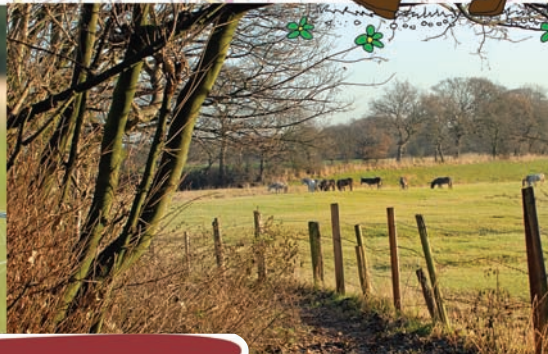


Health Walks Series No5



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.



Wigan Council has direct responsibility for the borough's 477km of public rights of way. 92 per cent of the network allows access on foot with the remainder being bridleways, which can be used by horseriders, walkers and cyclists.

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.

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 them. 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.

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.

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 –

You may also contact us by phone on 01942 404377 or by email at rightsofway@wigan.gov.uk

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.



We can make this information available in other formats and languages on request.



www.wigan.gov.uk

Wigan Health Walks

Bamfurlong from Three Sisters

Distance: 3.5m / 5.6km
Allow: 2 Hours



1

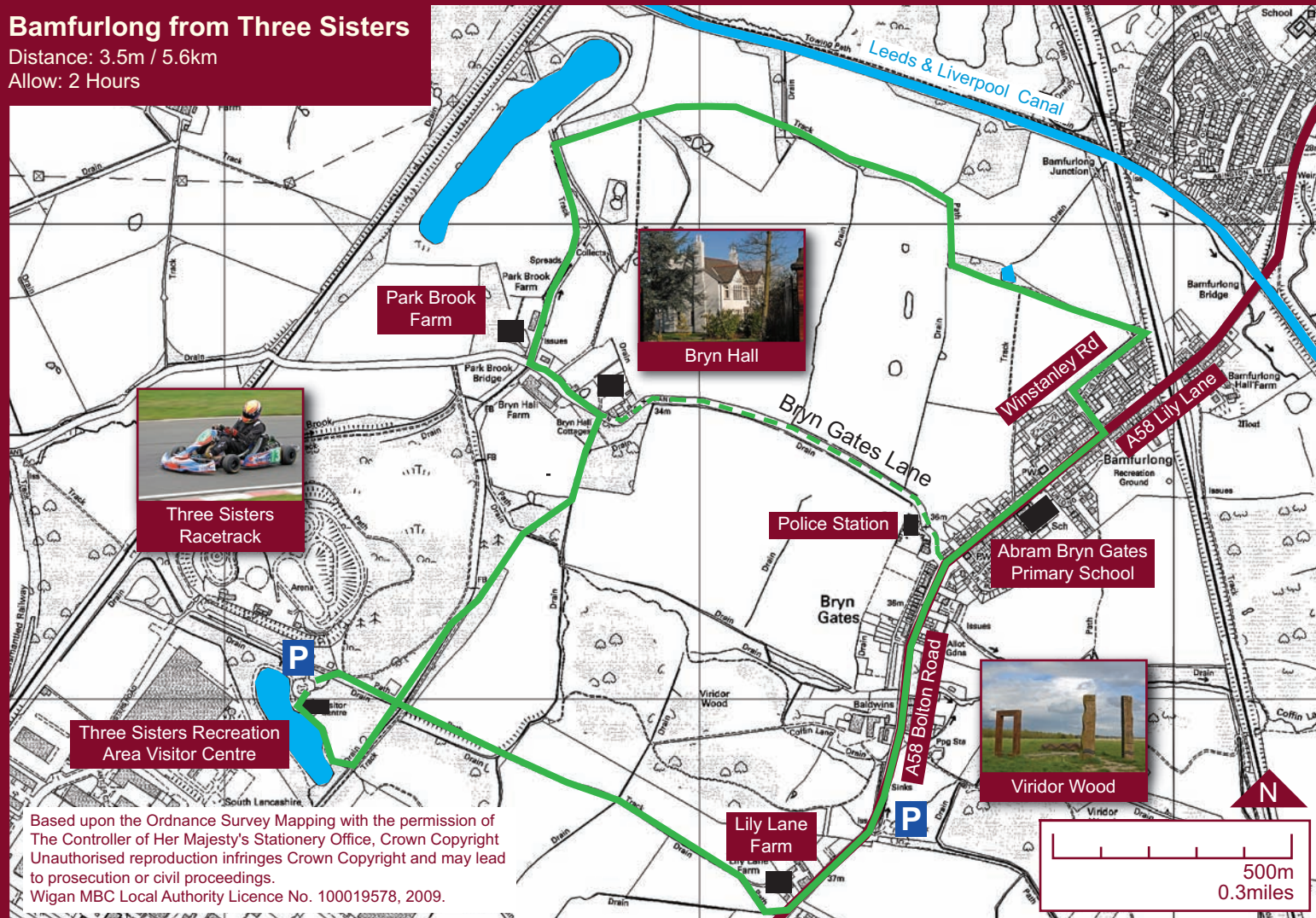
This walk starts from the car park at Three Sisters Recreation Area, Bryn. An alternative starting point is the car park at Viridor Wood on Lily Lane.

At **Three Sisters Car Park**, walk down to the Visitors Centre at the edge of the lake. Turn left and follow the footpath along the water's edge then through the woods until you reach a T-junction with another footpath.



Bamfurlong from Three Sisters

Distance: 3.5m / 5.6km
Allow: 2 Hours





2

At the footpath junction turn left. Walk straight ahead, taking note of the sign for the Wildlife Pond signposted on the left, and further down the footpath, the chance to explore Viridor Wood. Carry on straight ahead for 920m until you arrive at Bryn Hall Cottages and **Bryn Hall**.

Turn left at Bryn Hall Cottages and follow the track for a further 192m. You should be able to see Bryn Hall on your right. Take a moment to admire this historic building. Once the home of Lord Gerard, Charles II stayed

here on his way to defeat at the Battle of Worcester in 1651. Follow the track across the bridge and turn right towards **Park Brook Farm**.

Go through the gate/stile at the right hand side of the farm buildings and follow the farm track for 360m until you arrive at the **boating lake**. Turn right over a stile into the field and follow the track and then a field edge path for 1460m, passing a pond on your left, eventually leading onto **Winstanley Road**.

Follow Winstanley Road and turn right onto **Lily Lane**. Follow the straight road for 435m until you arrive at the bend and junction with **Bryn Gates Lane**. At this point you can take a short cut back to Three Sisters following the road past **Bamfurlong Police Station** on your left. If not continue along Lily Lane for 330m, passing the **Bryn Hall Public House** on your left. Continue to the bus stop where the pavement ends.

Cross **Bolton Road** and follow the pavement for 440m to

cross Bolton Road again at **Lily Lane Farm**. Just past the farm you will see a public footpath sign. Follow this footpath for 920m passing through several fields and stiles where you will eventually return back to Three Sisters.

Once back at Three Sisters follow the path straight ahead, past the Bird Feeding Station area. This will also lead you back to the car park.

Did you know?

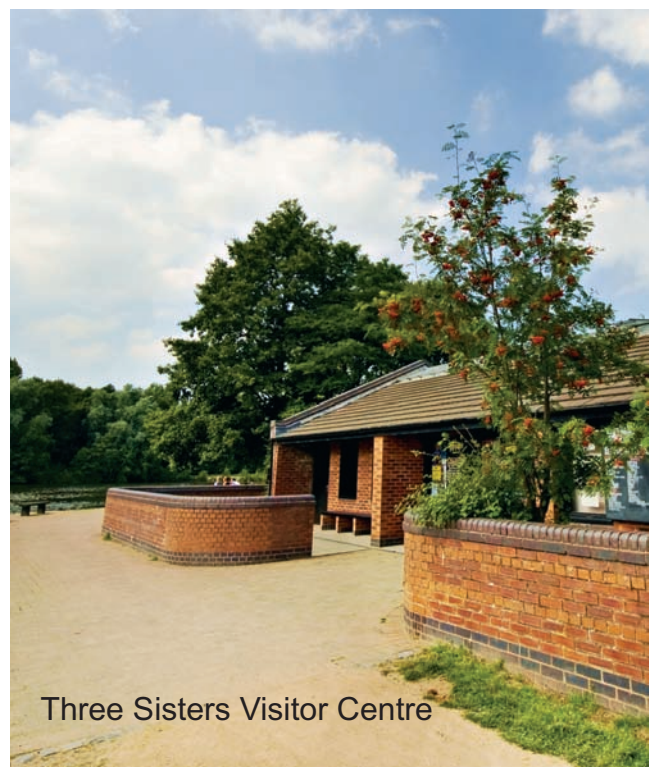
The site of Three Sisters Recreation Area was previously the Garswood Hall Colliery which closed in 1958. The legacy of the colliery included three huge slag heaps, known locally as the "Three Sisters".

In the late 60s the Greater Manchester and Lancashire Joint Reclamation Team began developing the area for recreation, levelling the spoil heaps and planting thousands of trees, with the intention of providing facilities for a wide range of leisure pursuits.

Useful contacts

Friends of Three Sisters
www.friendsof3sisters.org.uk

Ranger Service
 01942 720453



Three Sisters Visitor Centre