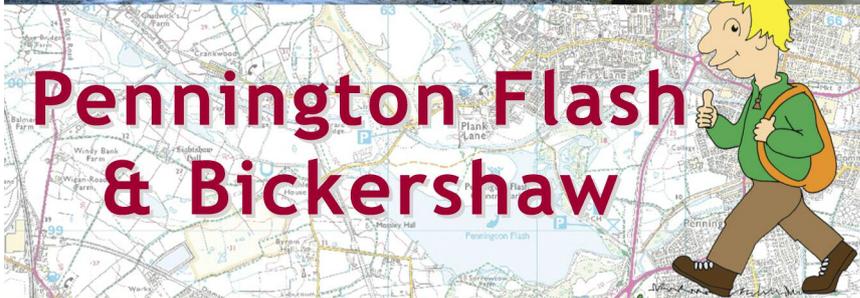


Health Walks Series No3



Walk yourself healthy!

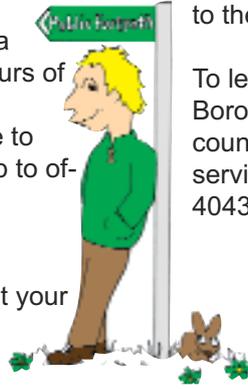
Walk yourself healthy!

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

Bickershaw

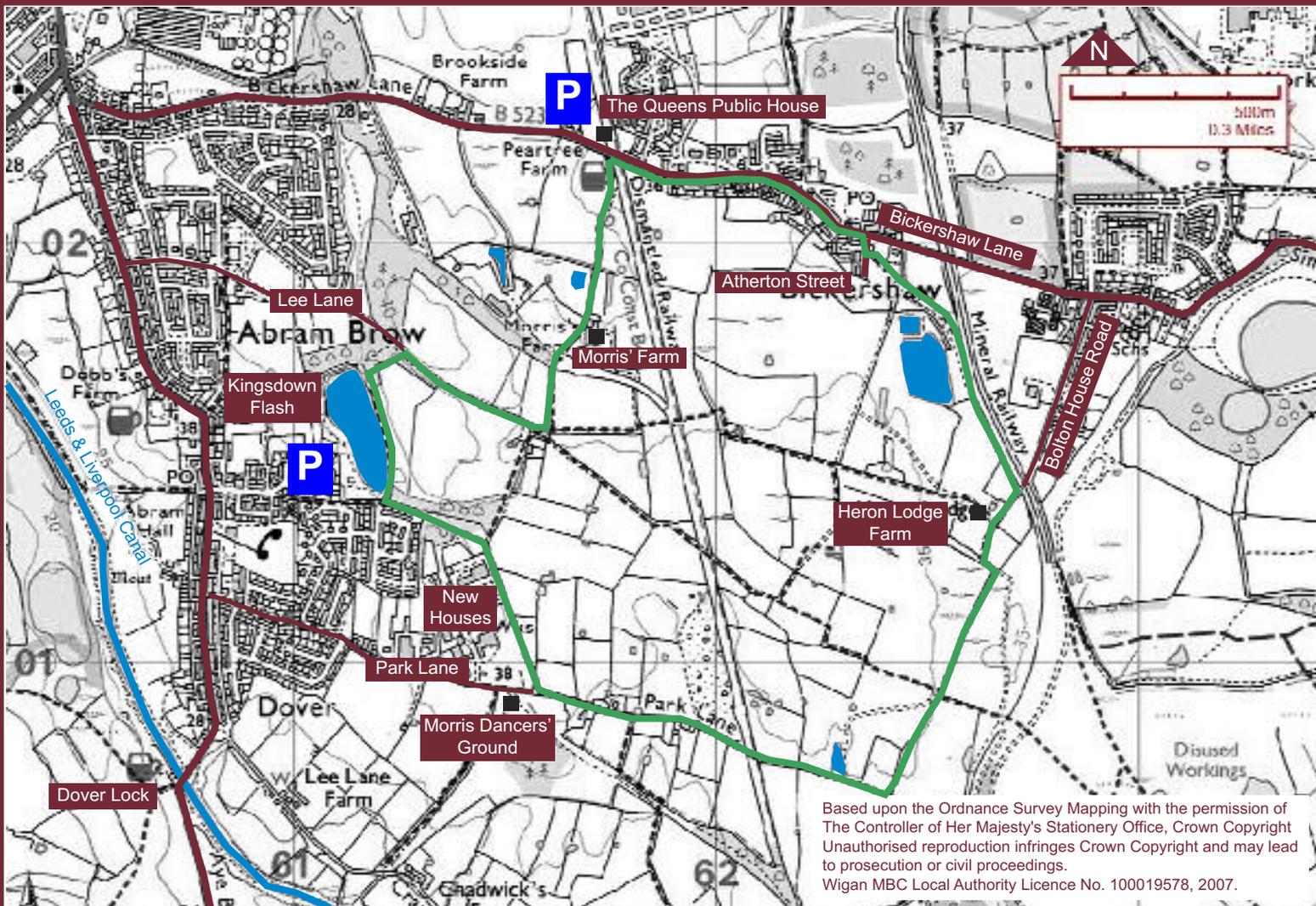
Distance: 3 Miles / 5 km

Allow: 2.5 Hours



1 This circular walk starts from The Queens Public House on **Bickershaw Lane**, on the 658 bus route from Wigan to Leigh.

Take the footpath directly opposite **The Queens** and walk towards **Morris' Farm**, passing fishing ponds on your right after 270m. Take the stile to the right of the farm and continue for another 270m until you reach **Lee Lane** where you turn right.



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2 After another 350m turn left over a small footbridge and continue for 130m to join the path around **Kingsdown Flash**.

Turn left and follow the path along the eastern edge of the flash. This secluded water is home to a wide variety of wildlife and is particularly good for dragonflies and butterflies in Summer and Autumn.

At the end of the flash, cross a metal stile and take the track uphill along the back of the houses on Thornvale until, after 250m you reach a junction. Turn right here and continue for 360m to join **Park Lane**.

It's worth a small 70m detour to the right here to see the old **Morris Dancers' Ground** (pictured above) that dates back to at least 1846.

After viewing the Morris Dancers' Ground, retrace your steps and continue along Park Lane through two gates at Cheethams House. Continue for 300m, passing a small pond on your left. 100m after the pond, turn left and walk over the hill across the open field for 220m until you come to a stile on the corner of a fenceline.

Cross the stile and bear left, walking along the top of a small embankment for 300m to a T-junction.

Turn left here and then follow this track around to the right, and past **Heron Lodge Farm**.

Turn left immediately after Heron Lodge Farm, just before the start of **Bolton House Road**. Follow the footpath parallel to the old railway line through woodland and then along the edge of the wood where you will cross a stile after 250m. Continue straight ahead for 330m, passing some fishing ponds on your

left and crossing two stiles where the footpath crosses the track that links the fishing ponds with Bickershaw Lane.

Continue along a straight path between two fences then follow the side of the garge to exit onto Atherton Street.

Walk to the end of Atherton Street and turn left onto Bickershaw Lane. It is now a short 650m walk back to the start point at The Queens.



Did you know?

The origins of the Abram Morris Dancers' Ground are lost in the mists of time. It appears on the very first OS map of Abram, published in 1846 along with Abram Hall, the Baptist Sunday School and Maypole House Farm. This farm was named after the maypole which stood on the Morris Dancers' Ground until at least 1913.

In 1984 on the occasion of the revival of The Abram Morris Dance, the dance was performed on the Morris Dancers' Ground for the first time in over 80 years.

The site was finally restored in 2003.

You can find out more about the site by visiting: www.abram-morris-dancers.org.uk



Migrant Hawker at Kingsdown Flash