










OLDHAM TOWN CENTRE HEALTH WALKS MAP

KEY

- 1 Civic Centre
- 2 Henshaw House
- 3 Bus Station
- 4 Sports Centre
- 5 Marjorie Lees Centre
- 6 Rock Street Centre
- 7 Link Centre
- 8 Gallery Oldham
- 9 Library
- 10 Lindley House
- 11 Cannon Street Health Centre
- 12 Ashwood House
- 13 Ellen House
- 14 Southlink
- 15 Oldham College
- 16 Sixth Form College
- 17 Phoenix House
- 18 The Beeches
- 19 Media Place (Positive Steps)
- 20 West End House

Route Information for Town Centre Health Walks Map

-  Route 1 - Full Walk, Town Centre Perimeter
Total = 46.5 minutes 5,598 steps
-  Route 2 Civic Centre Circular, Option 1
Total = 5 minutes 1,177 steps
-  Route 3 Civic Centre Circular, Option 2
Total = 10.5 minutes 1,535 steps
-  Route 4 West End House Circular
Total = 12.5 minutes 1,925 steps
-  Route 5 OCL Circular Option 1
Total = 5 minutes 808 steps
-  Route 6 OCL Circular Option 2
Total = 13 minutes 1,545 steps
-  Route 7 Link Centre Circular Option 1
Total = 22 minutes 2,865 steps
-  Route 8 Link Centre Circular Option 2
Total = 23.5 minutes 3,011 steps
-  Route 9 Southlink to Ellen House (via Mumps subway, up Yorkshire St and High St, through Civic Centre Car Park, across Rochdale Road, over Chadderton Way, left into West End St and then right to footbridge over the bypass, left around the edge of Tesco and cross over to Ellen St)
Total = 45 minutes 6,500 steps



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Calories Burnt when walking (based on weight of 9 stone 4lbs/130lbs)
 N.B. the figures below are based on a person weighing 9 stone 4 pounds/130 pounds/58.96 kilos, if you weigh more you will burn more calories and if you weigh less you will burn less calories, info below is a guideline only.
 1 hour 207 calories or Cadburys Crunchie
 ½ hour 103.5 calories or Kit Kat (2 finger)
 ¼ hour 51.75 calories or ½ packet Quavers



Map created by Alison Broadbent - Oldham Council, Alan Keane (Oldham Community Leisure) in partnership with Oldham Community Health Service, and drawn by Richard Warren - Unity Partnership