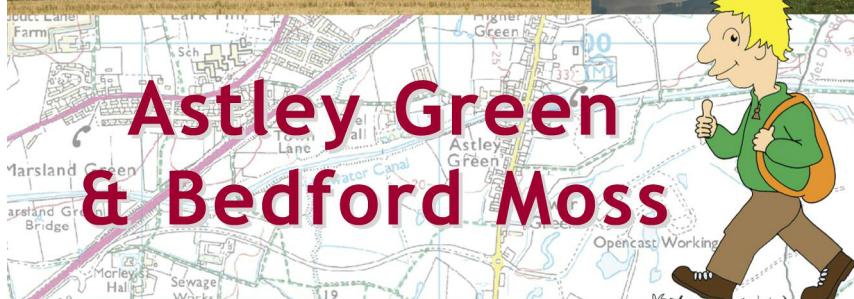


Health Walks Series No4



Walk yourself healthy!

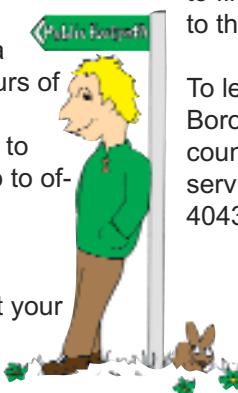
Walk yourself healthy!

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 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 本小冊子提供廣東話譯本

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

Bedford Moss

Distance: 3 Miles / 4.8 km
Allow: 2 Hours

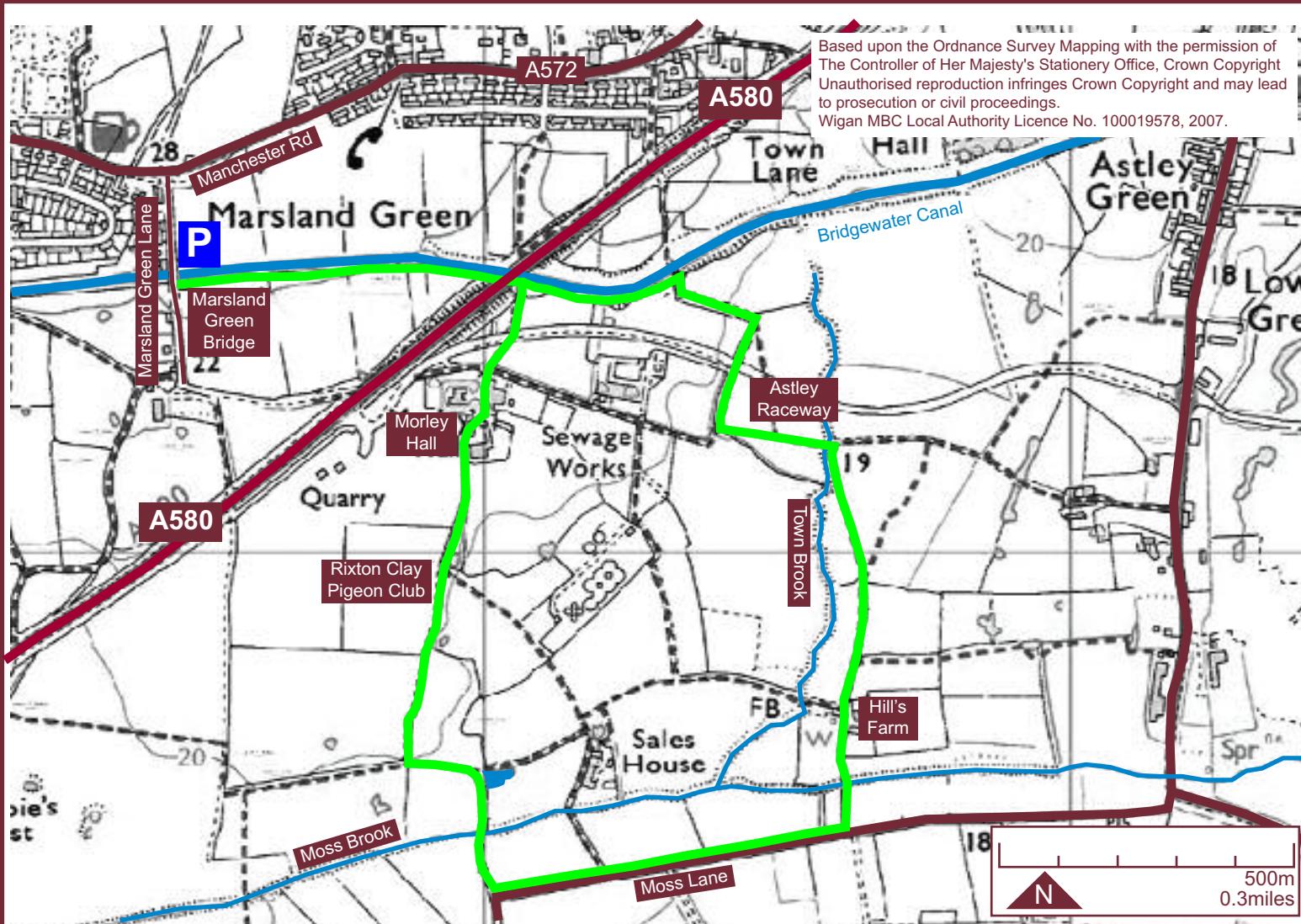


1

The walk starts from the small car park near the canal bridge on **Marsland Green Lane**, Leigh.



From the car park cross the bridge and turn right to gain access to the canal towpath. Walk under the bridge and follow the canal East for 600m until it goes under the **A580 East Lancs Road**. Just after the bridge turn right down a slope and through a series of stiles, crossing the surfaced road to Astley Sand Quarry.





2

Follow the path through **Morley's Farm** with the old hall on your right. The path through the farmyard turns right then left heading south down a well made track.

Follow this track straight ahead for 400m until you come to **Rixton Clay Pigeon Club**, which meets on alternate Sundays. Continue straight along the track for another 180m and take a left turn. Then after 120m turn right as you come to a small pond. Follow the edge of the field with the pond on your left then cross the iron bridge over **Moss Brook**.

A further 120m walk brings you out at a 90 degree bend on **Moss Lane**. Turn left here heading East and walk 600m straight down Moss Lane until you come to the signposted footpath at the entrance road to **Hill's Farm**. Moss Lane provides excellent views in both directions over the Moss. Pheasants, lapwings, yellowhammers and the occasional fox are regular sightings along this lane.

Taking the left turn to Hill's Farm, cross Moss Brook for the second time and continue through the

farmyard. The track continues straight ahead through open fields for 440m where it arrives at a small footbridge on the left over **Town Brook**, one of Moss Brook's tributaries.

Cross the bridge and follow the path west across the field then turn right, follow the hedgeline at the far side for 100m to arrive back at the surfaced road to Astley Sand Quarry 250m East of where you crossed it earlier.

Cross the stile directly across the road and follow the waymarked footpath

straight ahead then left through **Astley Raceway**, a circuit run by Leigh Moto Cross Club.

Turn right uphill towards the canal bridge but turn left along the towpath rather than crossing the bridge.

Follow the canal towpath back under the A580 East Lancs Road back to the start point of the walk.



Did you know?

Bedford Moss is part of Chat Moss which occupies an area of 27.5 square kilometres. The Moss as it might be recognised today is thought to be about 7,000 years old, but peat development seems to have begun there with the ending of the last ice age, about 10,000 years ago.

Engineer George Stephenson succeeded in constructing a railway line through the mosslands in 1829. The wooden bundles he used to float the line on are still in place today.

Useful contacts

Leigh Moto Cross Club
Andrew Maguire
a.p.maguire1@btinternet.com

Rixton Clay Pigeon Club
admin@cicm.co.uk
www.rixtoncpc.co.uk

