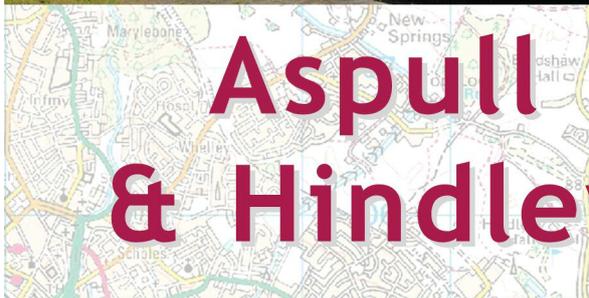


Health Walks Series No2



Aspull & Hindley



Walk yourself healthy!

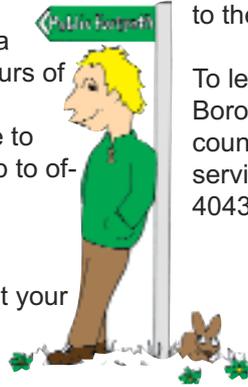
Walk yourself healthy!

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 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



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۔

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

Issued: September 2006

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

Wigan Health Walks

Aspull & Top Lock

Distance: 3 miles / 4.8km
Allow: 2 Hours



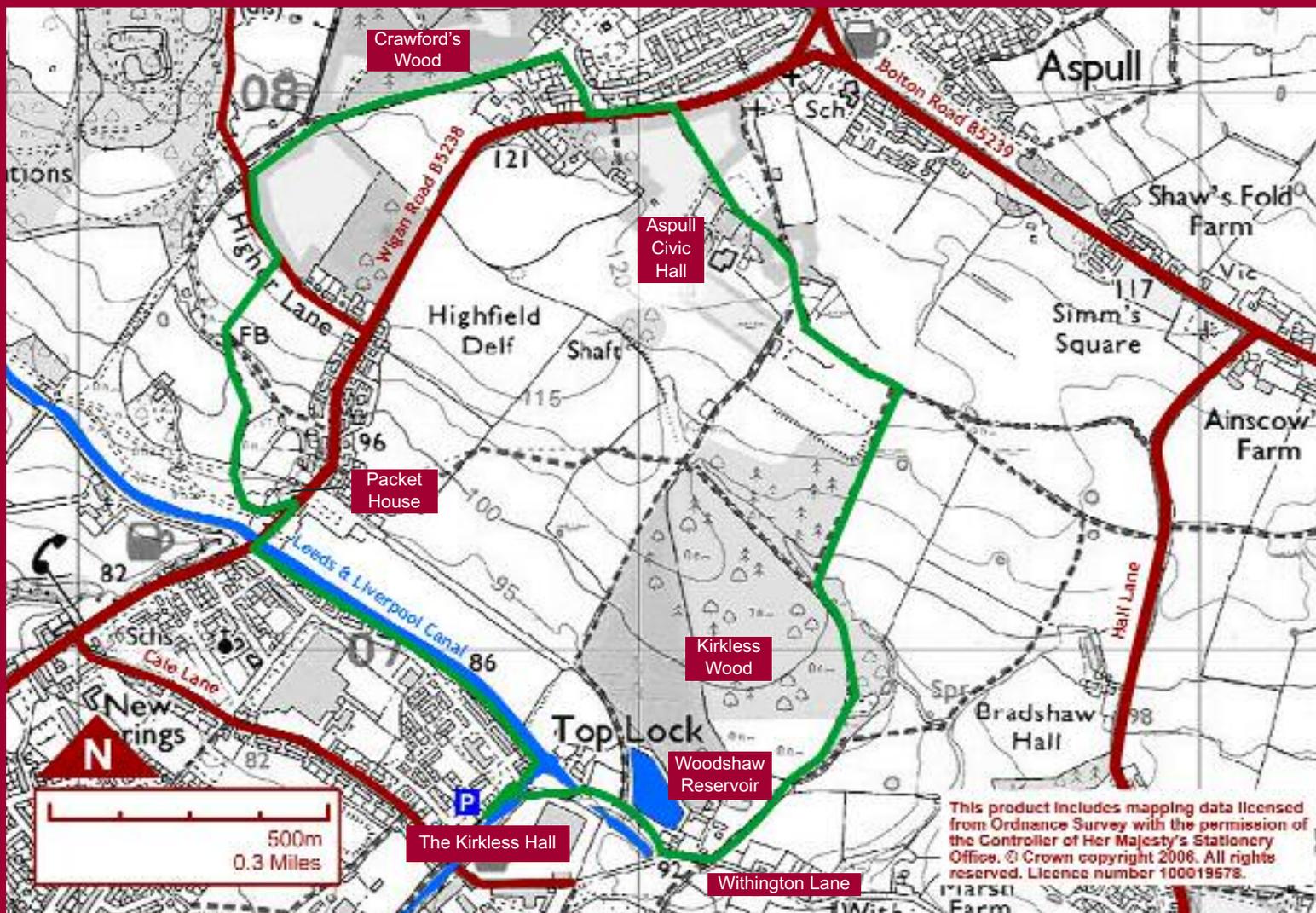
1

This walk begins on the canal towpath at the **Kirkless Hall**. Walk up onto **Withington Lane** and turn right across the bridge over the canal at **Top Lock**. This is the highest of the locks on the “Wigan Flight” of 23 broad-beam locks, the largest flight on the Leeds-Liverpool Canal, which lower the canal down to Wigan by 50m.



Walk in a south easterly direction down Withington Lane with the old cut-off section of the canal on your right. Pass the footpath on the left that leads to the shortened route via the western edge of **Kirkless Wood**.

Car parking is available at the **Kirkless Hall** on Albion Drive, off Cale Lane. The 614 bus service from Wigan stops outside the pub.





2 Continue past **Woodshaw Reservoir** on your left. 380m after leaving Top Lock turn left at the footpath sign and walk north east along the side of Kirkless Wood. Continue as it curves left around the base of the old slag heap known locally as “The Wutchy”. After 570m take the right turn down wooden steps into a small dip, and follow the straight path as it climbs uphill towards Aspull with woodland on your left and open fields on your right.

After 400m turn left at the t-junction onto a bridleway. After another 250m either turn left to follow the shortened route back to Top Lock or continue between **Aspull Civic Hall** and its car park, passing the old mining cottages on Moss Pit Row and Dukes Row on your left.

At **Wigan Road** turn left and walk towards Wigan for 150m, turning right at Holly Road. Take the second left into Manor Grove. At the end of this short street, go through the signposted stile

in front of you rather than the concessionary bridleway on the right.

Crawford’s Wood is on your right as you continue down this straight footpath for 400m before crossing another stile where you turn left. After 150m this track meets **Higher Lane** just north of the bridge over the old railway cutting.

Turn left over the bridge. After 200m, turn right at the footpath sign which takes you downhill, and go over the small footbridge and

onto a farm track. Turn left here and follow the track downhill back onto Wigan Road at the **Packet House** which is on your left. This is believed to have taken its name from its original use as the offices where miners would collect their pay packets.

Turn right and walk over the canal bridge, taking a left turn onto the towpath. Follow the towpath for 630m where it bends to the right. This takes you back to Top Lock and the start point at The Kirkless Hall.



Did you know?

The two woodland areas on this walk, Kirkless Wood and Crawford’s Wood, are managed by **The Woodland Trust**, the UK’s leading charity dedicated solely to the protection of our native woodland heritage.

Kirkless Wood was planted with 10,126 trees and consists of 4.0 hectares of young mixed native broadleaved trees.

Crawford’s Wood is a woodland creation site planted in the winter of 1996/97. Approximately 55% of the area is new plantation the remaining area is a mixture of rides, paths and open grassland.

You can find out more about the Woodland Trust online at:

www.woodland-trust.org.uk

There is a section on the website where you can search for individual woods across the country and find out about their history and present state as well as their future development and management plans.



Top lock

