

www.halton.gov.uk



Urbanwalks™

Urbanwalks the company offers a wide range of activity solutions and consultancy services, to find out more please visit us at www.urbanwalks.co.uk or call 0870 242 7507

Useful information

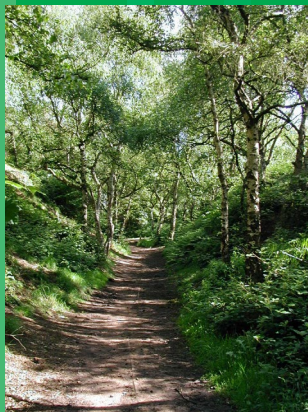
Sports Development Team

For further information on sporting opportunities and clubs in Halton call: 0151 511 8282

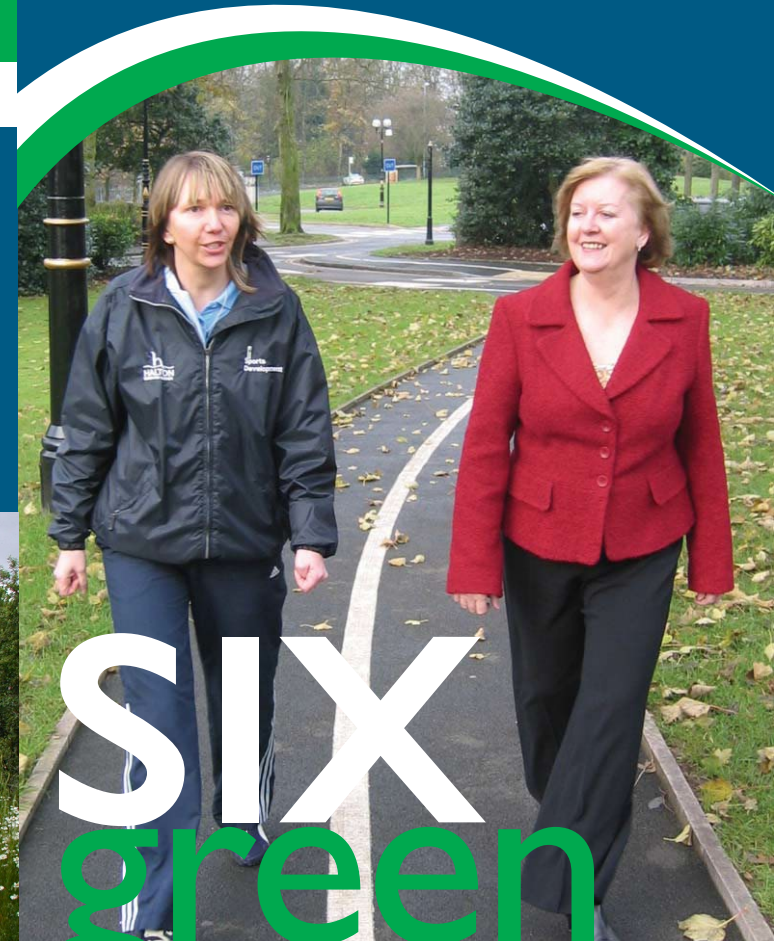
For further information about this leaflet and on physical activity opportunities or lead health walks in Halton, call: Paula Parle, Health & Physical Activity Development Officer on: 0151 511 8550 or visit our website: www.activehalton.co.uk



“Walking is the nearest thing to the perfect exercise”



All information was correct at time of production May 2006.



SIX
green
space
walks
in Runcorn & Widnes

Welcome to Urbanwalks™

Urbanwalks is a vehicle to get communities moving again. The company has a simple philosophy to get people enjoying more activity more often in their everyday environment.

Working in partnership with Halton Borough Council's Health & Physical Activity Development Officer, Urbanwalks are supporting a green space walking initiative in Runcorn and Widnes. The Urbanwalks leaflets are designed to support individuals to be habitually active within their local environment and to easily meet the recommended levels of activity. This leaflet encourages users to utilise local green spaces within the urban environment.

The Urbanwalks concept is recognised by the Department for Transport as an example of good practice in walking promotion.

Health benefits of walking

Significant health benefits can be obtained by taking the right amount of physical activity.

The current adult recommendation is at least 30 minutes of moderate intensity activity on five or more days of the week. Alarming, only about 37% of men and 25% of women currently achieve the recommended levels. Brisk walking is the perfect activity to help you meet the current recommendations.

Benefits of regular physical activity

Reduce high blood pressure – Moderate intensity activity, such as brisk walking, appears to be at least as effective in reducing blood pressure as more vigorous activity.

Prevention of Diabetes – Exercise greatly reduces the risk of developing Type 2 Diabetes.

Helps reduce weight – Physical activity in combination with a healthy diet can help to reduce weight and maintain weight loss.

Mental health benefits – Activity can help to reduce anxiety and depression. It also helps to improve self confidence.

Reduces risk of falls – Especially in the elderly. Physical activity can improve balance, co-ordination and joint flexibility.

Prevents development of Osteoarthritis and Osteoporosis in certain groups.

Increases strength in your heart, lungs and bones.

Improves your mobility and general well-being.

Provides you with more energy and promotes a better night's sleep.

How much walking should I do?

Walking will only contribute to the maintenance and improvement of health if it is of sufficient intensity and regularity, and is performed for a sufficient length of time. However, any walking is better than none. People may need to build up their level of activity gradually and for most inactive people gentle strolling is a good start point.

Frequency – Most days of the week (at least 5).

Intensity – At a pace faster than a stroll (see How will I feel? section).

Time – Ideally this should be one continuous session of activity of 30 minutes, but 3 periods of 10 minutes or 2 periods of 15 minutes will work just as well.

How will I feel?

Whilst being physically active you may feel some changes happening to the body, these are normal for everyone, and here is a list to help you understand.

You may: Feel a little out of breath, this is fine as long as you are able to hold a conversation without gasping for air.

You may: Feel a little clammy and warm, which is due to increased blood flow around the body.

You may: Feel a little aching in your muscles (calf, thighs etc). This is due to the body undertaking increased activity. Ensure you work at a moderate level and **do not** over do it.

What will I need?

Good footwear with laces so that the foot has support. Your footwear does not have to be expensive just sensible. **Do not** wear shoes of the slip-on variety or those with elevated heels.

Take some water with you. Make sure you don't allow yourself to become thirsty as this indicates that you are dehydrated. Drink little sips often, especially if you are sweating.

In Britain today 70% of the population are inactive, with 1 in 5 adults now classed as obese. Inactivity is now recognised as a major health and social burden costing the economy £8.2 billion per annum in England alone.

Remember; every step counts – make the 'active' choice everytime!

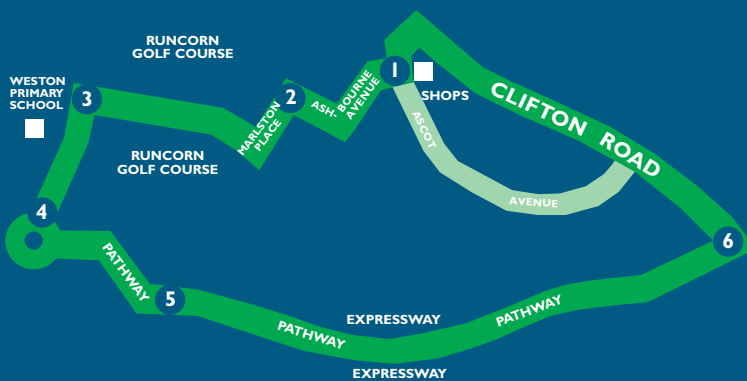
Use these routes to help you on your way to 10,000 steps a day. **Be healthy, stay safe and have fun.**

Additional routes and distances in Runcorn & Widnes

Many of the walks given can be lengthened as walking ability improves.

These additional routes only take an extra 8-20 minutes to walk and will help towards gaining your recommended 30 minutes of physical activity each day.

- 1 RUNCORN HILL**
Main road to the start of Runcorn Hill Walk (Park Road / Highlands Road)
Distance = Half a mile / 1200 steps
This walk should take around 8 minutes
- 2 PICKERINGS PASTURE**
Linear pathway along the River Mersey at Pickerings Pasture
(Only the distance that is shown on Route 4)
Distance = One mile / 2400 steps
This walk should take around 15-20 minutes
- 3 VICTORIA PARK**
Circular inside route of Victoria Park
Distance = One mile / 2400 steps
This walk should take around 15-20 minutes



2

Runcorn Runcorn Hill

1. Starting at the bandstand in Runcorn Hill walk along to the steps with the tennis courts on your right hand side, then turn right and follow the road around.
2. Turn left onto Highlands Road. Now carefully cross over on to the right hand side. As the path runs out carefully cross back over onto the left hand side.
3. At the end of Highlands Road turn left on to Weston Road and continue walking taking care as the pathway becomes narrow.
4. Bear left with the road staying on Weston Road and walk along passing the houses on your left until you arrive at the public footpath sign, ignoring the 1st bridal pathway.
5. Turn left up the footpath, bear right at the fork and walk straight ahead through Runcorn Hill and down the steps onto a woodlands path.
6. Turn right onto the pathway and continue walking straight ahead until you arrive at a gate. Walk through the gate and straight ahead to the bandstand where you started.

Please Note: You may need a change of footwear as Runcorn Hill and the woodlands can get muddy.

- Distance = One and a half miles / 3600 steps
- This walk should take around 20-25 minutes
- A-Z Street Atlas, Page 167, Grid reference F2



3

Runcorn Wigg Island

1. Starting in the car park at Wigg Island take the pathway to your right and walk along with the Mersey Estuary on your left hand side.
2. Continue walking keeping to the left hand pathway until you arrive at some steps.
3. Walk down the steps then turn left and walk along with the water on your right hand side.
4. Follow this pathway around passing the reedbed until you arrive at a T junction.
5. Take the left pathway and continue walking until you arrive at a square piece of land with 3 gates. Take the gate to the right and follow pathway past the activity arena on your left.
6. At the end of the pathway turn left back onto the pathway you started on and retrace your steps back to where you started.

- Distance = Two miles / 4800 steps
- This walk should take around 30-35 minutes
- A-Z Street Atlas, Page 153, Grid reference D4

1

Runcorn Clifton Road

1. Starting with your back to the shops on Ascot Avenue, carefully cross straight over the road and walk up Ashbourne Avenue, bearing right at the top.
2. Take your 2nd left turn into Marlston Place. At the end of Marlston Place, follow pathway to the right so you are walking through the golf course.
3. At the end of the pathway turn left at the zebra crossing and follow the road along to the roundabout.
4. Turn left at the roundabout then as the railings end carefully cross over the road and walk up sloped pathway.
5. Continue along the pathway which will lead you through the centre of the expressway until you arrive at a set of traffic lights.
6. Turn left at the traffic lights onto Clifton Road and continue walking taking your 2nd left onto Ascot Avenue and walk back to where you started.

- Distance = One and three quarters of a mile / 4200 steps
- This walk should take around 25-30 minutes
- A-Z Street Atlas, Page 166, Grid reference B4

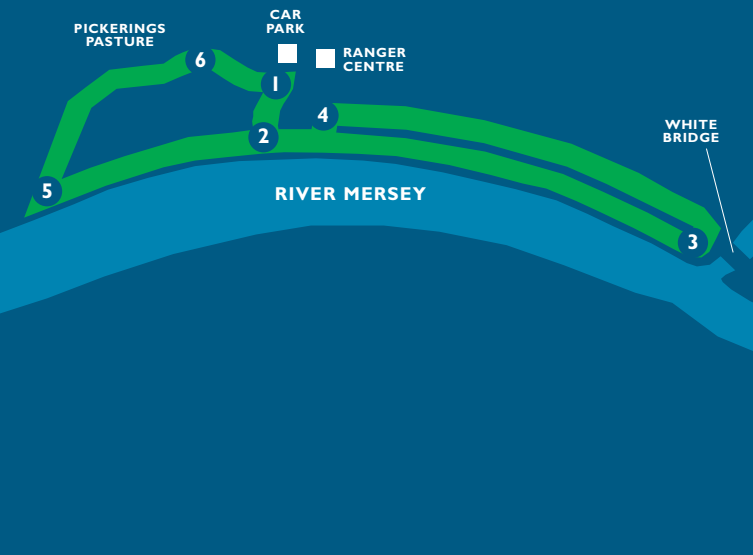


5

Widnes Victoria Park

1. Starting at the Ranger Centre take the pathway to your left and walk along passing the skate park on your right hand side.
2. Bear right at the fork and walk past the war memorial, then bear right again so the skate park is on your right hand side.
3. Bear left just before the lake and walk along to the park exit.
4. Turn right out of the park and carefully cross over Lockett Road. Walk along Birchfields Road until the road bears right onto Derby Road.
5. At the end of Derby Road turn right onto Peel House Lane then take your 3rd right turn onto Lockett Road, carefully crossing to the left hand side using the crossing bollards.
6. Carefully cross over Fairfield Road into Victoria Park and take the left pathway and walk down the park until you arrive back where you started.

- › Distance = One and three quarters of a mile / 4200 steps
- › This walk should take around 25-30 minutes
- › A-Z Street Atlas, Page 132, Grid reference B2



4

Widnes Pickerings Pasture

1. Starting in the car park walk through the gates to your right and follow pathway straight ahead towards the River Mersey.
2. Turn left at the T junction and walk along towards the white bridge.
3. Just before the white bridge take a sharp left turn up onto a grassed pathway behind the trees. Alternatively turn around and retrace your steps back to the T junction.
4. At the end of the grassed pathway turn left and walk back along to the T junction.
5. Continue walking past the T junction and with the River Mersey on your left hand side then take the 1st pathway to your right.
6. Follow the pathway along taking the next pathway on your right again and continue walking until you arrive back at the car park.

- › Distance = One and three quarters of a mile / 4200 steps
- › This walk should take around 25-30 minutes
- › A-Z Street Atlas, Page 132, Grid reference A5

Please Note: Take care if choosing to take the grassed pathway at point 3, as this area can get muddy.



6

Widnes The Bongos

1. From the car park turn left through the gates then right at the T junction. Taking your 1st left path at the fork, continue along keeping to the right hand pathway until you exit onto Bishops Way.
2. Walk along the left hand side of Bishops Way until you arrive at a roundabout. Take your 2nd left turn onto Dykin Road.
3. At the end of Dykin Road turn left onto Barrow's Green Lane and carefully cross onto the right hand side, then take your next right into Sunnybank and walk along bearing right onto pathway.
4. At the gates take the left hand pathway and continue walking until you arrive at a small pond, bear left at the pond then take 1st right path to come back on yourself.
5. At the fork in the pathway bear left and continue walking taking your 1st right turn then immediate left to follow the pathway along until your reach the end of Weates Close.
6. Turn left onto Warrington Road and carefully cross over to your right at the roundabout, continue along Warrington Road bearing right onto Halton View Road to walk back to where you started.

- › Distance = Three miles / 7200 steps
- › This walk should take around 45-50 minutes
- › A-Z Street Atlas, Page 132, Grid reference C3

Please Note: This is one of the longer walks so make sure you have a drink of water with you and take care as some areas in Sunnybank can get muddy.