

“Walking is the nearest thing to the perfect exercise”



“Physical inactivity in England costs the nation £8.2 billion per annum”



“Being active greatly reduces your risk of heart disease”



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

On most of the routes in this leaflet you will find a wide selection of local amenities, sandwich shops and general convenience stores.

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

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**Runcorn & Widnes
Town Centres &
Other Areas**

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, Urbanwalks are supporting a new walking initiative. 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 leaflet's unique format promotes a variety of circular routes that encompass typical everyday journeys within the local area.

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 streets and distances in Runcorn & Widnes

Many of the walks given can be lengthened as walking ability improves. The following streets give you an idea of distances to increase the length of your walk.

These additional streets only take an extra 5-8 minutes to walk and are just as quick and much healthier than jumping in a taxi or on a bus.

1 HALTON LEA
Holt Lane roundabout to Halton Castle
(Holt Lane / Main Street / Castle Road)
Distance = Half a mile
This walk should take around 8 minutes

2 RUNCORN TOWN CENTRE
Church Street
Distance = Quarter of a mile
This walk should take around 5 minutes

3 WIDNES
Direct Link to Asda (Albert Road / Widnes Road)
Distance = Quarter of a mile
This walk should take around 5 minutes

4 Milton Road / Gerrard Street
Distance = Quarter of a mile
This walk should take around 5 minutes



Runcorn Town Hall

1. Starting at the front gates of the Town Hall turn left and walk along Heath Road towards the roundabout.
2. At the roundabout turn left onto Boston Avenue and walk along carefully crossing over to the right hand side.
3. Take your 2nd right turn into Birch Road and then 1st right into Cherry Tree Avenue.
4. At the end of Cherry Tree Avenue turn left onto Linkway and walk along to the end.
5. Turning left onto Grangeway take your 1st left onto Festival Way and walk along to the other end.
6. At the end of Festival Way cross over Boston Avenue using the sloped kerb, turn left and walk back along to where you started.

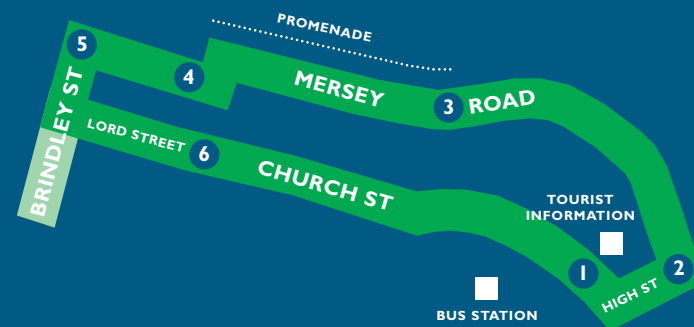
- Distance = One and a quarter miles/3000 steps
- This walk should take around 20 minutes
- A-Z Street Atlas, Page 166, Grid reference B1

2

Halton Lea Holt Lane

1. Starting at the roundabout joining Holt Lane, East Lane and Northway, walk along Holt Lane on the right hand side.
2. At the end of Holt Lane turn left onto Main Street and continue walking until you arrive at a large pub on your right hand side.
3. Carefully cross over Main Street and turn right into The Underway, walking along the left hand side (Please note: There are some areas of this quiet road with no pathway, take care)
4. Continue walking along The Underway into Castle Road until you arrive back at Main Street.
5. Turn left onto Main Street then take your 1st right onto Holt Lane, keeping to the left hand side and walk back to where you started.

- Distance = One mile / 2400 steps
- This walk should take around 15-20 minutes
- A-Z Street Atlas, Page 167, Grid reference F2



3

Runcorn Town Centre Church Street

1. Starting at the Tourist Information point on Church Street, walk along towards the traffic lights then turn left onto High Street.
2. Take your 1st left onto Mersey Road. Carefully cross over Mersey Road using sloped kerb and continue walking until you arrive at the promenade.
3. Walk along the promenade pathway passing under a small bridge until the path comes to an end.
4. Carefully cross over Mersey Road and turn right walking under the archway of Silver Jubilee Bridge.
5. Take your 1st left into Brindley Street and 1st left again into Lord Street.
6. Continue walking into Church Street until you are back where you started.

- Distance = One mile / 2400 steps
- This walk should take around 15-20 minutes
- A-Z Street Atlas, Page 152, Grid reference A4

5

Widnes Gerrard Street

1. Starting outside John Brigg's House turn right and walk along Gerrard Street into Milton Road until you arrive at a set of traffic lights.
2. At the traffic lights turn left onto Kingsway and walk along to the roundabout.
3. Turn left at the roundabout onto Victoria Road and then bear left onto Widnes Road passing the shops on your left and right.
4. Follow the pathway over the mini roundabout towards the superstore car park.
5. Continue along the path on the left hand side walking around the outside of the car park until you arrive back where you started.

- Distance = One mile / 2400 steps
- This walk should take around 15-20 minutes
- A-Z Street Atlas, Page 132, Grid reference B4

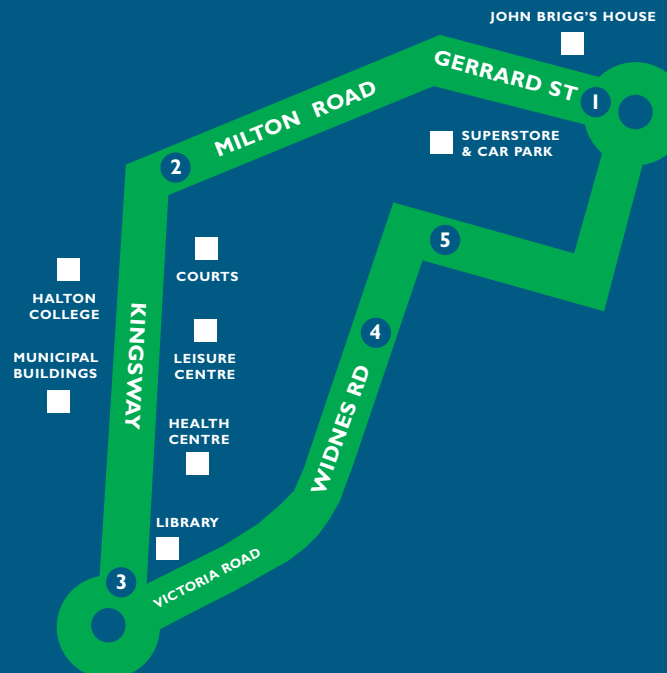


4

Widnes Town Centre Kingsway

1. Starting at the junction of Kingsway and Moor Lane, walk along Kingsway to your 1st set of traffic lights.
2. Turn left at the traffic lights onto Milton Road and walk along to your next set of traffic lights.
3. Turn left onto Lower House Lane and walk along to your 1st roundabout.
4. Carefully cross over Moor Lane and walk to your 2nd roundabout.
5. Turn left at the 2nd roundabout onto Moor Lane South and continue walking until you arrive back where you started.

- Distance = One mile / 2400 steps
- This walk should take around 15-20 minutes
- A-Z Street Atlas, Page 132, Grid reference A5



6

Widnes Bradley Way

1. Starting outside Direct Link on Bradley Way, turn left and walk along onto Deacon Road.
2. Continue walking until you arrive at a set of traffic lights where you will turn left onto Kingsway and walk to next set of traffic lights.
3. At the traffic lights turn left onto Milton Road and walk along to your 1st roundabout next to John Brigg's House.
4. Walk straight on towards your 2nd roundabout taking your 2nd left turn onto Green Oaks Way.
5. Walk along Green Oaks Way, being careful when crossing car park entrances.
6. Turn left at your 3rd roundabout and cross straight over your 4th roundabout onto Bradley Way until you arrive back where you started.

- Distance = One and a half miles / 3600 steps
- This walk should take around 20-25 minutes
- A-Z Street Atlas, Page 132, Grid reference B3