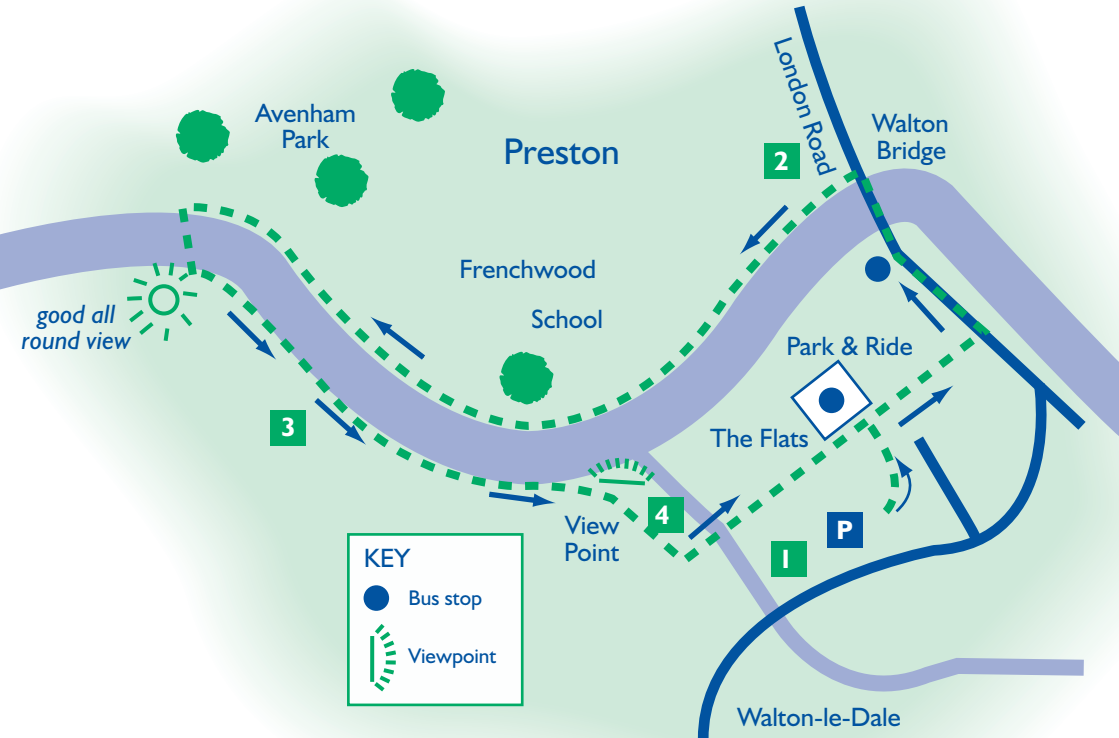


## Health walk from Walton-le-Dale

2.0 miles



Scale 1:25000

OS Explorer (286) 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 flat walk mainly on tarmac paths with short section on compacted stone chip path that could get puddled at times.

No stiles, 4 pedestrian gates.

2.0 miles (3.2kms) should take 60 minutes approximately.

Bus stop located at London Road / Victoria Road / Capitol Centre Park and Ride.

**1** From car park area at Capitol Centre, proceed down main access road, Capitol Way between large stores to Winery Lane at rear of Capitol Centre Complex and near to Park and Ride.

On Winery Lane turn right and follow straight road to meet main road at end, then turn left onto London Road / Victoria Road and proceed on footpath over river on road bridge.

**2** At far side of bridge, turn left onto Ashworth Grove and proceed on footpath following river (this area was the site of the famous battle of Preston in 1648). Continue to follow river past open playing fields on right and then enter Avenham Park with footbridge in view ahead. Continue on pathway then bear left over footbridge (this is in fact the 19th century tram bridge linking Walton-le-Dale with Preston) to cross river.

At far side of footbridge look for pathway on right leading down to river, follow this then bear right to go under footbridge and continue on this river pathway.

**3** Proceed on tarmac pathway and pass through a kissing gate and continue with Capitol Centre now in view ahead (the path now moves away from the River Ribble) proceed through a metal pedestrian gate then turn left, then go through 2 wooden gates to cross a very old bridge over the River Darwen (this river meets the River Ribble 200m away).

**4** You are now on Winery Lane again. Follow this till you meet crossroads then turn right on to Capitol Way and proceed back to car park between large stores.