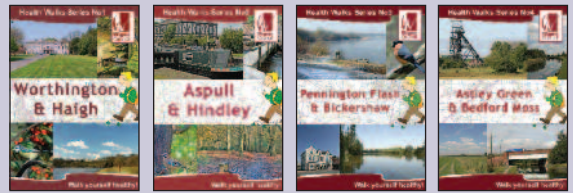


Walk in beautiful Wigan Borough

Health walk leaflets give you walking routes around some of the Borough's best beauty spots.

- Health walk: Pennington Flash
- Health walk: Worthington & Haigh
- Health walk: Aspull & Hindley
- Health walk: Astley Green and Bedford Moss



Walk to the rail station

Use walkit to plan your walk to the train station. We can send you timetables:

- Trains from Wigan Wallgate to Manchester and Southport (Orrell, Pemberton, Ince, Hindley and Atherton stations)
- Trains from Wigan North Western to St Helens and Liverpool (Bryn and Garswood stations)
- Trains from Wigan North Western to Preston, Warrington and London Euston

Walk to the bus stop - We can send you bus timetables to help you plan your journey.

By walking just a few minutes to catch a bus, you will get more exercise and buses run every 10 or 15 minutes during the day. (other timetables are available from 0871 200 22 33).

To Bolton

- **540** Wigan - Ince - Hindley - Bolton *every 10 minutes*
- **575** Wigan - New Springs - Haigh - Aspull - Horwich - Bolton *every 15 minutes*
- **582** Leigh - Howe Bridge - Atherton - Bolton *every 10 minutes*

Between Wigan and Leigh

- **598** Leigh - Hindley Green - Castle Hill - Hindley - Ince - Wigan *every 10 minutes*
- **600** Leigh - Lowton - Golborne - Ashton - Marus Bridge *every 10 minutes*
- **658** Higher Folds - Leigh - Bickershaw - Platt Bridge - Wigan *every 10 minutes*
- **652** Leigh - Tamar - Hindley - Ince Bar - Wigan *every 15 minutes*

Standish and Shevington

- **635** Wigan - Springfield - Standish Lower Ground - Shevington Vale *every 15 minutes*
- **362** Wigan - Standish - Chorley *every 15 minutes*

West of Wigan and St Helens

- **352** Wigan - Pemberton - Orrell - Billinge - St Helens *every 15 minutes*
- **621/628** Wigan - Kitt Green - Marsh Green Circular *every 10 minutes*

Buses to Manchester *every 30 minutes*

- **32** Wigan - Hindley - Atherton - Tyldesley
- **26** Leigh - Astley - Boothstown - Worsley - Swinton - Pendleton - Manchester

Days Out - Walk routes and public transport information

Rivington Pike and the West Pennine Moors information

Exploring Bolton and local attractions

Exploring Wigan and Haigh Country Park

More Information about public transport...

Tickets, passes, days out...

- For children
- For students and young people
- For adults
- For older people (60+)
- For disabled people

Maps...

Wigan North Map

Wigan South Map

Salford Map (for Tyldesley and Astley)

Cycling

Cycling is a great way to get around in Wigan Borough. There is a network of on-road and off-road cycling routes for you to enjoy and help you get to wherever you want to go.

- Wigan Cycling Map
- Whelley Cycle Route Map

If you have access to the internet, you can see the Wigan cycling map at:

<http://www.cyclegm.org>

Ring & Ride

Ring & Ride provides a door-to-door accessible minibus service for people of all ages who find it difficult to use ordinary public transport

- Ring & Ride Meet the Neighbours leaflet – for journeys across the Wigan Borough
- Ring & Ride general leaflet

Accessing Health Care

A series of leaflets that tells you how to get to health centres in the Borough

- Atherton Health Centre
- Golborne Health Centre
- Lower Ince Health Centre
- Pemberton Clinic
- Platt Bridge Health Centre
- Wigan Health Centre
- Worsley Mesnes Health Centre
- Royal Albert and Edward Infirmary
- Leigh Infirmary

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For public transport information call traveline on **0871 200 22 33**
or visit **www.transportdirect.info**

For help and advice on healthy living, call **01942 496 496** or visit **www.lwfg.co.uk**

active travelwigan

Walking • Cycling • Public Transport



Please return your completed request to:

**Joe Hitchen
Active Travel Wigan
c/o Keep Britain Tidy
Elizabeth House
The Pier
Wigan
WN3 4EX**

