

# 3 2 1 Get Into Walking

If you're not ready for one of our 3-2-1 Walks, but want to try walking, we have a few tips to help get you started.

**Health Benefits:** Walking is free and an easy way to get active and become healthier. A 10-minute daily walk has lots of health benefits and counts towards the 150 minutes of weekly exercise that the NHS recommends. However, if you have any health concerns an appointment with your GP is always a good idea before beginning a new exercise routine.

**Count Your Steps:** Set yourself goals to help keep motivated. Many mobile devices automatically count the steps you take. Giving yourself daily, weekly or monthly targets will help you monitor and maintain progress. Very roughly, a mile or 20 minutes of walking equates to 2,000 steps.

**Apps Can Help:** There are many walking apps which can help you log your walks, track progress and even help you find places and routes to walk.

**Progression:** Start with short, flat walks. Gradually build up distance and time as you get fitter. Add hillier terrain when you feel like you want an extra challenge. Everyone is different, so you should set your own goals.

## Start Walking At The OSCA Foundation

### OSCA Foundation Playing Fields

Build up your walking with laps of the playing fields (0.75km or approximately 1300 steps). The soft grass is a great surface to walk on. A lap around the outside of the pitch with a white perimeter fence is 400m.



### Cousin Lane

Turn left out of the OSCA Foundation entrance and head along Cousin Lane. It's flat, with dropped kerbs which make it suitable for wheelchairs and pushchairs. The walk to Morrisons and back is 2km (c. 2600 steps). To Sandown Road and back is 1km.



# 3 2 1 Walks



## Beechwood Park

From The OSCA Foundation, Ovenden



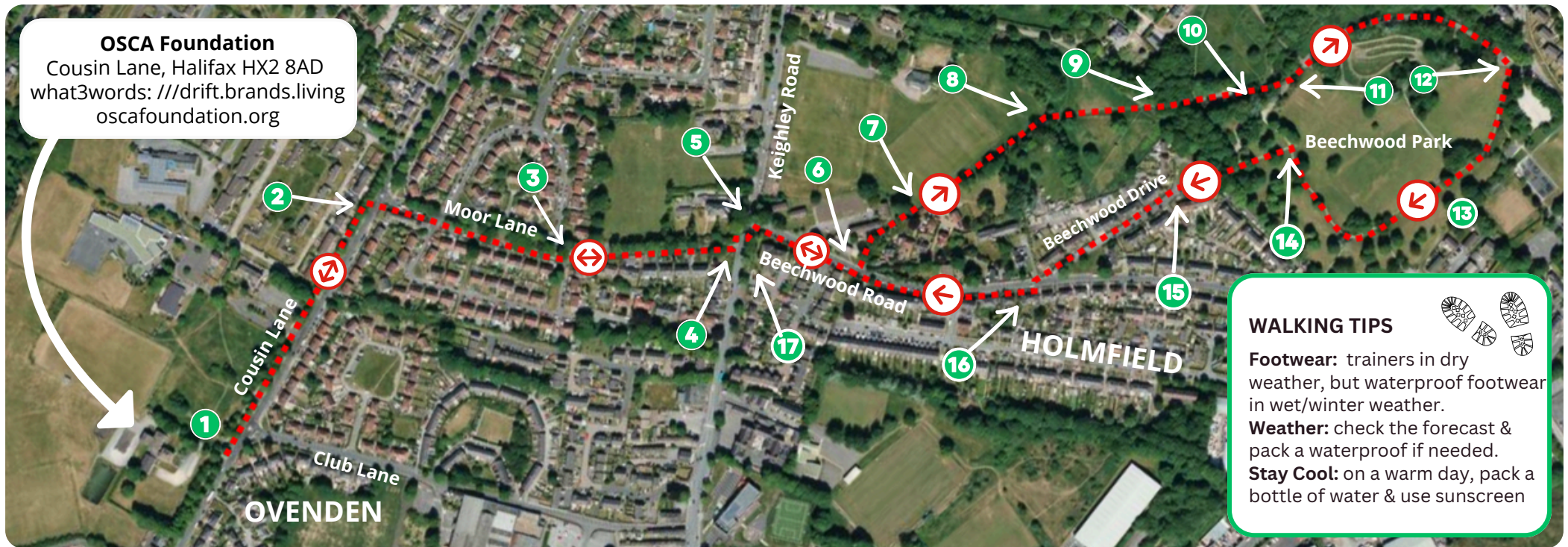
## 2.2 mile/3.5km walk

An easy walk taking you from the OSCA Foundation (free car park) to Beechwood Park, via a quite route on largely paved surfaces with gentle inclines on the return leg. The park is well-kept, with a mix of woodland, open spaces and a network of paths to explore.

- Easy to read maps
- Simple route instructions
- A fun out-and-back walk to Beechwood Park



- For more information on these walks, including video guides, please scan the QR code.
- For more 3-2-1 Walks visit [calderdaleforum50plus.com](http://calderdaleforum50plus.com)
- Find more reasons to be active at [active.calderdale.gov.uk](http://active.calderdale.gov.uk)



**OSCA Foundation**  
 Cousin Lane, Halifax HX2 8AD  
 what3words: ///drift.brands.living  
 oscafoundation.org

**WALKING TIPS**

**Footwear:** trainers in dry weather, but waterproof footwear in wet/winter weather.

**Weather:** check the forecast & pack a waterproof if needed.

**Stay Cool:** on a warm day, pack a bottle of water & use sunscreen

# 3 2 1 Beechwood Park

## 2.2 mile/3.5km walk

- 1) Start your walk from the OSCA Foundation. Leave via the main car park entrance and turn left onto Cousin Lane.
- 2) Turn Right down Moor Lane at the mini roundabout.
- 3) Follow Moor Lane, past the bollards and down to the bottom.
- 4) Turn left when you meet Keighley Road and cross at the traffic island.
- 5) Turn right down Beechwood Road – use the pavement on the left side of the road.
- 6) Turn left after the bus stop and follow the passage between two walls (above right).



- 7) At the end of the passage, follow the concrete path along the right side of the rugby pitches.
- 8) Take the earth path ahead and slightly to the right, across the open grass (above right).
- 9) Enter the park on a path between concrete blocks.



- 10) Follow the wider path round to the right.
- 11) Turn left at the junction of several paths and follow the park's wide perimeter path.
- 12) At the car park, turn right onto a narrow, indistinct path (above right)
- 13) Cross the bottom of the park and follow the narrow gravel path.
- 14) Turn left onto a distinct path towards the houses.



- 15) Exit onto Beechwood Drive.
- 16) Turn right onto Beechwood Road.
- 17) Cross Keighley Road and re-trace the route back to the start of the walk.

**Enjoy the park**

*Beechwood Park has a modern children's play area and an outdoor gym. There's also a short nature walk. There are benches around the park from which to enjoy the views. Why not bring a picnic on your walk?*