

GET ROCHDALE
WALKING
PROJECT BY ROCHDALE DAWAH CENTRE



GET ROCHDALE

WALKING

PACK



WALKING IS A SIMPLE, FREE, AND QUICK WAY TO GET MORE ACTIVE, LOSE WEIGHT, AND BECOME HEALTHIER.

Walking helps keeps our bodies and minds healthy.

You might think that a quick walk to the shops or around your local park might not do much, but according to the NHS a brisk 10-minute every day can do wonders for heart health, weight loss, and improving muscle strength.

It's also a great way to relieve stress and anxiety.

Regular walking can also count towards your recommended 150 minutes (around 2 hours) of exercise every week.

This pack covers some of the things you might need to help you get up and about more, including some local walking and hiking routes around Rochdale.

The information here is intended as a guide.

If you're recovering from illness or injury, or you need mobility assistance, speak to your GP or care professional first.



BENEFITS OF WALKING AND HIKING



As well as being a **great way to exercise**, without feeling like you're exercising, a good walk or hike can have many other benefits

- ✓ **Free!** – it's a free activity, and you don't need to join clubs or buy expensive equipment like other activities
- ✓ Improves the **heart and lung health**
- ✓ **Strengthens muscles** – from your feet, lower legs, hips and thighs, right to your lower back and neck posture
- ✓ **Mental health and wellbeing** – helps clear your mind, and get a new perspective on things you might be worried about
- ✓ **Improve your sleep** – a good workout can help you unwind
- ✓ **Digestion** – a steady walk can help you digest a big meal
- ✓ **Meet people** – great way to meet others, including friends and family you may not have seen in a while
- ✓ Good way to finally **listen to that podcast or audiobook** you've been trying to do for a long time!
- ✓ **Experience nature** – wildlife, trees and woods, and local gardens
- ✓ Make memories and **bond with friends and family**
- ✓ **Feel ready for work** – adding walking to your daily work commute can help you loosen up for your day ahead. If you work from home, try adding a morning commute to your daily routine

DID YOU KNOW

IT TAKES AROUND
1 HOUR AND 43 MINUTES
TO BURN OFF
A 540-CALORIE MCDONALD'S
BIG MAC





WHAT YOU MAY NEED

For many, walking is a very accessible and low-cost way of staying active.

If you're going on longer walks, you may need to take a few things with you.



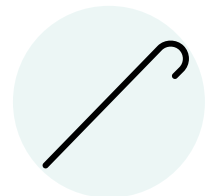
Comfortable,
appropriate
footwear



A coat, depending
on the weather



Water or
something to drink
for longer walks
and warmer days



Stick or walking
frame for longer
walks if you need
assistance



ONE STEP AT A TIME...

You don't need to plan a 3-day intrepid countryside tour to get the full benefits of walking or hiking.

Moderate, brisk physical activity (getting your heart rate up and breathing faster) in a 10-minute walk can help reduce the risk of many different illnesses and injuries.

Just remember is to take your time and do what feels comfortable to you.

If you stick with it, over time you might notice you can walk further and for longer.

DID YOU KNOW

IN AN AVERAGE LIFETIME,
A PERSON WILL WALK A DISTANCE
EQUAL TO THREE TIMES ROUND THE EARTH'S EQUATOR,
WHICH IS ABOUT 120,225 KM OR 74,700 MILES

MINDFULNESS

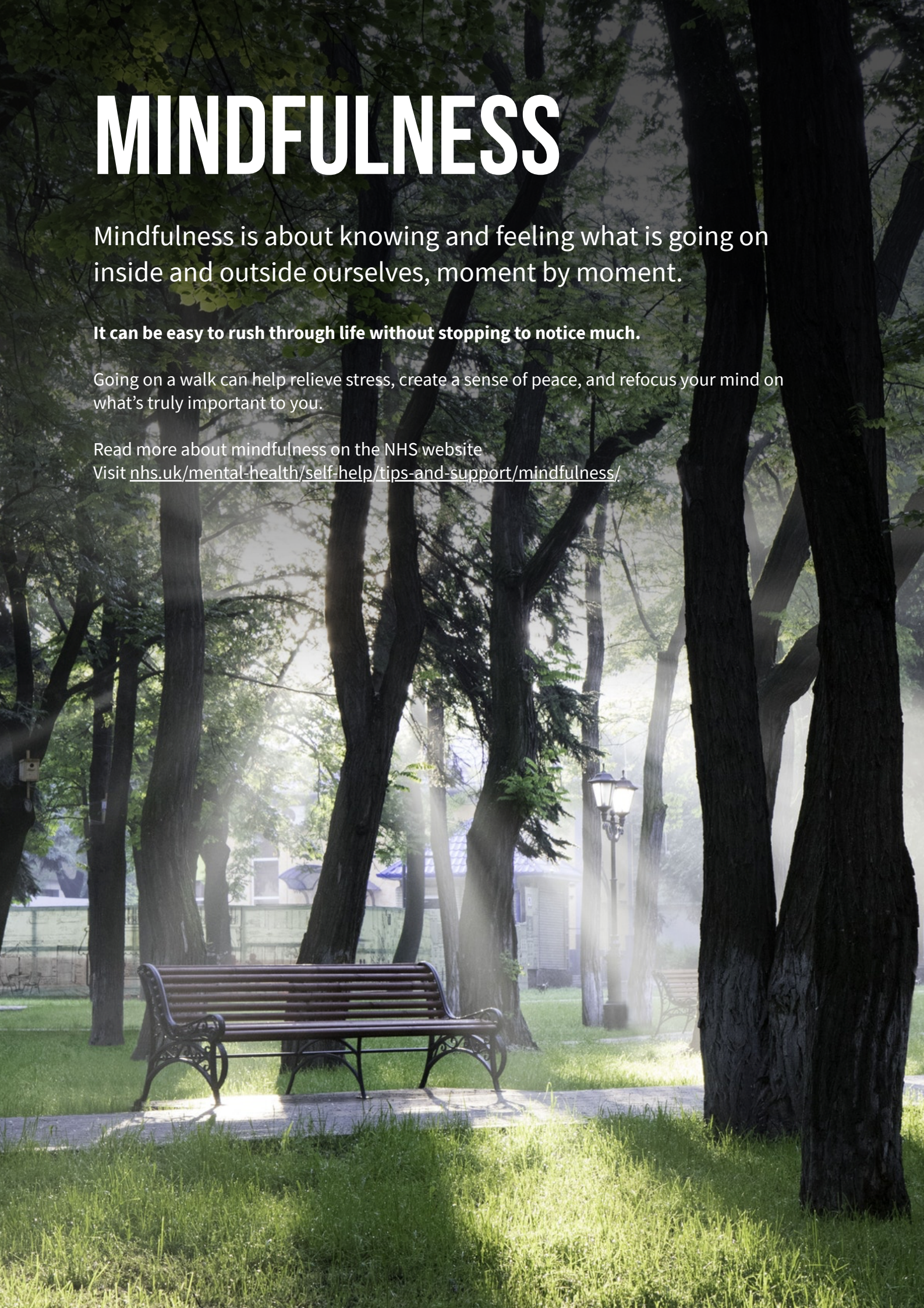
Mindfulness is about knowing and feeling what is going on inside and outside ourselves, moment by moment.

It can be easy to rush through life without stopping to notice much.

Going on a walk can help relieve stress, create a sense of peace, and refocus your mind on what's truly important to you.

Read more about mindfulness on the NHS website

Visit [nhs.uk/mental-health/self-help/tips-and-support/mindfulness/](https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/)





STEP UP TO THE CHALLENGE



If you're used to walking regularly and you're looking for a challenge, there are changes you can make to boost your fitness further.



TRY DIFFERENT TERRAIN

If you regularly walk on pavement or pathways, try the local park and walking routes. Remember to wear appropriate footwear and keep an eye on the weather!



80/20 SPLIT ON YOUR JOURNEY

If you use the car or public transport for the whole of your journey, try parking further away or get off at an earlier stop and walk part of the way – so you do 20% of your journey walking



SIGN UP TO A VIRTUAL CHALLENGE

There are charities and businesses that offer 'virtual events'; for example, you can walk the same length of the UK, by recording your daily steps and activities, to earn medals and certificates.



TAKE PART IN WALK AND RUN EVENTS

You can often find a list of events in your local paper, on social media, or even specialist walk and run websites

Visit findarace.com



STEP UP TO THE CHALLENGE



NHS COUCH TO 5K

A free running programme designed for absolute beginners new to walking and running 5km. It has helped over 4 million people across the UK, and can be completed in as little as 9 weeks – or longer, to suit your pace.

Visit nhs.uk/better-health/get-active/



MAKE IT FUN, WITH GEOCACHING

Geocaching involves using your smartphone (or other device) outdoor to find hidden containers across the UK and the world.

When you've found them, record your findings, and upload them to the community websites.

Visit geocaching.com/play

DID YOU KNOW

ALONG WITH A BALANCED DIET, WALKING CAN HELP
DECREASE THE RISK OF HEART ATTACKS AND
DEVELOPING TYPE 2 DIABETES



LOCAL WALKING DETAILS



You can walk anywhere, but here are suggestions for routes if you want to see new places, build up your walking strength, and even meet new people.

Remember to go at your own pace, and take a break if you need to

We've split them into 3 categories for you - 1 (Easy), 2 (Moderate), 3 (Challenging).

The difficulty level is a guide only and will depend on how active you are.

You can find more online:

200+ Things to do in Rochdale: cutt.ly/ThingsToDoRochdale

Greater Manchester Walking: gmwalking.co.uk/



LEVEL 1 — EASY



For less confident walkers, families with young children, or if you're looking for a short stroll.

Routes are generally well-maintained, level surfaces. Up to 2 miles/3 km.



ROCHDALE TOWN CENTRE — BLUE PLAQUE TRAIL

Start: Rochdale Town Hall OL16 1AB

Distance: 0.9 - 1.4 miles long

Route map: gmwalking.co.uk/walking-routes/rochdale-town-centre-blue-plaque-trail/

Blue plaques commemorate famous people, places and historic events.

From the Old Duke of Wellington Hotel to the gothic marvel of the Town Hall, you can now use the map to discover the rich history and influential people behind the pride of Rochdale.

You can choose your own route between the blue plaques, or find the guide map on the GM Walking website



HEYWOOD CO-OPERATIVE SOCIETY HERITAGE TRAIL

Start: Hind Hill Street, Rochdale, OL10 1JZ

Distance: 0.9 - 1.4 miles long

Route map: gmwalking.co.uk/walking-routes/heywood-industrial-co-operative-society-heritage-trail/

The history of the society can be traced on this trail despite the changing face of the town centre over the years.

You can choose your own route, or find the guide map on the GM Walking website which shows you the 9 different points.



ROCHDALE TOWN CENTRE – PARKS & GARDENS WALK

Start: Rochdale, OL16 1AB

Distance: 0.89 - 1.4 miles long

Route map: gmwalking.co.uk/walking-routes/rochdale-town-centre-parks-gardens-walk/

Walks through Rochdale's many Parks and Gardens show you the town's rich historic and cultural heritage.

This 40 min walk takes you to the finest Parks and Gardens of Rochdale town centre, and will make you discover their history and the best views.



GRACIE FIELDS PURPLE PLAQUE TRAIL

Start: Rochdale Town Hall, OL16 1AB

Distance: 1.4 miles long

Route map: gmwalking.co.uk/walking-routes/gracie-fields-purple-plaque-trail/

The Gracie Fields Purple Plaque Trail trail marks places of significance in the life of the late Rochdale-born singer, actress and comedian, Dame Gracie Fields.



LEVEL 2 — MODERATE



For people who are generally quite fit.

Includes some steep paths, open country or longer distances (up to 10 miles/16 km).

Walking boots and weather appropriate clothing essential.



LITTLEBOROUGH CO-OPERATIVE SOCIETY HERITAGE TRAIL

Start: OL15 8AY

Distance: 1.9 to 5.8 miles long (depends on your route)

Route map: gmwalking.co.uk/walking-routes/littleborough-co-operative-society-heritage-trail/

This is one of a series of Heritage Trails jointly produced by yourtrust (formerly Link4Life), the Rochdale borough-wide cultural trust, and the Co-operative Heritage Trust.

This organisation's mission is to preserve the heritage assets of the co-operative movement in the UK, which began in the Rochdale area in 1844.

DID YOU KNOW

WALKING 1 MILE BRISKLY FOR 15 MINUTES
WILL BURN APPROXIMATELY THE SAME NUMBER OF CALORIES
AS JOGGING THE SAME DISTANCE IN 9 MINUTES



LEVEL 3 — CHALLENGING ★★ ★

For experienced, fit walkers.

May involve hills, rough country or longer distances (10 miles/16 km or above).

Walking boots and weather appropriate clothing essential.



TURF MOOR & BLACK HILL FROM ASHWORTH RESERVOIR

Start: OL11 5UN

Distance: 10.5 miles long

Route map: gmwalking.co.uk/walking-routes/turf-moor-black-hill-from-ashworth-reservoir/

This walk takes you up the Cheesden Moors, scaling Turf Moor initially and ending with the ascent to the trig point on Knowl Hill. Starting at the Ashworth reservoir opposite the famously haunted 'Owd Betts' public house, this is a great way to explore the wind farm at Scout Moor whilst enjoying the solitude away from the nearby conurbations.



CHEESDEN BROOK FROM POOLEY BRIDGE, HEYWOOD

Start: OL10 4AG

Distance: 7.4 miles long

Route map: gmwalking.co.uk/walking-routes/cheesden-brook-from-pooley-bridge-heywood/

This walk explores the Cheesden Valley, once a hub of Victorian industry. Today tumbled walls, peaceful ponds and evocative remains recall this lively past, secreted in wooded gorges amidst colourful moors high above Heywood.



TRACK YOUR TREKS

Wearable step counters, devices, and apps for your smartphones makes it easier than ever to track your steps and journeys.

There are many free versions online, so you don't need to spend loads on fancy equipment.

Free step counters on your smartphone

Check your device's apps and settings. Many devices now come with built-in health apps which include step and calorie counters.

You can also check your device's app store for free counter apps.



NHS

NHS Active 10 app can help you record the number of steps you take on walking and running activities. You can set goals, and read the tips to improve your top scores

Visit nhs.uk/better-health/get-active/



GOOGLE MAPS

If you enter your journey on Google Maps, you can get a pretty good estimate of how far you walk between two or more locations



Other apps you might like

You can connect with other communities in your area, and right across the UK online



GO JAUNTLY

Visit gojauntly.com/about-us

A free community-based walking app, Find local walks created by the people who know and love them, discover the greenest walking routes



STRAVA

Visit strava.com

Strava's mobile app and website connect millions of runners and cyclists through the sports they love.



KOMOOT

Visit komoot.com

Komoot makes it easy to explore more of the great outdoors—wherever and however you want.



LOCAL WALKING COMMUNITIES



GREATER MANCHESTER WALKING

A hub of information to help you walk, stroll, amble, mooch and connect with others across Greater Manchester. You can find a few example routes in this guide.

Visit gmwalking.co.uk



PARK RUN

A free, weekly event which takes place every Saturday right across the UK. It's a 5km course, typically around a local park or grounds estate, that you can jog or walk. They regularly have volunteers to help with directions and safety.

If you register on their website, you can print your own personal barcode to track your entries each week.

Visit parkrun.org.uk



yourtrust

YOURTRUST (FORMERLY LINK4LIFE)

Our mission is to make it as easy and appealing as possible for more residents to get active, be creative and feel healthier. You can find details about activities and communities in your area, including sports and hobby groups, and activities for children

Visit yourtrustrochdale.co.uk

Other communities you might like

You can connect with other communities in your area, and right across the UK online



WB

WALKING BRITAIN

Visit walkingbritain.co.uk

Over 2,200 walks and 23,000 pages of free walking information. Easy circular walks to challenging mountain hikes. All routes are free to download.



ramblers
at the heart of walking

THE RAMBLERS

Visit ramblers.org.uk

An association of people and groups who come together to both enjoy walking and other outdoor pursuits, and ensure routes are protected.



walking
for health

WALKING FOR HEALTH

Visit walkingforhealth.org.uk

Our walks are short and over easy terrain, and are open to everyone but are especially aimed at those who are least active.



walkingworld
com

WALKINGWORLD

Visit walkingworld.com

Find over 8000 routes, contributed by more than 400 walk authors.