

Walking in Town Park, Runcorn

The area we know today as Town Park was conceived as part of the design and planning of Runcorn New Town development. The New Town was developed during the 1960's and was largely completed by the early 1970's. Before this the area had been largely agricultural farm land divided by areas of ancient woodland.

Today Town Park provides an informal and relaxing recreation area for local people to enjoy, incorporating; meadows, woodlands, parkland and a range of outdoor



recreational facilities as well as providing a diverse variety of flora and fauna, which together provide an oasis of greenery and landscape features between the surrounding estates.

Funding to produce this leaflet was secured for a Palacefields residents

group, who wanted to map-out routes to encourage local people to use Town Park for recreational walking, visiting the village shop, miniature railway, play areas and routes to other areas including Phoenix Park.

Although the starting point is Palacefields Avenue, the walk routes are accessible from all surrounding areas of Town Park including Norton, Halton Lea, Windmill Hill, Castlefields and Halton Village. Just rotate the map to follow from a different starting point including Phoenix Park. The walk routes within this leaflet can be walked individually or various routes can be added together to lengthen and vary the walk. Further routes to extend these walks around Phoenix Park and Halton Village are available on request.

Urbanwalks™

Urbanwalks the company have mapped, designed and produced this Town Parks walking leaflet for Halton Borough Council. For more information about our products, physical activity solutions and consultancy services, 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

All information was correct at time of production Nov 2010

WALKING IN WOODLAND TRUST WOODS

Woods are good for you! Runcorn has 20 Woodland Trust woods - great places to walk, relax, enjoy nature, learn and play with family and friends. Visit www.woodlandtrust.org.uk for details of our woods, and www.naturedetectives.org.uk for ideas of free fun outdoor activities for kids.



Join the Murdishaw Nature Detectives Club or the Friends of Runcorn Woods to help look after your local wood and make new friends. Come to a fun community event. Groups can use our woods too. **Contact us on wcp@woodlandtrust.org.uk or 01476 581111**

The Woodland Communities Project in Runcorn and Warrington is funded by the Big Lottery and Natural England



©Urbanwalks™ 2010. All rights reserved.



five
park
walks
in Town Park, Runcorn

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 and Physical Activity Development Officer, Community Development and a Palacefields residents group, Urbanwalks have produced this walking leaflet to promote walking routes in Town Park, Runcorn. 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.

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 your-self to become thirsty as this indicates that you are dehydrated. Drink little sips often, especially if you are sweating.

Walking technique

Poor posture can lead to injury. Many adults suffer from back or neck pain at some time in their life; these conditions are often associated with poor posture. During your walk the focus should be on your posture firstly and secondly having a natural leg and arm action.

Head – The head should be centred, in line with the spine. The chin should be parallel with the floor. Eyes should be looking forward.

Shoulders – Relax your neck and shoulder muscles. The shoulders need to be down and back and not rounded. Chest & upper spine – The chest should be lifted and spine upright not slumped forward.

Arms – The arm swing should be natural and comfortable, it is important that the arm swing should not cross the centre of the body.

Legs – The length of each stride should be comfortable. Stride length will vary amongst individuals and will depend on your leg length, hamstring tightness and hip rotation.

Foot placement – The heel should touch the ground first with each stride then the ball of the foot, then your toes in that order. Always walk in a straight line.

Get active!

In Britain today 68% of the population are inactive, with one in five 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 every time!

Use these routes to help you on your way to 10,000 steps a day.

Be healthy, stay safe and have fun.



1

Runcorn Halton Village

1. Starting at Palace Fields Avenue, Bus Stop 703. Follow the path ahead then at the fork bear left.
2. Turn left with the path again and continue walking keeping with the right hand pathway until you exit Town Park onto Main Street.
3. Turn left onto Main Street and continue walking to The Village Store.
4. Turn left onto Holt Lane then take your next left back into Town Park and follow the path ahead keeping to the left pathway.
5. At the end of path bear right and retrace your step back to where you started.

› Distance = One mile / 2400 steps

› This walk should take around 15-20 minutes

Please Note. If you wanted to extend this walk then at point 3 continue straight along Main Street to walk around the back of Halton Castle to arrive back at point 4 and then continue with point 4 and 5. This would add an extra 10 minutes to your walk. Call Paula Parle on 0151 906 1530 to request a map for walk route to Halton Castle.

2

Runcorn Stockham Lane

1. Starting at the T junction on Stockham Lane, continue along Stockham Lane and walk through a green gate.
2. Bear left after the green gate and after passing the Ski Slope and the Miniature Railway Station take your next left.
3. Continue walking passing the play area on your left then at the T junction turn left passing a wooden play area on your right.
4. Take your next left and walk up the path until you arrive at a T junction.
5. Turn right at the T junction and continue walking to retrace your steps back to where you started.

› Distance = One and a quarter miles / 3000 steps

› This walk should take around 20 minutes

Please Note. From bus stop 703 on Palacefields Avenue it is about a 2 minute walk to the start of this and the other routes. Refer to full map to view route from Palacefields Ave to Stockham Lane T junction.



3

Runcorn Town Park

1. Starting at the T junction on Stockham Lane, continue along Stockham Lane then take your next left along pathway to come out facing the wooden play area.
2. Turn left along path and continue walking towards Norton Lane.
3. Turn left onto Norton Lane and continue walking until you arrive at some wooden bollards on your right hand side.
4. Turn left at the bollards and follow the path through Town Park until you arrive back where you started.

› Distance = One and a quarter miles / 3000 steps

› This walk should take around 20 minutes

Please Note. From bus stop 703 on Palacefields Avenue it is about a 2 minute walk to the start of this and the other routes. Plus this route can be started at any point depending on where you live. Refer to full map to view route from Palacefields Ave to Stockham Lane T junction.



Please Note. This route can be started at any point so if you live nearer to point 3 for example, start at point three and continue to point 6 then turn left to walk back to point 3. This will be a slighter shorter route remember.

4

Runcorn Windmill Wood

1. Starting at Stockham Lane, walk straight ahead following the pathway through Town Park until you arrive at some wooden bollards.
2. Turn right at the wooden bollards and continue walking along Norton Lane to the other end.
3. Carefully cross Broadfields then bear left through a gate into Windmill Wood and keep with the left path at all times until you exit the woods into a field.
4. Follow the grassed path ahead and bear right to the tarmac path then turn left and follow the path down some wide steps and left again down a sloped path.
5. Bear left again then walk up the 1st set of wide steps and turn left along the path with a steep incline for a short time.
6. At the wooden post continue straight ahead back into Town Park and continue walking until you arrive back where you started.

- Distance = One and a half miles / 3600 steps
- This walk should take around 20-25 minutes

5

Runcorn Town Park to Phoenix Park

1. Follow the path straight ahead through Town Park then at the wooden bollards walk straight ahead into Bluebell Wood.
2. Keep to your right hand pathways at all times then bear right and walk down some steps.
3. Bear left down pathway under the subway and continue walking.
4. Turn right at the play park to arrive at Phoenix Park Visitors Centre.

- Distance = Half a mile / 1200 steps
- This walk should take around 10-12 minutes

Please Note. This walk can be done in both directions depending on where you live. You could also use this route to link into the other walks.

- To extend this walk around Phoenix Park or to request other walk routes in this area call Paula Parle on 0151 906 1530.
- Contact Events and Leisure service to request an Events Brochure detailing the many events operating in Halton's Parks.



GET OUT AND ABOUT IN TOWN PARK



All these walking routes are accessible from all the surrounding areas of Town Park including **Palacefields, Norton, Halton Lea, Windmill Hill, Castlefields** and **Halton Village**. Just rotate the map to follow from a different starting point including Phoenix Park. Further routes to extend these walks around Phoenix Park and Halton Village are available on request.