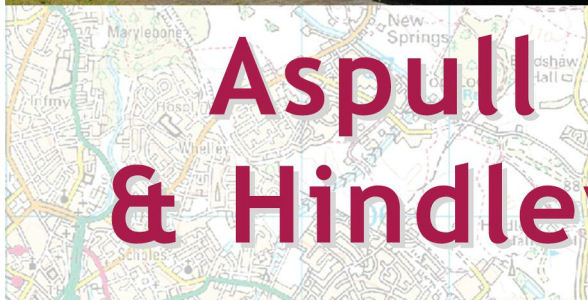


Health Walks Series No2



Aspull & Hindley



Walk yourself healthy!

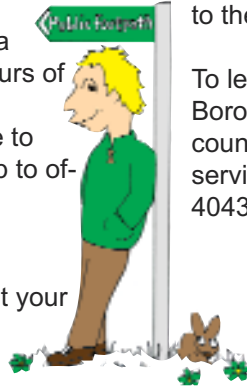
Walk yourself healthy!

Walking is recognised as a great way to improve your physical health and mental wellbeing. This leaflet is one of a series of suggested short walks that can be undertaken by most people without much difficulty, and will reward you with views of our attractive countryside and many interesting local landmarks.

The council's public rights of way officers recommend these walks as a way to improve confidence and reduce the risk of ailments and illnesses such as heart disease, high blood pressure and stress. If you are in any doubt about whether you can complete these walks, please don't attempt it. There may also be hidden dangers caused by weather conditions or even malicious damage to stiles or bridges. Walkers take part at their own risk.

Where possible, we have offered straightforward routes which should take a person of average mobility a couple of hours of continuous walking. We have suggested short cuts and you are of course welcome to extend your route – but remember to keep to official, marked rights of way at all times.

As you walk around our countryside, we would be delighted to hear from you about your experiences enjoying one of the borough's greatest assets.



Wigan Council has direct responsibility for the borough's 477km of public rights of way. 92% of the network allows access on foot with the remainder being bridleways, allowing access on horse, foot and bicycle.

On most borough routes, you can take a pram, pushchair or wheelchair, but expect to encounter stiles on footpaths. Dogs should be kept under close control, preferably on a lead.

Should you encounter an illegal obstruction, you may make a small deviation from the path, but only if you are certain that your route is safe and available. If in doubt, please try to find an alternative right of way and report the obstruction to the council.

To learn more about access and rights of way in Wigan Borough, or to report a concern, you can go to the council's website www.wigan.gov.uk and click the A-Z of services. You may also contact us by phone on 01942 404309 or by email at rightsofway@wigan.gov.uk



This information can be made available in the following languages upon request:

Arabic هذا الكتيب بالإمكان توفيره في اللغة العربية

Cantonese 本小册子提供廣東話譯本

Farsi این کتابچه میتواند به زبان فارسی در دسترس قرار گیرد.

French Disponible en français sur demande

Gujarati આ પુસ્તિકા ગુજરાતીમાં મળી રહે તેવી વ્યવસ્થા કરી શકાય

Urdu اس کتابچہ کو اردو میں فراہم کیا جاسکتا ہے۔

Department of Environmental Services
Civic Buildings
New Market Street
Wigan
WN1 1RP

Issued: September 2006

You can request a tape version
by phoning (01942) 404309.

Wigan Health Walks

Borsdane Wood

Distance: 2.2 Miles / 3.6 km

Allow: 1.5 Hours



1

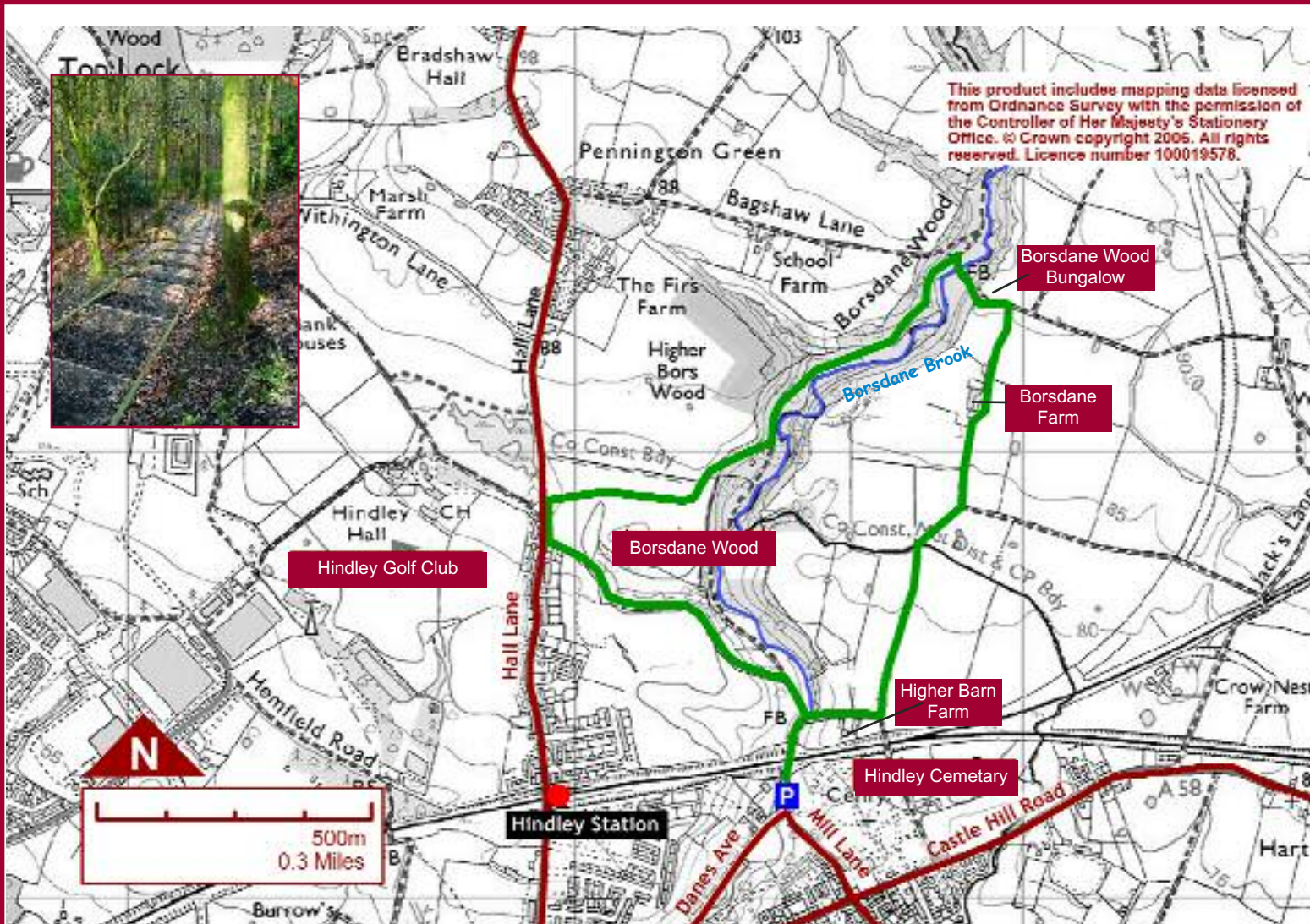


Enter **Borsdane Wood** by walking through the tunnel under the railway line at the end of **Mill Lane**.

After leaving the tunnel, and before the footpath crosses Borsdane Brook, turn right and cross the stile that leads uphill.



Limited car parking is available at the entrance to **Borsdane Wood** at the end of **Mill Lane**.





2

Take the steps uphill to another stile and continue though **Higher Barn Farm**.

After passing through the farm, the footpath meets another at a t-junction. Turn left and head north down the farm track across open fields for 500m. You now cross the boundary into Bolton, and shortly come to meet the main farm track that joins from the right.

Continue for another 500m, past **Borsdane Farm** on your left. Here you can admire the views of Winter Hill and Rivington in front of you.

When you reach another t-junction turn left.

After 75m you will pass **Borsdane Wood Bungalow** on your right. Continue past the bungalow then go through a stile. This takes you down a series of steps back into Borsdane Wood.

Cross **Borsdane Brook** at the bridge to meet the main footpath which goes north to south through the wood. Turn left here. As you do, you will see two benches on your right and a plaque commemorating the life of Joseph Dickinson, Clerk to the Borsdane Wood

Committee. This is an excellent spot to break out the flask and butties and listen to the abundant birdsong that is usually present. Borsdane Wood is home to many bird species including Jay, Goldcrest, Nuthatch and Great Spotted Woodpecker.

Follow this path for 800m, and then take the right fork uphill where you will leave the wood on its western edge.

Follow the footpath across the field to meet **Hall Lane** across from the entrance to **Hindley Golf Club**.

Turn left and follow Hall Lane for 100m. Then turn left at the Public Footpath sign down the side of some houses.

Follow this path for 650m as it descends back into the wood down a series of wide steps to rejoin the main Borsdane Wood path at a metal stile at the bottom.

Turn right here and follow the main footpath back under the railway to the start point on Mill Lane.



Did you know?

Borsdane Wood is a good example of one of our ancient woodlands and is Wigan Borough's only Local Nature Reserve. This means the wildlife, flowers and trees are all protected so that people can enjoy them all year, every year. Please respect the local environment and follow the country code, which can be found on the Natural England website at www.naturalengland.org.uk

Countryside Wardens offer guided walks around places like Borsdane Wood.

Through events and education programmes, wardens help people learn about, appreciate and respect the countryside.

For details ring (01942) 832895 or email countryside@wlct.org

