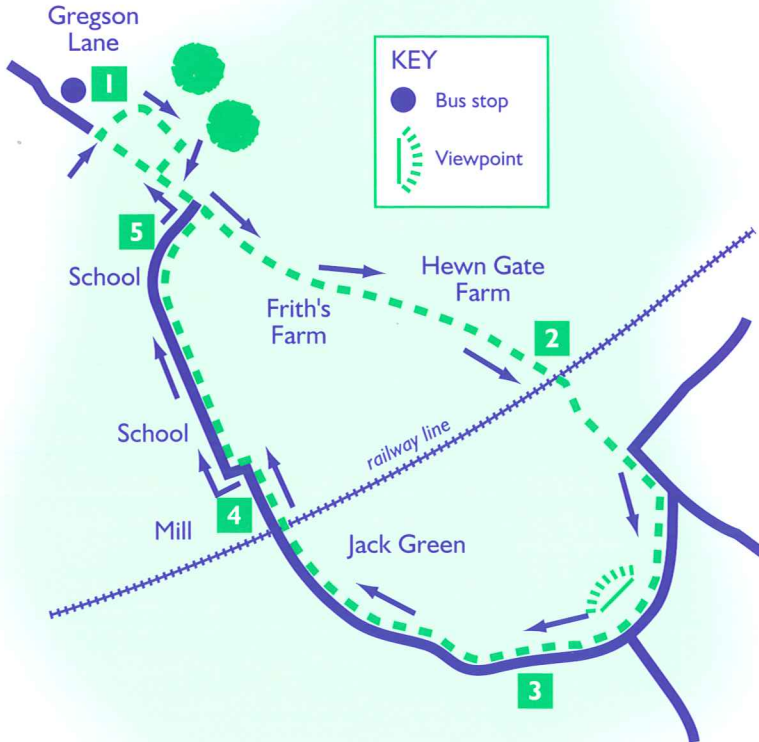


## Health walk from Gregson Lane

1.2 miles



Scale 1:25000

OS Explorer ( 286 and 287) Series

Please wear appropriate clothing and footwear; keep to the paths and close gates. Please keep dogs under control and clean up after them. Do not leave any litter.

Every effort has been made to ensure accuracy in preparing the walks - the council cannot accept any liability and people using the routes do so at their own risk.

### About the Walk:

This is a fairly flat walk with some slight inclines mainly on tarmac footpath and roadway with short section of stone chip path and track.

2 Crossings of railway line, TAKE CARE TO LOOK OUT FOR TRAINS!

No stiles, 2 pedestrian gates (over train line).

1.2 miles (2kms) should take 40 minutes approximately.

Bus stop located at Post Office, Gregson Lane.

- 1** From the Community Centre car park off Gregson Lane, proceed on tarmac footpath alongside playground, then turn right at small road with cottages opposite. On your left after a few metres is the historic Arrowsmith House, a building of great importance to the local Catholic population. When small road meets main road at this point turn left and proceed on footpath, past Black Horse Public House on your right and continue into Brindle (please note: the footpath disappears here so care must be taken when walking along side roadway. Always try to face oncoming traffic).
- 2** Pass farm on your left then proceed over railway crossing and continue on Hill House Lane. Ignore turning at Gowan's Lane on left and follow roadway up a slight gradient, then bear right onto Oram Road at junction with large house. Magnificent views over Preston and the Ribble Valley can be seen on your right from here.
- 3** Continue on this small road with farm on right then proceed on tarmac road ignoring track going off to left. Pass houses on left and descend on track to cross railway line at metal gates ahead (BE AWARE OF FAST MOVING TRAINS WHEN CROSSING HERE).
- 4** After crossing railway line, continue ahead on small single track. Follow track and bear to left between end of houses and mill. At road turn right and proceed with line of cottages on your right and two small schools on your left.
- 5** Following road around to right then turn left at road junction, and proceed on till you meet turning next to the Post Office and parkland to find the car park behind the shops.