

WALKING TO WORK IN HALTON

This leaflet has been funded by Sports England's "£1 million challenge" lottery money. The walk routes in this leaflet assist Halton Borough Council staff to walk to work from local train stations. Walking to work is a great way to get active, improve health and avoid congested traffic.

Physical Activity Recommendations:

- Adults should accumulate at least 30 minutes of moderate intensity physical activity on 5 or more days per week.

Other opportunities for Borough Council staff to get active and improve health include, lunchtime walks, green-space walk maps, family walk events and weight-control seminars.

For further information on workplace physical activity opportunities call: **Paula Parle, Health and Physical Activity Development Officer** on ext 4190.

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 907 8300**

Neighbourhood Travel Team

For further information and assistance with planning routes (walk, cycle or public transport), to employment, training or education, call Freephone: **0800 195 3173**

Walking Your Way to Health Co-ordinator, Susan Bain

For further information on guided health walks in Halton call: **07990 804 799**

Cycling in Halton

Cycle maps of the borough and route information is available from www.halton.gov.uk/transport or call **0151 471 7304**

National Train Enquiry

For further information on national train times from Runcorn and Widnes call: **0845 748 4950**

Sport England

To find out where to 'get active' in your local area visit: www.activeplaces.com

Cheshire Police

For general advice on keeping you safe: www.cheshire.police.uk or call **0151 424 7431/01928 713456**

For further information

For further information about this leaflet and on physical activity opportunities, work based initiatives or lead health walks in Halton, call:

Paula Parle, Health & Physical Activity Development Officer on: **0151 907 8300 ext 4190**

“Walking is the nearest thing to the perfect exercise”



EVERYDAY
SPORT

Every body feels better for it.



Halton Strategic PARTNERSHIP



urban walking for a healthier life™



six
active
travel
walks™
in Widnes & 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 & Physical Activity Development Officer, Urbanwalks are supporting an Active Travel 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 walk to work from local train stations.

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.

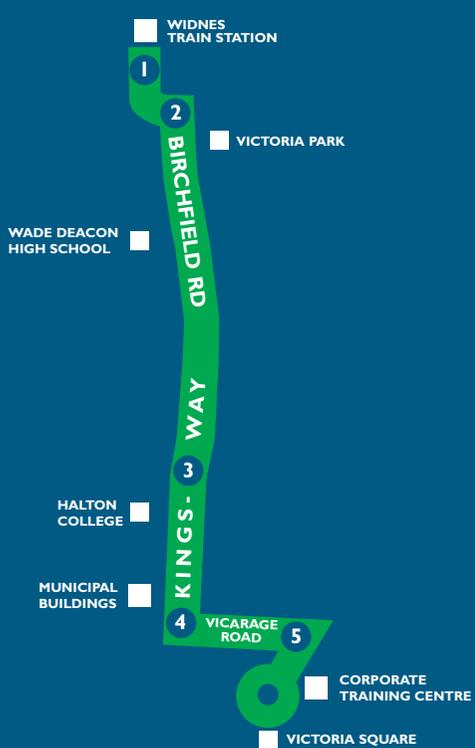
Remember; every step counts – make the 'active' choice every time!

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 Widnes & Runcorn

These additional routes only take an extra 8-25 minutes to walk and will help towards gaining your recommended 30 minutes of physical activity each day.

- 1 RUNCORN TOWN HALL TO GROSVENOR & RUTLAND HOUSE**
(Follow point 3-6 on Route 5)
Distance = One and a half miles / 3600 steps
This walk should take around 20-25 minutes
- 2 CATALYST HOUSE TO MUNICIPAL BUILDINGS**
(Sankey Street / Waterloo Road / Victoria Road / Kingsway)
Distance = Half a mile / 1200 steps
This walk should take around 8 minutes
- 3 MUNICIPAL BUILDINGS TO HALTON STADIUM**
(Kingsway / Milton Road / Lower House Lane)
Distance = Half a mile / 1200 steps
This walk should take around 8 minutes

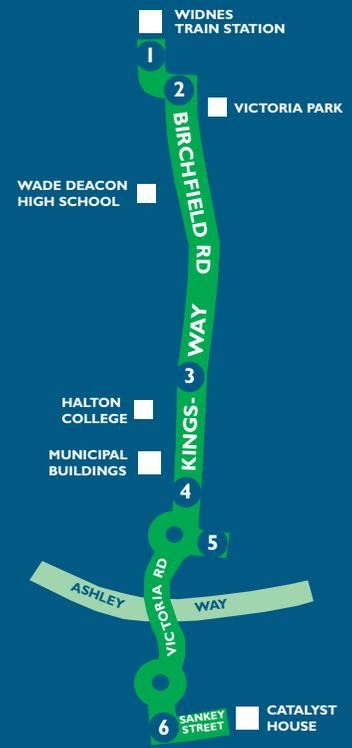


2

Widnes Lower House Lane Depot

1. From Widnes Train Station walk along Victoria Avenue to Birchfield Road.
2. Turn right onto Birchfield Road and continue along passing Wade Deacon High School on your right hand side.
3. Take your 2nd right turn after the school onto Highfield Road and continue along crossing over Liverpool Road onto Lower House Lane.
4. Continue walking along passing Halton Stadium on your left until you arrive at a roundabout.
5. Carefully cross straight over the roundabout arriving at Lower House Lane Depot on your right.

- › Distance = One and a quarter miles / 3000 steps
- › This walk should take around 20 minutes
- › A-Z Street Atlas, Page 132, Grid reference A1



3

Widnes Catalyst House

1. From Widnes Train Station walk along Victoria Avenue towards Birchfield Road.
2. Turn right onto Birchfield Road and continue walking straight along into Kingsway.
3. After passing Halton College and the Municipal Buildings on your right cross over Kingsway using the zebra crossing then walk along towards the roundabout.
4. At the roundabout bear left and walk along to pedestrian crossing to cross over Victoria Road and walk back towards the roundabout.
5. At the roundabout bear left and continue along Victoria Road carefully crossing over Ashley Way until you arrive at a mini roundabout.
6. Stay to the left and walk along Waterloo Road, then take your 4th left onto Sankey Street and follow pathway along until you arrive at Catalyst House on your right.

- › Distance = One and a half miles / 3600
- › This walks should take around 20-25 minutes
- › A-Z Street Atlas, Page 132, Grid reference A1

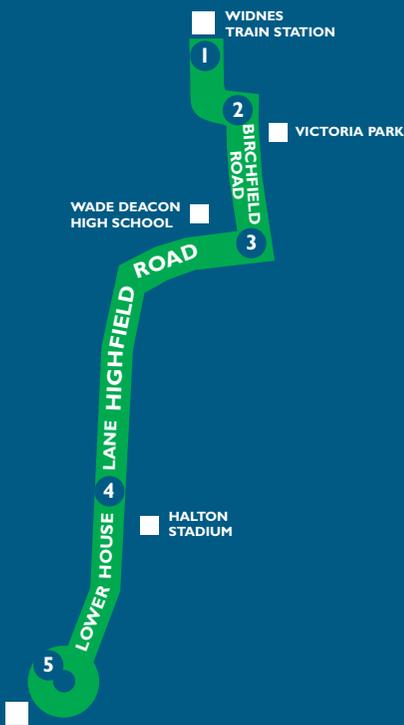
1

Widnes - Municipal Buildings & Corporate Training Centre

1. From Widnes Train Station walk along Victoria Avenue towards Birchfield Road.
2. Turn right onto Birchfield Road and continue walking straight along onto Kingsway.
3. Carefully cross straight over Milton Road passing Halton College on your right and then shortly after arriving at the Municipal Buildings.

- › Distance = One mile / 2400 steps
 - › This walk should take around 15-20 minutes
4. After the Municipal Buildings cross over Kingsway using the zebra crossing and continue straight ahead onto Vicarage Road.
 5. At the end of Vicarage Road turn right and cross over Widnes Road to arrive at the Corporate Training Centre at Victoria Square.

- › Distance = One and a quarter miles / 3000 steps
- › This walk should take around 20 minutes
- › A-Z Street Atlas, Page 132, Grid reference A1



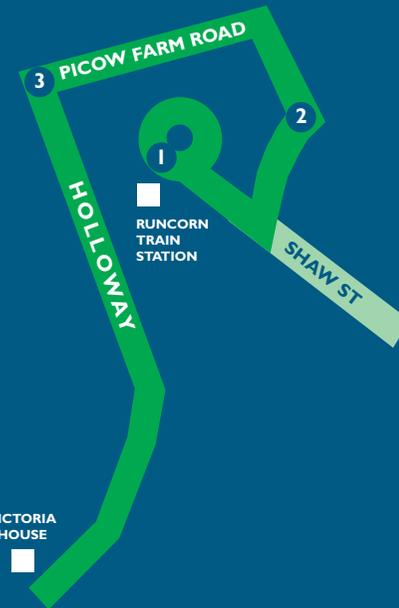
LOWER HOUSE LANE DEPOT

5

Runcorn Grosvenor & Rutland House

1. Follow text point 1-4 from Route 4 to the Town Hall.
2. Turn right onto Heath Road and using the traffic island cross straight over onto Spur Road.
3. Follow Spur Road along until you reach the end point, then cross over the Expressway using the foot-bridge and continue along passing Asda on your left.
4. Cross over another footbridge into multi storey car park and follow pathway along to end, then bear left into car park level D and walk through doors on your right into shopping centre.
5. Take your 1st left in the shopping centre onto Forest Walk and continue straight ahead following signs for the Library.
6. As you exit the North Entrance you will arrive at Rutland House on your right with the Library on your left and through the doors outside you will see Grosvenor House on your left.

- › Distance = Two and a half miles / 6000 steps
- › This walks should take around 40 minutes
- › A-Z Street Atlas, Page 151, Grid reference F5



4

Runcorn Town Hall

1. From the front entrance of Runcorn Train Station turn right and walk along Shaw Street to the top.
2. At the top of Shaw Street cross over Greenway Road using the traffic lights to your right onto Victoria Road.
3. Take your next right onto Langdale Road and carefully cross onto the left hand side.
4. Taking your 2nd left onto Ivy Street walk along taking care to cross onto right hand side.
5. Turn right onto Heath Road and using the traffic island cross over and walk into the entrance gate for the Town Hall and follow the path until you arrived at the main reception doors.

- › Distance = One mile / 2400 steps
- › This walks should take around 15-20 minutes
- › A-Z Street Atlas, Page 151, Grid reference F5



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Runcorn Victoria House

1. From the front entrance of Runcorn Train Station bear right and then left under the Expressway bridge.
2. Take 1st left and then turn left again onto Picow Farm Road.
3. Take your next left onto Holloway and walk along carefully crossing to the right hand side. Continue walking until you arrive at Victoria House on your right hand side.

- › Distance = Half a mile / 1200 steps
- › This walks should take around 8 minutes
- › A-Z Street Atlas, Page 151, Grid reference F5