

Harold Park

This Victorian Park was opened on 19th September 1885 and is over 24 acres (10 Hectares). The park is named after Harold Gathorn Hardy who died in 1881 at the age of 32. Harold helped establish the family run Low Moor Ironworks. In 1899 a recreation ground was added to the park to the south east. In 1931 the HORSFALL PLAYING FIELDS were created to the north of the park, in 2014 these became a Queen Elizabeth II Playing Field and also contain the Horsfall Stadium.

Lakes

In the park there are two lakes. The larger is a near rectangular DAM LAKE with an area of about 7 acres (2.8 hectares). There is a perimeter footpath around the lake and in the north an island wildlife refuge. The banks are walled and the lake depth varies from 3 feet (1m) at the edge to a maximum of 20 feet (6.1m) and the bottom is of stone. Originally it is assumed to have been formed from a disused quarry to create a boating lake. This main lake is stocked with bream, carp, perch, roach, and tench. Many species of wildlife make their home in the park including swans, ducks and geese. A further small dam lake of over 0.6 acres known as JUG DAM is situated in the north of the park.

Walks

Walking is an easy way of becoming more active and introducing exercise into our lives whilst benefiting from being outside within nature, with the opportunity to see and meet other people. The **SCENIC STROLL** provides a level, more accessible and leisurely route around the park with quiet/refuge spaces with seating along the entire route and has been designed to be truly inclusive for all users and is dementia friendly too. This route is a measured half mile so is great way to begin building up your fitness and endurance levels. Also it is a route that can be looped twice to make up your daily mile whilst remaining within the park itself.

Monuments

HAROLD MONUMENT a granite obelisk incorporating a drinking fountain erected on the main walkway as a memorial to Harold Gathorne Hardy.

BOER WAR MEMORIAL a second memorial was erected in 1902. This is a monumental sundial, funded by subscription in memory of the late Lieut. Frank W Milligan, of Royds Hall, a noted cricketer. While on service with the Forces in South Africa he was killed in the attempt to relieve Mafeking on 31st March 1900. This memorial was unveiled by Lord Hawke. It originally stood near the Cemetery Road entrance gates but now stands in the **MEMORIAL GARDEN** near Park Road.

The **DAILY MILE** laps the lake and takes you up into the adjacent Horsfall Playing Fields for a more challenging circuit with varying gradients which is suitable for walking, jogging and as a running route.

With an average walking pace of 3MPH the mile would be completed in 20 minutes and at a brisk walk of 4MPH this would reduce to 15 minutes as your fitness levels build and improve.

For general fitness walking you should walk at a pace that increases your heart rate. You can use the daily mile around the park to track improvement and meet your goals. With more limited time and/or fitness levels, a brisk walk around the Scenic Stroll route also has major health benefits and is a good way to build up to the recommended Daily Mile. Running and jogging can be built up to from brisk walking, with brisk walking just the next stage from beginning with an occasional stroll around the scenic route, so improving fitness is in the reach of everyone who visits the park, enjoy and have fun.



Health Benefits of Walking

<p>01 </p> <p>Improves Your Heart Health</p> <p>Reduces your risk of heart attacks & cardiovascular disease.</p>	<p>02 </p> <p>Regulates Blood Pressure</p> <p>Helps to regulate and reduce high blood pressure.</p>	<p>03 </p> <p>Strengthen Bones</p> <p>Improves posture, bone density & helps with osteoporosis.</p>	<p>04 </p> <p>Strengthen Muscles</p> <p>Prevents muscle wastage & builds and tones muscle.</p>	<p>05 </p> <p>Improves Circulation</p> <p>Helps to improve circulation, helps joints and prevents cell deterioration.</p>	<p>06 </p> <p>Increases Lung Capacity</p> <p>Can increase your capacity, which in turns helps with stamina & exercise performance.</p>
<p>07 </p> <p>Aids With Weight Loss</p> <p>Helps lose weight, cuts obesity risk by half, improves metabolism & builds lean muscle.</p>	<p>08 </p> <p>Memory</p> <p>Helps to maintain memory function, prevents memory loss and reduces the risk of dementia.</p>	<p>09 </p> <p>Stress</p> <p>Helps to relieve stress by reducing the bodies production of the stress hormone.</p>	<p>10 </p> <p>Elevate Mood</p> <p>If you are feeling low, it can lift your mood and help anxiety & combats depression.</p>	<p>11 </p> <p>Get Back To Nature</p> <p>It is great to get out of the house and breathe in some fresh air.</p>	<p>12 </p> <p>Builds Social Circle</p> <p>By joining a walking group or saying hello to fellow park walkers.</p>

This park has been provided for the benefit of the whole community. Please respect your park and other users.
Only authorised vehicles are allowed.
Keep dogs under control and clean up after your dog.
Help us maintain the park by reporting any problems to: 01274 431000

Copies of the parks bye-laws and further information can be obtained by visiting www.bradforddistrictparks.org
Images may be recorded for the purpose of crime prevention and community safety.



wikipedia.org/wiki/
Low_Moor_Explosion



haroldpark.co.uk