

# Let's go for a walk

## Walks Calendar 2012



Monday January 23 to Saturday March 31

Park	Day	Time	Distance
Chadderton Hall Park	Monday	11am	Approx 1.5 miles
Daisy Nook	Monday	1.30pm	Approx 2 miles
Strinesdale/Waterhead	Tuesday	1.30pm	Approx 2 – 3 miles
Crompton Moor	Wednesday	1.30pm	Approx 2 miles (steep ascent and descent)
Alexandra Park via Glodwick Lows	Thursday	10am	Approx 3 miles
Leesbrook	Thursday	1.30pm	Approx 2 miles
Tandle Hill	Friday	1.30pm	Approx 2 miles
Chadderton Hall Park	Saturday	10am	Approx 5 miles
Dovestone	Saturday	1.30pm	Approx 3.5 miles

Join us for a great way to have fun and get active around Oldham's parks and countryside. Walk your way to a healthier lifestyle with 9 walks across the borough's fantastic parks and countryside locations. Simply choose which walk you want to do from the table above.

### Why walk:

- It makes you feel good
- Helps you to manage your weight
- Gives you more energy
- Reduces stress
- Keeps your heart strong

Let's go for a walk is a joint initiative between Pennine Care NHS Foundation Trust and Oldham Council and offers plenty of choice for all levels of fitness.

For more information contact Oldham Community Health Services  
T: 0161 621 7128 M: 07870857972. Log on to [www.visitoldham.com](http://www.visitoldham.com)  
for details of all the walks and downloadable maps.

