

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

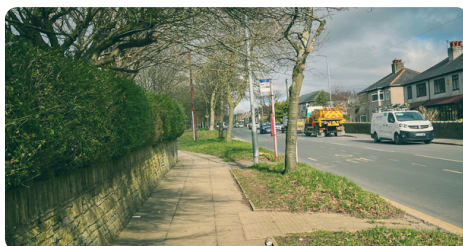
OSCA Foundation Playing Fields

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



Shroggs Park

From The OSCA Foundation, Ovenden

2.5 mile/4km walk

A fun walk taking you from the OSCA Foundation (free car park) to Shroggs Park, one of Calderdale's best-kept parks and a relaxing green space with plenty to see and do. You will be walking on good tarmac and paved surfaces, with a short hill on the return leg.

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



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



Shroggs Park

From The OSCA Foundation
2.5 mile/4km walk

3 2 1

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

- 1) From OSCA Foundation. Leave via the main car-park entrance and turn right onto Cousin Lane.
- 2) Follow the road as it curves to the right past two mini-roundabouts and into Denfield Lane.
- 3) Cross the road and turn left into Ramsden Street.
- 4) Walk down the hill until Ramsden Street enters Wheatley Road. Follow Wheatley Road on the left pavement.
- 5) Where the road forks, stay on the left pavement and follow the road as it starts to go uphill (above right).
- 6) When you are level with the park gates, cross the road and enter Shroggs Park through the stone gateway clearly signed "Shroggs Park".



7) Walk up the very wide tarmac pathway beyond the gates.

8) At the top of a rise, you will see a large circular flowerbed. Pass to the right of it and continue straight onto the park's perimeter path (above right).



9) Follow the perimeter path around the edge of the park. There are a number of route options as you walk round the park.

10) But all will eventually bring you back to the distinctive circular flowerbed. Turn right here and return to the park entrance.

- 11) Re-trace your route along Wheatley Road and fork right, back up Ramsden Street.
- 12) Cross the road and follow the left-hand pavement onto Cousin Lane and back to the OSCA Foundation.

Enjoy the park

The park has a children's play area.

There are picnic tables in the centre of the park and benches on all the main paths. Why not bring a picnic?

The park hosts the Halifax Parkrun at 9am every Saturday morning. This is a free, fun community run (or walk) that happens all year round. More info on their website: parkrun.org.uk/halifax