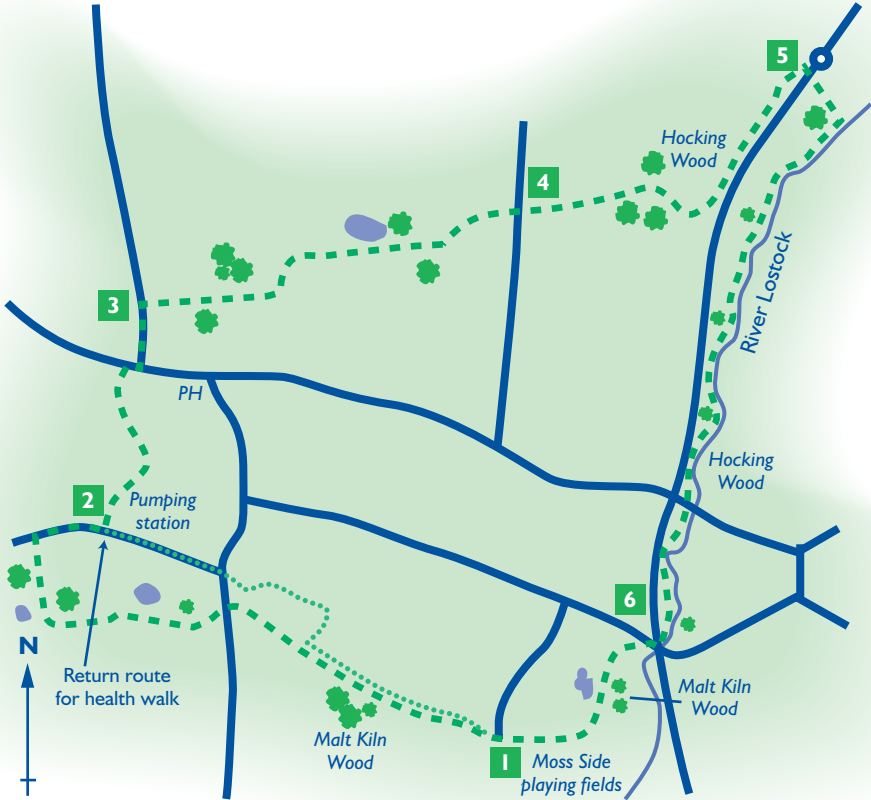


WOODLAND RAMBLE IN LEYLAND AND 2 MILE HEALTH WALK

4.5 miles / 7km



Scale 1:25000
OS Explorer 286

Walking is an excellent way of increasing a person's physical activity levels and making a contribution to health and well being.

Because the walks are on or around the park, it is important that you take extreme care when crossing roads etc.

WOODLAND RAMBLE IN LEYLAND AND 2 MILE HEALTH WALK

4.5 miles / 7km

Park at Moss Side Playing Fields, off Moss Side Way.

For Health Walk follow paragraph one

1 Leave car park through main gate, and turn left along Moss Side Way. After 200yds turn left through kissing gate into Malt Kiln Wood and follow path for $\frac{1}{2}$ mile, walking past newly planted woodland to your left. At end of path pass through kissing gate, cross road and enter woodland on opposite side. Follow path through wood which will take you past a small pond on your left, and eventually bring you out onto a rough road. Turn right along this road which continues onto a better surface after a short distance.

(For Return of Health Walk:- Continue along to the end of the road, turn left and head for main road. At road cross over and pass through gap in metal railings onto footpath. Follow path as it crosses a road and onto a t-junction of paths. Turn right and continue along path until it reaches a cul-de-sac turn left and follow path between house no. 76 and 78. This leads you on another cul-de-sac and path passes between house no. 57 and 58. The path reaches a fork in around 100 yards but follow grassed open space to the right between two shelterbelts of trees. After 200 yards you will meet gravelled path from earlier in walk. Turn left and head back to car park).

2 After $\frac{1}{4}$ mile turn left through kissing gate next to pumping station, and proceed along path until it forks next to a small planted area. Take right hand fork and follow until path meets another path from the left. Turn right and then immediately left and follow pathway through open area, veering left. Cross road and take path on left hand side of no. 14 and walk down until it reaches a cul-de-sac. Follow road around to main road and turn right and then left onto Longmeanygate. Walk up road past The Laund, and then pass through kissing gate on the right just before allotments.

3 Follow main tarmac path through park, until it forks follow left hand path over bridge and continue over second bridge and proceed left up hill and past pond on your left. Follow path down hill to the left, pass through another kissing gate, cross over road and through gate on opposite side of road. As path forks take left hand path and follow through woodland with industrial estate to your left.

4 This will take you through another kissing gate and out on to a rough road. Turn left down road and follow path through hedge opposite house. Follow path to right, behind industrial units, through gate, and out onto Hocking Wood. Turn left at junction of paths and walk along side more newly planted woodland until path reaches by-pass. At by-pass cross over road and climb over stile next to two metal field gates, on corner of roundabout.

5 Follow grass track through Hocking Wood field, crossing over cross-roads of paths and towards shelterbelt of trees in front of you. The path takes you between the trees and onto a gravel path running parallel to the River Lostock. Turn right along the river and follow the path for $\frac{1}{2}$ mile passing through a kissing gate next to a small footbridge. At first main road, just past the games area, cross and continue ahead following river, at end of path cross by-pass into Slater Lane.

6 After 100yds down this road turn left down a path at end of a high hedge. Follow path for 50yds and then enter Malt Kiln Wood through gate. This path will take you past a couple of fishing ponds ignoring path on right and back to car park past newly planted woodland.