Health and safety tips for walkers

• Walkers are advised to wear suitable clothing and footwear, sturdy shoes, sunscreen, in sunny weather, waterproofs and layers in cold weather
• Keep to paths, leave gates as you find them
• Carry a mobile phone with you or advise someone where you are walking
• Dog walkers keep their dogs on a lead
• Please take your litter home & keep the countryside tidy
• Obey and follow signs provided for your safety
• If walking in evening or dark periods, reflective or light clothing is advised to help make you more visible
• On roads where there is no pavement, it is advised to walk on the right hand side so on-coming traffic can see you.

Use the following website for further walks: www.visitrossendale.co.uk
Whitworth North

Route Description

(1) Starting at the main entrance to Whitworth Leisure Centre, turn left onto John Street. Follow the road along passed the small bungalows until the road joins Tong Lane. Turn right up the road to the cross roads and turn left. Follow the road to the first turning on the right up Hillside Way. Follow the road, but keep left as the road bends right, but in the corner to the left is a small footpath which leads down over a bridge and then onto a flagged path leading up past the high school. Keep on this path as it goes through a gate and out onto an access track.

(2) Turn left down the slope and up the track to emerge onto hall Fold near the Primary School. Turn left down the road out onto Hall Street. Turn right and follow the road to where the lodge lies to your left. Cross over the road and a small track leads down between the lodge and the houses, turn right and follow the track round onto East Gate. A few yards along, turn left down a footpath over the bridge to the start of Spodden Valley. Turn left once over the bridge and down the track through the gate, continuing along Masseycroft back onto Hall Street.

(3) Cross over the road and ahead is Cowm Park Way. Continue along the road back to the crossroads near the Cock & Magpie Pub. Turn right down Tong Lane and take the first left back onto John Lane and take the first left back onto John Street taking this road back to the leisure centre and end of the walk.