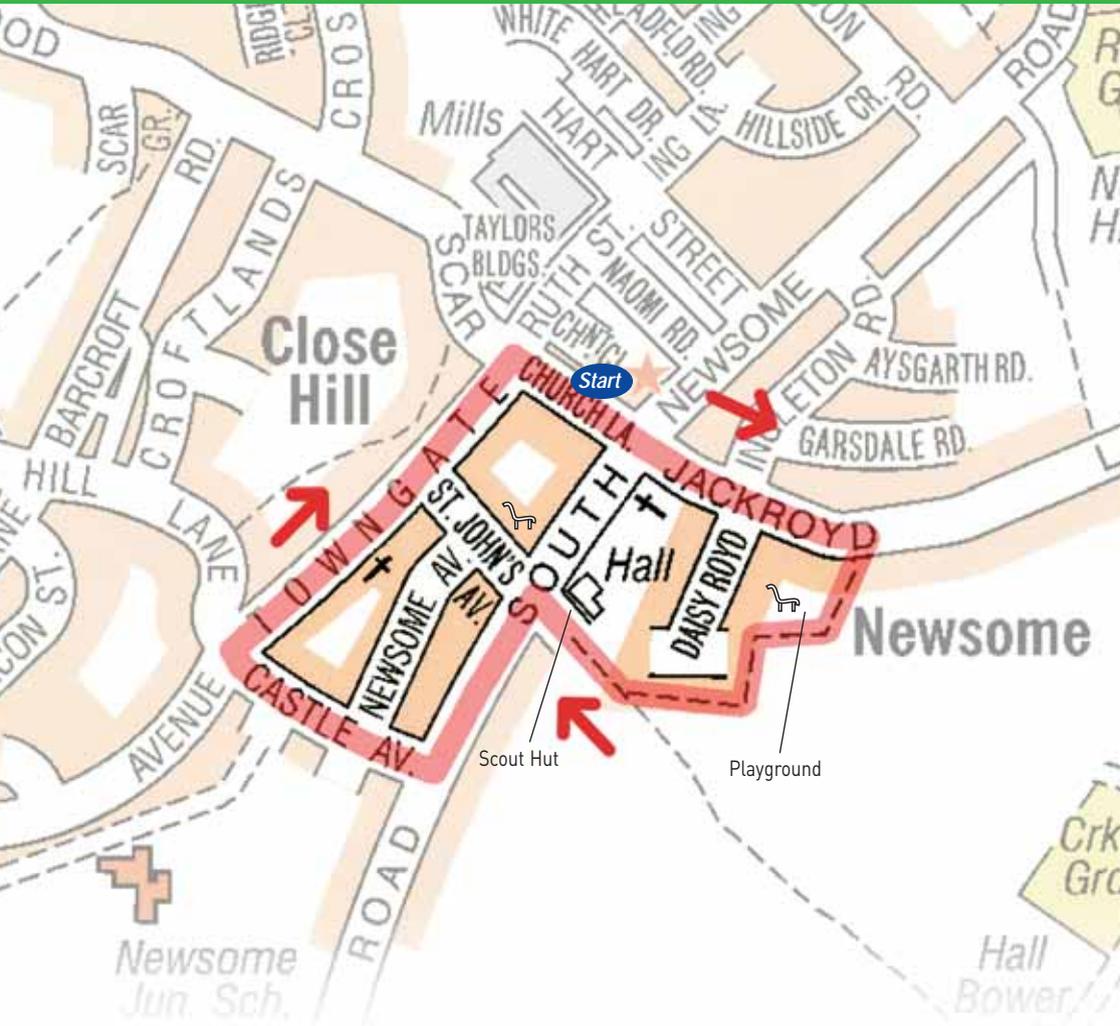


Newsome Pathways to Health

Walk 1: Newsome Village

25 mins approx

Path type: B3



 Seating

Walk 1: Newsome Village

Duration: 25 mins approx.

Start Point: Newsome Health Centre, Church Lane.

From the Health Centre walk towards the church, cross Newsome Road at the traffic lights and continue uphill along Jackroyd Lane. Pass the turning for Daisy Royd on the right and look for a footpath sign on the same side of the road approximately 75 metres further on.

Pass through the metal barriers and follow the path as it snakes past a playground and a large grassy mound that is a covered reservoir. Alongside the reservoir, where the footpath meets a wider track turn right and follow the track downhill passing some houses and then the Newsome Scout building on the right.

Upon emerging onto Newsome Road South turn left, and head downhill. Take the first road on the right, signposted "Newsome Junior & High School". Walk along this road (Castle Avenue), passing the entrance to Newsome Junior and High Schools before turning right at a crossroads. Proceed straight along this road (Towngate) for approximately 400 metres until reaching a T-junction with the Health Centre opposite.

Path type: refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface Quality - B: Quite Smooth: Short even grass, compact stones, earth or similar

Gradient - 3: Fairly Steep: Up to 1:12

For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.

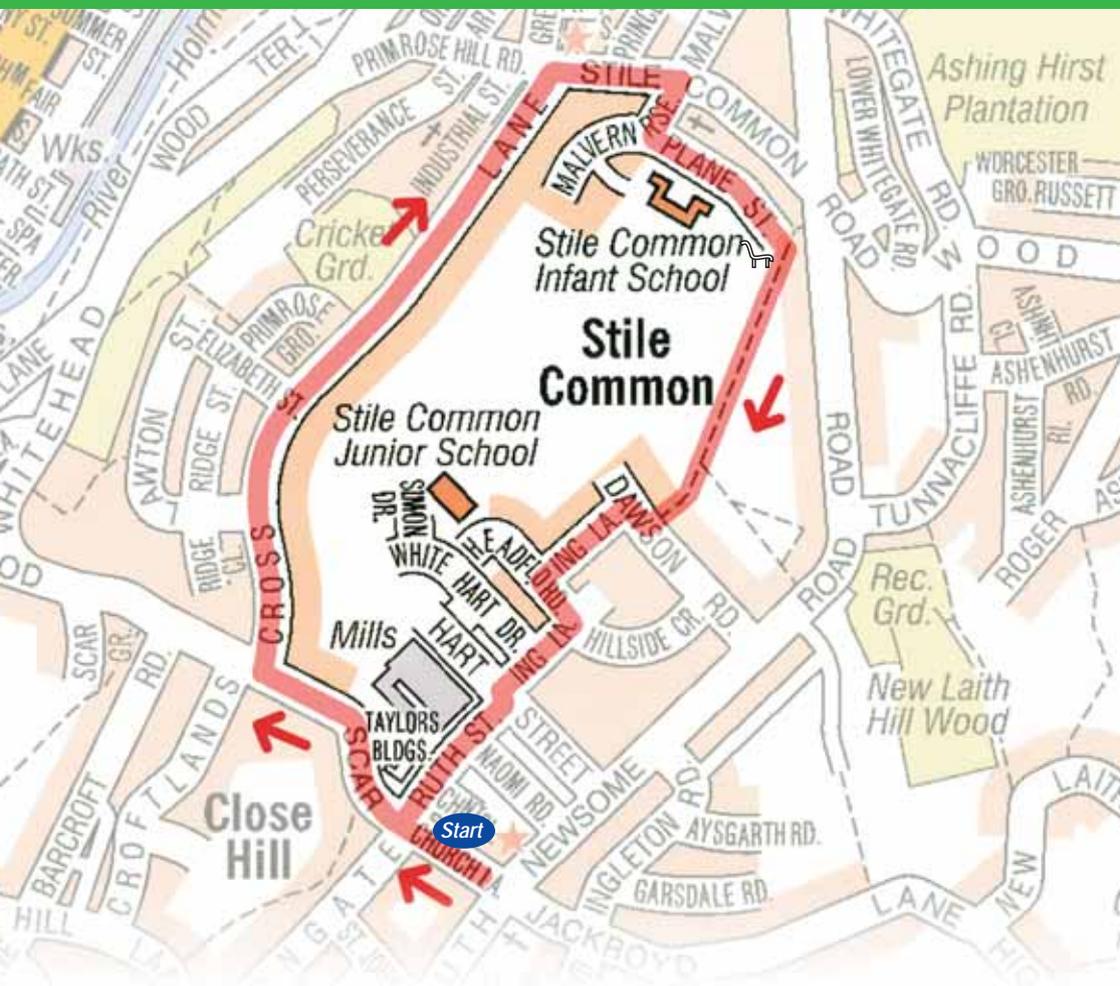


Newsome Pathways to Health

Walk 2: Across Stile Common

40 mins approx

Path type: A3



 Seating

Walk 2: Across Stile Common

Duration: 40 mins approx.

Start point: Newsome Health Centre, Church Lane.

From the Health Centre head along Church Lane in the direction of Lockwood Scar, following the road as it heads steeply downhill. Take Cross Lane which is the first turning on the right. Continue gradually downhill for approximately 800 metres until a T-junction is reached opposite a convenience store.

From this point, turn right, and then take the next right onto Plane Street just before a church. Turn left and pass Stile Common Junior School before joining a footpath at the end of the street. Proceed downhill on this path by a small park with benches. At the junction of paths follow the sign to Newsome Village, walking uphill on a path between metal railings and a wooden fence. Continue along this path passing through 2 metal gates, one at either end of Stile Common.

Eventually this path emerges between two houses onto Dawson Road. From this point head straight across Dawson Road and onto Ing Lane. Follow Ing Lane past "Castle Grange" and around an S-bend until it meets Ruth Street at an offset crossroads behind an old mill. Proceed along Ruth Street back to the Health Centre situated on the corner of Ruth Street and Church Lane.

Path type: refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface Quality - A: Smooth: Tarmac, paving or similar

Gradient - 3: Fairly Steep: Up to 1:12

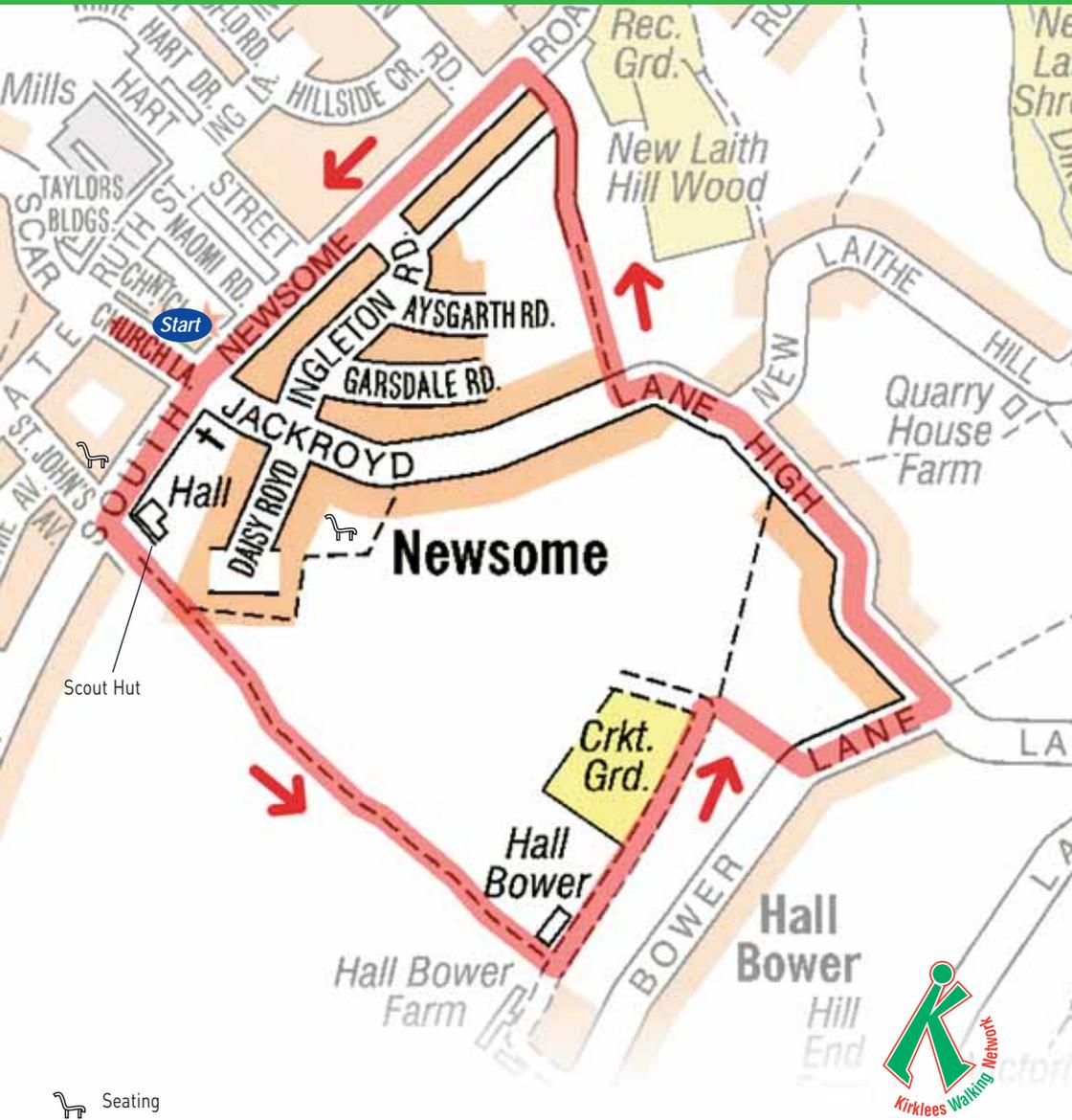
For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.

Newsome Pathways to Health

Walk 3: Newsome to Hall Bower and back

45 mins approx

Path type: C3



Walk 3: Newsome to Hall Bower and back

Duration: 45 mins approx.

Start point: Newsome Health Centre, Church Lane.

From the Health Centre walk towards the church and turn right at the traffic lights onto Newsome Road South. Walk for approximately 100 metres, before turning left onto a track at a public footpath sign for Hall Bower and Castle Hill. Follow this track for approximately 75 metres, before taking the smaller footpath which branches off to the right, passes through a metal gate and heads uphill. Continue along this footpath until it emerges from between two cottages onto a small lane at Hall Bower.

Turn left and continue as the lane becomes a footpath and passes Hall Bower cricket ground. At the entrance to the cricket club turn right and follow the track to Hall Bower Lane. Once on Hall Bower Lane turn left and then left again onto High Lane at the next junction by the "Roundhouse".

Walk downhill on High Lane and approximately 75 metres after passing the Victoria pub take the signed footpath on the right hand side of the road next to a white painted stone house. After passing stone a metal pole this path continues downhill and through a metal barrier eventually reaching Newsome Road.

From this point turn left and head uphill. Upon reaching the traffic lights turn right onto Church Lane and return to the Health Centre.

Path type: refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface Quality - C: Uneven: Less compact stones, occasional ruts and stones

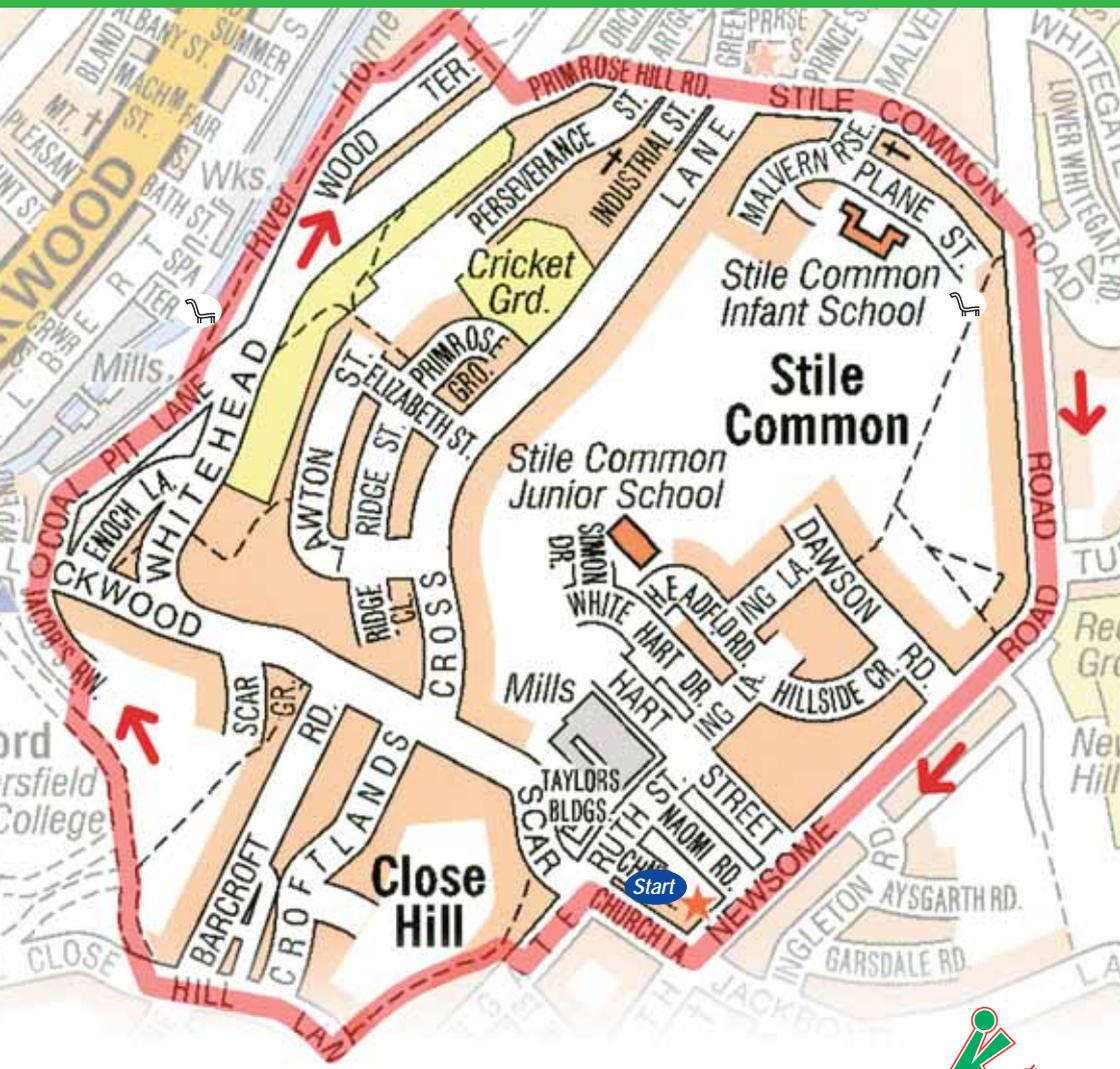
Gradient - 3: Fairly Steep: Up to 1:12

For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.

Newsome Pathways to Health

Walk 4: Salford Village Green and the Riverside Way

60 mins approx. Path type: C5



Walk 4: Salford Village Green and the Riverside Way

Duration: 60 mins approx.

Start point: Newsome Health Centre, Church Lane.

Starting at the Health Centre cross Church Lane onto Towngate. After approximately 75 metres look for a footpath sign to Bluebell Hill on the right side of the road. Take this path as it descends steeply and passes through a metal barrier to emerge onto Cross Hill Lane.

Turn right and continue downhill, after passing a telephone box on the right take a broad footpath heading downhill past two metal posts. Continue straight ahead at a junction of paths marked with a lamppost. Towards the bottom of the hill, at T-junction of paths turn right and then right again. Pass some large rocks at Salford Village Green to emerge onto the road at the bottom of Lockwood Scar.

Cross Lockwood Scar and follow a wooden sign post marked "Riverside Way". Pass alongside a large stone building and the River Holme, until the path emerges on Queens Mill Road. Take the signed footpath to Primrose Hill, heading uphill along a narrow tarmac path. The path steepens and becomes cobbled before meeting Wood Terrace. Continue steeply uphill on cobbles, cross a road and bear to the left on Whitehead Lane.

Walk along the length of this road, passing a convenience store and church, until meeting Newsome Road at a mini-roundabout. From here turn right and prepare for a pull uphill as the road ascends to Newsome village. At the traffic lights turn right to return to the Health Centre.

Path type: refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface Quality - C: Uneven: Less compact stones, occasional ruts and stones. Gradient - 5: Very Steep: Over 1:8

For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.