onto **Edge Green**

Road.

Follow the road back to the car park at the Harrow Inn.

Please note there is no pavement on Edge Green Road so please take care.

Did you know?

Ashton Heath is a 7.9 hectare area of common land which has a noted history in the town going back to the seventeenth century. It is a valued resource for the local community, and a priority habitat under the UK Biodiversity Action Plan as a rare remaining lowland heath.

Forty per cent of Britain's lowland heath has been lost since 1949, and only sixteen per cent of that which existed in 1800 remains.



Footbridge over Millingford Brook