

Health Walks Series No1



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



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

Issued: September 2006

This information can be made available in alternative formats upon request:

Wigan Health Walks

Haigh Country Park

Distance: 3½ miles/5½ km

Allow: 2 Hours

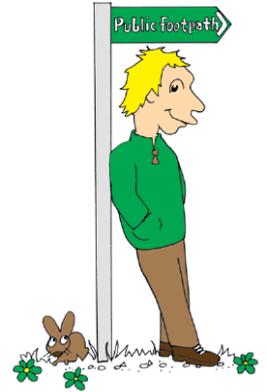


1

Car parking is available on **Hall Lane** (reached from off the A49 and Leyland Mill Lane north of Wigan town centre) and at Haigh Hall (Pay & Display).



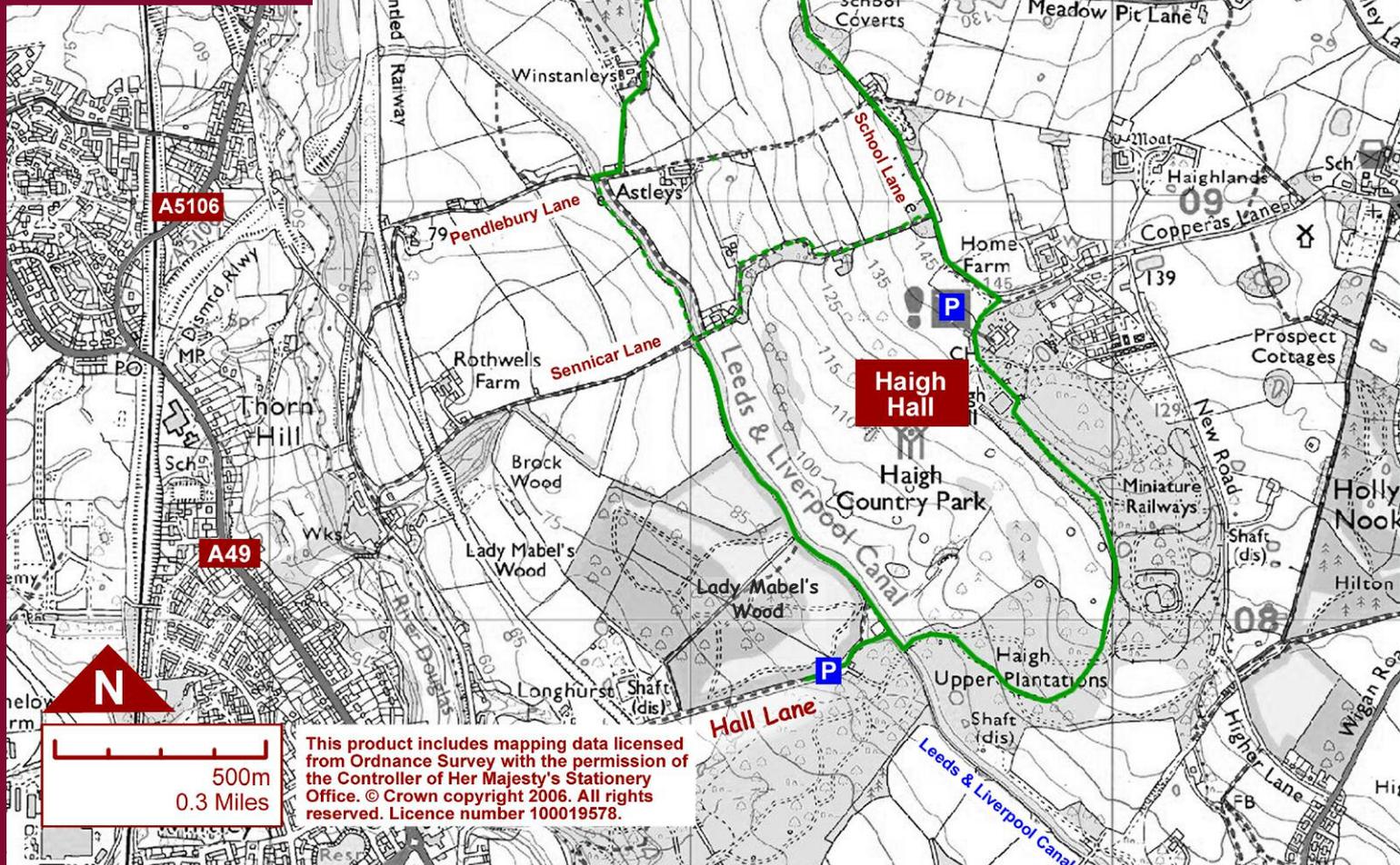
From the end of **Hall Lane** take the public footpath signposted to the left just before the old gatehouse, Hall Lane Lodge. Follow this path, bearing right at the fork in the path, for 150m to join the **Leeds and Liverpool Canal**. You can pause here to admire the small stone bridge that carries the towpath over the inlet to the old canal basin.



Haigh Country Park

Distance: 3.3 Miles / 5½ km

Allow: 2 Hours





- Gatekeeper -



- Pendlebury Bridge -



- Winstanley's Farm -



- Kestrel -



- Haigh Hall -

2

Walk over the bridge and continue down the towpath. The golf course is on your right across the canal with **Haigh Hall** in the background. On your left is **Lady Mabel's Wood** – an area of pasture and woodland cared for by the Woodland Trust. This is a Grade 'A' Site of Biological Interest.

After 850m you will come to Sennicar Bridge. Leave the canal towpath here and turn right onto Sennicar Lane.

At this point you may cut the route in half by walking up Sennicar Lane for 720m to where it meets School Lane. To continue on the main route walk over the bridge and turn left down the footpath, continuing down the side of the canal on the opposite side to the towpath until you reach Pendlebury Bridge after 450m.

Turn right onto Pendlebury Lane for 60m then turn left down the track towards Winstanley's Farm.

Just before the farm take the signed footpath that goes around the farm, coming out onto another track after 300m.

Follow this track up the hill for 350m to the junction of School Lane and Meadow Pit Lane. Turn right onto **School Lane** and walk uphill, admiring the old School building on your left (pic) until you come to the main Haigh Hall car park on your right. Walk through the car park and down the hill to Haigh Hall itself passing the old stables complex on your left where you will find a café, gift shop and toilet facilities during opening times.

Previously the home of the Earl of Crawford and Balcarres, the current Hall is a listed building dating back to 1850, although there has been a hall or manor at Haigh for over 700 years!

Turn right and walk around the hall, stopping to admire the views across Wigan to the South. On a clear day you can see as far as the mountains in North Wales from here.

Continue around to the front of the hall and follow the main path, passing the old Miniature Railway Station on your left after 350m as you enter the plantations.

The path through the plantations continues on a long sweeping right hand curve for 800m where it crosses the canal.

About 100m after the canal bridge turn right and exit the plantations onto Hall Lane at Hall Lane Lodge.



- Sennicar Bridge -



- Bumblebee on lavender -



- Haigh Hall entrance -



- View from Haigh Hall -