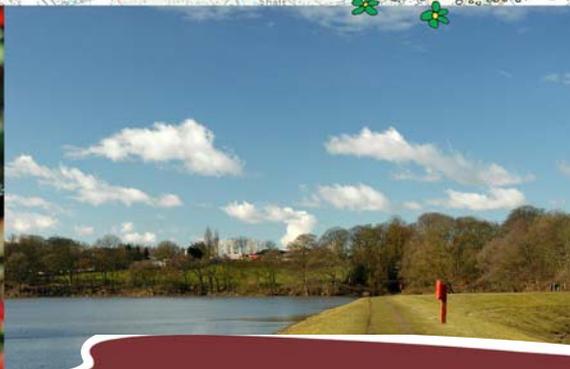


# Health Walks Series No1



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](http://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](mailto: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

## Worthington Lakes

Distance: 2½ miles/4km

Allow: 1½ hours



- 1 Car parking is available at the United Utilities visitors' centre, off the A5106 Chorley Road, during opening hours. Unfortunately United Utilities do not allow dogs on their land. Dog walkers please use the alternative route shown in red and start from the layby on Chorley Road.

At **Worthington Lakes United Utilities Car Park** (nearest bus stop A5106 Chorley Road), walk down to the edge of the lake (**Worthington Reservoir**) past the visitor centre and class room.

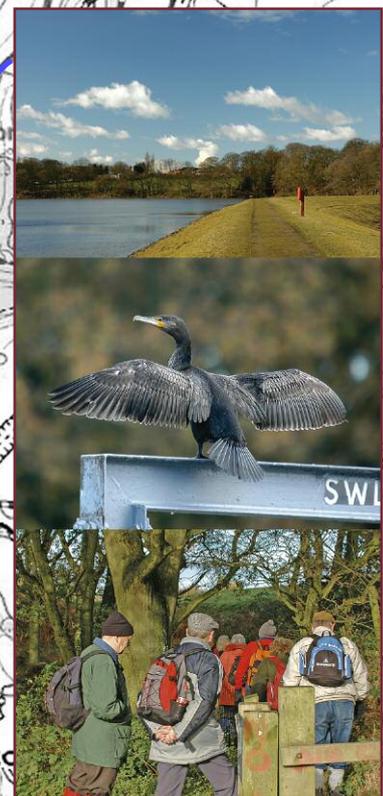
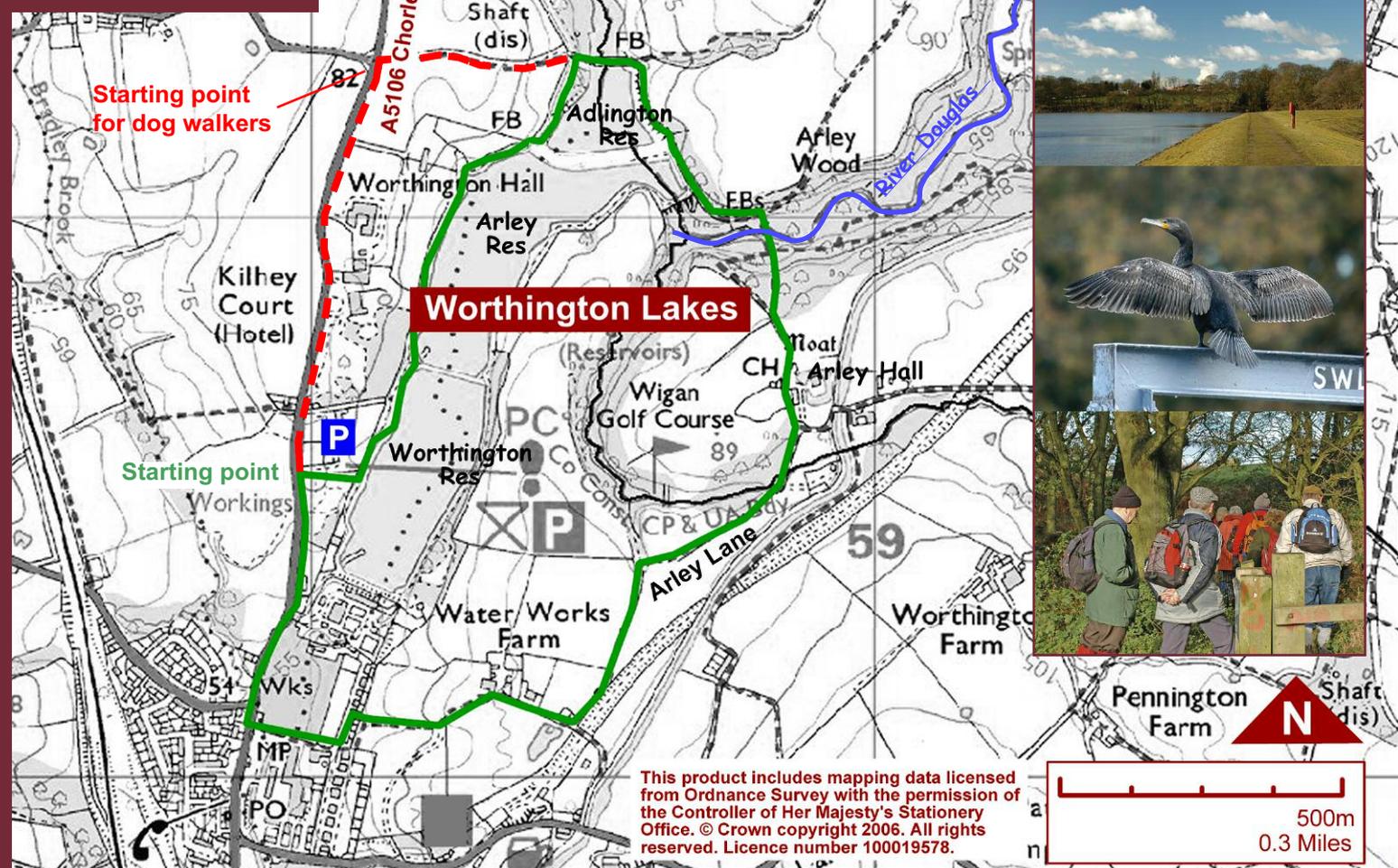


By the water's edge, take the left hand path to follow the lake round in a clockwise direction with the water on your right hand side.

### Worthington Lakes

Distance: 2.5 Miles / 4km

Allow: 1.5 Hours





- United Utilities visitors centre -



- Adlington Reservoir -



- Local resident -



- Arley Hall -

**2** After 250m, you will pass a dam which divides the two largest lakes. To shorten your route, you can walk across to the other side here. Continuing with the main walk, stay on the path and continue walking. This is **Arley Reservoir** and you should also be able to see **Kilhey Court Hotel** on your left.

Around 500m from the dam, you will cross a footbridge and reach the second dam, also offering a shortcut to the other side. Continue on the main walk, along the side of **Adlington Reservoir**. Take a moment to admire the striking brickwork of the water channel as it slopes gently towards you to the left of the path.

The path then turns to the left, crosses the water channel, goes through a stile and then crosses the channel again to the right. Dog walkers join the route here. Follow the path across the top end of the reservoir, entering the woods and bearing to the right.

Keeping Adlington Reservoir on your right, follow the path as it climbs up a slope at the edge of a farmer's field, with trees between you and the water.

You now reach the uppermost dam again on your right. The trees are now on your left. Keep going along the reservoir's edge for another 100m. Go through a stile close

to where the **River Douglas** flows into the reservoir. The walk now leaves the reservoir to head into the woods with the river on the right for around 120m.

(This section of the route is in Bolton MBC). Take a right turn across the footbridge over the river.

The path climbs through **Arley Wood** to come out at the golf course. Cross the golf course to arrive at **Arley Hall (Wigan Golf Club)**. Here you can admire the hall's moat.

Continue through the car park, reaching the metalled surface of **Arley Lane** (Arley Brook marks the Wigan/Bolton border as you walk down the hill).

Walk down Arley Lane for 700m, reaching a brick bungalow. Turn right at the bungalow, leaving Arley Lane. Climb over the stone steps, along the edge of the field for about 30m, keeping the fence to your right. Go through another stile, keeping the fence on your left. Continue to a third stile in the corner of a field at the top of the hill.

Walk downhill across the open field, to the back of Lakeside Cottages. The path is marked by two metal stumps leading to stone steps between the cottages.

Turn left at the front of the cottages and walk for 50m, then turn right towards the new flats. Follow the route through the estate back to Chorley Road. Turn right and walk back up Chorley Road for 500m, past the facade of the old Bleach Works site, to the car park or bus stop. Keep going back to your start point if you are a dog walker.

