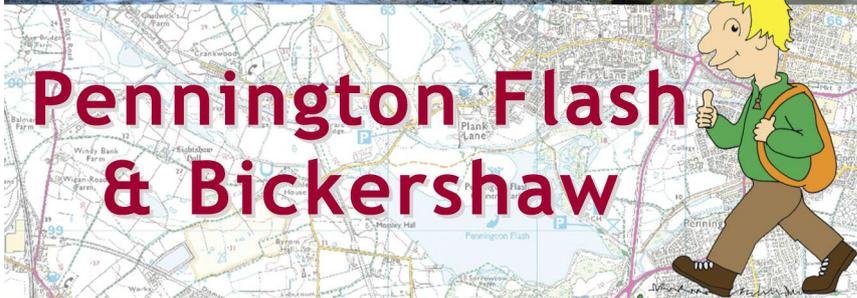


Health Walks Series No3



Walk yourself healthy!

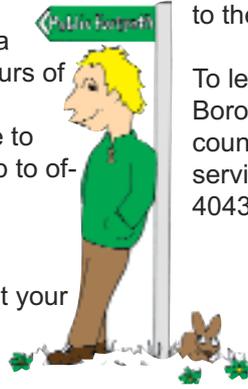
Walk yourself healthy!

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

Pennington Flash

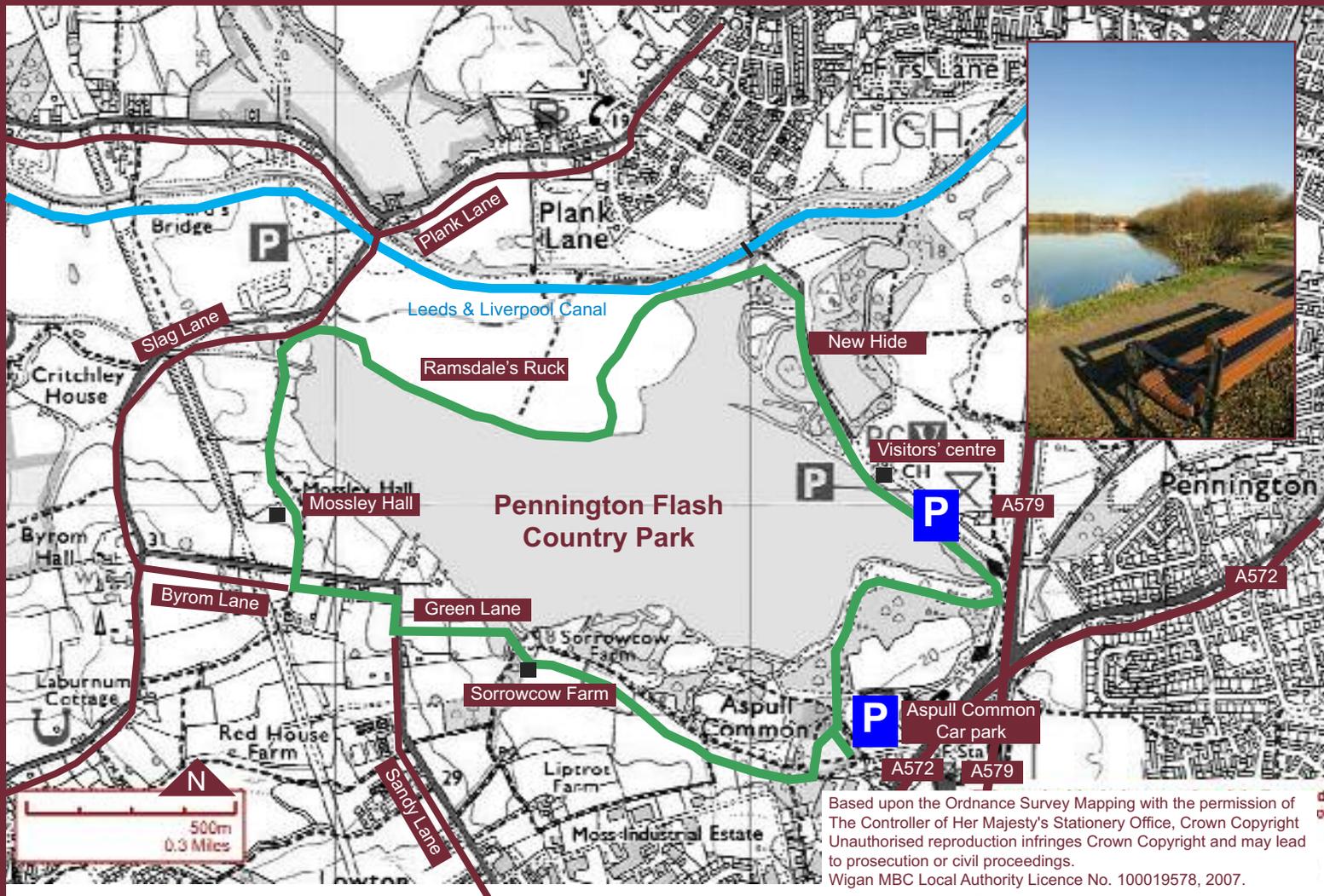
Distance: 3.5miles / 5.7km
Allow: 2.5 Hours



1

The walk starts from **Aspull Common car park**, which is free. It is located on the left just inside the entrance to Pennington Flash Country Park off the A572. The entrance is on the 600 bus route from Leigh.

Exit the car park at the far end and turn right. After 60m take the left turn and follow this path for 200m until it meets the wide stoned footpath that borders the south-western edge of the country park. Follow this path over a wooden footbridge and through a stile until, after 600m, you come to the edge of the Flash at **Sorrowcow Farm**.





2

Continue through the farm onto **Green Lane**. Walk down Green Lane for 320m passing **Leigh & Lowton Sailing Club** on your right until you come to the T-junction with **Sandy Lane**. Turn right here and walk down the hill, following the road around the corner, where it becomes **Byrom Lane**, and uphill for 300m where you take the track on the right that leads to **Mossley Hall**.

Just before Mossley Hall continue straight on over a stile and through a short stretch of woodland then for

another 370m to where the footpath joins **Slag Lane**. Turn right down Slag Lane for 75m until you come to the entrance to a fenced bridleway. Turn right then immediately right again through a small stile and take the footpath that runs parallel to the fenced bridleway. Follow this path up the slope onto **Ramsdale's Ruck** and after another 100m take the right fork that takes you down towards the edge of the Flash.

Follow this footpath around the northern edge of the

Flash until it sweeps round the lagoon to the bottom of the canal embankment. Opposite the canal bridge turn right and walk down the straight path to the **New hide** on your left. This is a good spot to have a rest, break out the butties and watch the waterfowl and herons on Pengy's Pond, which this hide overlooks. 320m after the hide you will come to the playground area and just after it on your left, the **visitors centre** where you will find toilets and information about the country park.

Continue along the side of the Flash through the main pay-and-display car park and over the footbridge. Turn right immediately after crossing the stream that flows into the Flash and follow the path around the edge of the Flash past another bird hide on your right. 500m after crossing the footbridge turn left up a small slope and follow this path for 270m back to the start point at the free car park.



Did you know?

Pennington Flash was created in the early 1900s when the land sunk due to mining subsidence.

Over 230 bird species have been recorded on site including rare species such as Black-Faced Bunting, Nightingale, Marsh Harrier, Spoonbill and Leach's Petrel.

There is a regular programme of guided walks and activities to encourage people to use and enjoy the Country Park as well as to learn about the environment.

The Rangers are on hand all year round (except Christmas day) to provide information and advice to visitors. As well as patrolling the Country Park they work to maintain and improve the site for visitors and wildlife alike. To find out more please telephone 01942 605253.



The Pennington Flash Country Park Information Centre