Special Interest Walks
These walks are health walks with a twist. These walks are up to 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces. They usually include stops along the route to find out more about points of interest.

Nostell Priory Guided Walks and Talks
Explore the history and wildlife of Nostell’s gardens and parkland. Various dates and themes available, please visit our website at www.nationaltrust.org.uk/nostell for full details or call 01924 863892

Yorkshire Sculpture Park
West Bretton, Wakefield WF4 4LG

Walking events and tours
Art & Landscape Tours
Every Sat and Sun until 21 May, 11.30am-1pm
Free (booking advised)
Meet our team of volunteers for a free guided walk and talk exploring the art and features in the landscape. The perfect introduction to YSP.

Historic Landscape Walk:
FREE introductory tour
Various dates until 23 Sept, 2pm-3pm
Free (booking advised)
For more details call 01924 305944.

The Carers Walking Group
Meet on the 3rd Wednesday of each month at 10.50am, to begin the walk at 11am.
We spread the walks out across the district to make it accessible to as many people as possible. For further details please contact Carers Wakefield & District office on 01924 305944.

Buggy Walks
Mum-led walks (Walking for Health qualifiers) are an amazing way to fit exercise into your weekly routine. Whether your baby is in a pushchair or carrier (slings) they offer the chance to socialise and chat with other mums and build up your fitness. Finding time to participate in exercise with a young family can be tricky and these sessions will help develop your cardio fitness and muscle strength.

Mondays
Holmfirth Arms weekly walk @ 9.45am ♥ ♥ ♥
Dentby Dale Road, Wakefield WF2 8DY. Meet in the 2nd car park on the left inside Thomas Park.
Leaders: Samantha and Zoe.

Fridays
Pontefract Racecourse weekly walk @ 12.30pm ♥ ♥
Park Road, Pontefract, WF8 4QD. Meet in the car park near the children’s playground.
Leader: Kate
All walks: 50p donation or free with Comets membership (£26 annually). For more information visit http://www.cometsfitness.co.uk/buggy-walks/

Contact Us
For further copies of this leaflet and more information on walking activities in the Wakefield district please contact us:
www.wakefield.gov.uk/healthwalks
01924 307348
healthimprovement@wakefield.gov.uk

If you would like a copy of this leaflet in large print or email info@ysp.co.uk
For more details call 01924 863892
or visit our website at www.nationaltrust.org.uk/nostell

Day | Location | Meet Point | Start Time
--- | --- | --- | ---
Monday | Thomas Park Stadium | Reception area | 1.30pm
Monday | Frickley Country Park | Main car park (off Doncaster Rd) | 1.30pm
Tuesday | Savile Park, Castleford | Cricket Club car park | 9.30am
Tuesday | Nostell Priory | Top car park (parking charges apply) | 10am
Wednesday | Pontefract Park | Main car park opposite the playground | 1.30pm
Thursday | Pugneys Country Park | Reception area (parking charges apply) | 1.30pm
Thursday | Walton Colliery Nature Park | Main car park | 9.30am
Friday | Newmillerdam | Main car park (parking charges apply) | 1pm

Nordic Walking
Nordic Walking is one of the best cardiovascular and toning exercises there is. It’s like cross country skiing without the skis or the snow.

All equipment is provided and the walks will be suitable for all ages and abilities – all you need is sensible footwear and outdoor clothing.

Walks are FREE, will follow various routes and last approximately 1 hour.

Sunday 7 May
MIRFIELD AND WHITLEY CIRCULAR
Meet 9.45am Mirfield Railway Station. Train from Leeds 8.56 arrives 9.22. (Return train to Leeds every 2 hours so possibly 12noon/2pm likely.)
GR SE 204 194 5.5 miles (L)
A walk that seems far removed from its built-up surroundings, a mix of undulating farmland and quiet woodland.
Leader Murray 01977 700327

Saturday 13 May
CASTLES IN THE AIR
Meet 10am Longcroft, Ainemoord, Huddersfield HD5 8WY
A pleasant circular walk on ancient tracks and fields with a steady climb up Castle Hill for fine views of the Holme Valley and back via the Lockwood to Ainemoord.
Leader Pat 07974 521044

Sunday 20 May
SPRING BLOSSOMS (WD)
Meet 10.30am Farm car park (free) at end of left hand fork inside Temple Newsam gateway. A pleasant walk around the perimeter of Temple Newsam finishing in the spectacular Azalea and Rhododendron gardens. Tea afterwards in the Stable Café.
Leader Christine 01242 248275
Sunday 28 May
NEVISON LEAP
Meet 2pm Pontefract Town Hall
A circular walk that visits some lesser known parts of Pontefract and the site of a famous highwayman’s escape from his pursuers.
GR SE 457 219 6 miles (L)
Leader Murray 01977 700327

Saturday 17 June
NO LAIKING IN THE LAKE
Meet 10am Roundhay Park, Leeds, Tropical World car park, Princess Ave LS8 2EB. A pleasant walk around The Lake and over to Shadowcliff and beyond, then back over the golf course
GR SE 327 380 5-6 miles (L)
Leader Pat 01944 521044
Sunday 24 June
OXLEY TRAIL
Meet 10am Co-op car park, Commercial Road, Skelmanthorpe HD8 9AT
A walk from Pontefract to North Featherstone racecourse to North Featherstone
GR SE 466 224 5.5 miles (L)
A walk around the outskirts of Rothwell and through Dalton Country Park
Leader Christine 01924 248275

Sunday 15 July
EMLEY TREK
Meet Emley Cross (by the shops)
GR SE 244 131 6-7 miles (M)
Field paths and tracks to Bretton
Leader Christine 01924 248275

Saturday 12 August
BRETON HEIGHTS
Meet 10.30am Bretton war memorial
GR SE 287 141 6 miles (M)
Across fields and woodland to High Hoyland and back through Bretton Country Park. A chance to view the art and a tea shop at the end.
Leader Christine 01924 248275

Saturday 16 September
RHUBARB, RHUBARB
Meet 10.30am car park, bottom of Church St in Rothwell. (By Morrison roundabout)
GR SE 344 293 5 miles (L)
A walk around the outskirts of Rothwell and through Dalton Country Park
Leader Christine 01924 248275

Saturday 23 September
VISIT THE RACOURSE
Meet 2pm Pontefract Park near the roundabout.
GR SE 466 224 5.5 miles (L)
A walk from Pontefract racecourse to North Featherstone and back via Halfpenny Lane
Leader Murray 01977 700327

Saturday 14 October
Skelmanthorpe Trail
IN PART
Meet 10am Co-op car park, Commercial Road, Skelmanthorpe HD8 9AT
GR SE 232 105 6 miles (L)
Oakcliff Hill, Shelley Station and Blacker Wood
Leader Andrew 01484 866068

Saturday 21 October
DENBY DALE AND SKELMANTHORPE
Meet 10.30am Denby Dale Post Office
GR SE 227 085 4.5 miles (L)
Circular walk with superb views. There is one steep climb.
Leader Murray 01977 700327

Wakefield and West Yorkshire walks ( Pace L = Leisurely, M = Moderate )
These walks are not organised or monitored through Wakefield Council.
What are Health Walks?
Wakefield Health Walks are regular, short walks that last between 20 minutes to 90 minutes and are aimed at people of all abilities and fitness levels. Each walk is lead by at least one trained walk leader as part of the National Walking for Health scheme.

Health walks are FREE and there is no need to book.
You don’t need any fancy walking gear, just sensible footwear and clothing suited to the weather conditions.

Wakefield Central & West

**Mondays**

- **Horbury weekly walk @ 10.15am** ♥ ♥ ♥ ♥ ♥ + ♥ ♥ ♥
  The Cluntermere Centre, Cluntermere, Horbury WF4 5DA (approx. 30 to 90 mins).
  Please note this group do **not** meet on Bank Holiday Mondays.

- **Kettlethorpe weekly walk @ 2.15pm** ♥ + ♥ ♥ ♥ ♥ ♥
  Standridge Lane Community Centre, Standridge Lane WF2 7NP (approx. 30 to 90 mins).

**Tuesdays**

- **Eastmoor weekly walk @ 10.15am** ♥ ♥ ♥
  This group do **not** meet on the 1st Tuesday of each month.
  St Swithuns Community Centre, Arcleiffe Road WF1 4RW (approx. 60 mins).
  No stiles. Enjoy a drink at the cafe (Little Pit Lane). Perhaps feed the birds and see other wild life at Stanley National Reserve. Bus home from Askern Road.

**Wednesdays**

- **Ossett weekly walk @ 10am** ♥ ♥ ♥ ♥ ♥ + ♥ ♥♥
  War Memorial Community Centre, Prospect Road WF5 8AN (approx. 30 to 90 mins).

**North East area - Castleford, Featherstone, Normanton, Pontefract**

- **walking for health**
- **Progressive Walks**
- **More walks available**
- **More walks available**

- **Mondays**
  - **Galashoughton Centre weekly walk @ 10.30am** ♥ ♥
    Leeds Road, Castleford WF10 4PF (approx. 30 to 60 mins).
  - **Allofts weekly walk @ 12 noon** ♥ ♥
    Methodist Church, Ship Corner WF6 2NJ (approx. 30 to 60 mins).

- **Thursdays**
  - **Ferrybridge fortnightly walk @ 10am** ♥ ♥
    Ferrybridge Community Centre, The Square, Ferrybridge WF11 8PJ (approx. 30 to 60 mins).
  - **Ash Grove Surgery fortnightly walk @ 10am** ♥ ♥ ♥ ♥ ♥
    Ash Grove Medical Centre, England Lane, Knottingley WF11 0JA (approx. 60 to 90 mins).

- **Fridays**
  - **Normanton Well Project fortnightly walk @ 10.15 am** ♥ ♥ ♥ ♥ ♥ ♥
  - **Lock Lane weekly walk @ 10am** ♥ ♥ ♥ ♥
    Lock Lane Sports Centre, Castleford, WF10 2JU (approx. 60 mins).

- **South East area - Hemsworth, Kinsley, Havercroft, South Elmsall, South Kirkby**

  **Mondays**
  - **Hemsworth weekly walk @ 10am** ♥ ♥ ♥
    Please note this group do **not** meet on Bank Holiday Mondays.
    Meet at Hemsworth Library, Market Street, Hemsworth WF9 4JY (approx. 60 mins).
  - **SESku Strolls’ weekly walk @ 10.00am** ♥ ♥
    Please note this group do **not** meet on Bank Holiday Mondays.
    Meet at Lanes Café, Westfield Centre, South Elmsall WF9 2PU (approx. 30 to 60 mins).

  **Wednesdays**
  - **Havercroft & Ryhill Community Learning Centre (previously Havercroft Surgery Centre) fortnightly walk @ 10.30am** ♥ ♥
    Off Mulberry Avenue, Havercroft WF4 2BD (approx. 60 to 90 mins).
    Apr 5, 19, May 3, 17, 31, June 14, 28, July 12, 26, Aug 9, 16, 23, Sept 6, 20, Oct 4, 18.
  - **Kinsley weekly walk @ 10am** ♥ ♥
    Kinsley & Fitzwilliam Community Centre, Wakefield Road, Kinsley, WF9 5BP (approx. 30 to 60 mins).
  - **SESku Strolls’ weekly walk @ 10am** ♥ ♥
    Meet at The Mallard Coffee Lounge, Moorthorpe Railway Station, Barnsley Road, South Kirkby, WF3 5AT (approx. 30 to 60 mins).

**Thursdays**

- **Kinsley weekly walk @ 10am** ♥ ♥
  Kinsley & Fitzwilliam Community Centre, Wakefield Road, Kinsley, WF9 5BP (approx. 30 to 60 mins).
- **Nostell Priory weekly walk @ 10.30am** ♥ ♥
  Doncaster Road, Nostell, near Wakefield WF4 1QE
  Meet in the car park; enjoy a drink in the café afterwards. (approx. 30 to 60 mins).
- **Fridays**
  - **Nostell Priory weekly walk @ 10.30am** ♥ ♥
    Doncaster Road, Nostell, near Wakefield WF4 1QE
    Meet in the car park; enjoy a drink in the café afterwards. (approx. 30 to 60 mins).

**More Active, More Often**
We should all be aiming to build up to 150 minutes of moderate physical activity on at least 5 days of the week. Moderate activities include anything that makes you breathe more heavily and feel slightly warmer than normal. Most importantly you should still be able to talk.

Health walks and rides are a great way of helping you to achieve this goal and become more active more often.

**Guide to heart rating**

- **20-30mins** ♥ ♥ ♥
- **30mins - 1hr** ♥ ♥ ♥ ♥
- **1hr - 1hr 30mins** ♥ ♥ ♥ ♥ ♥

♥ ♥ Suitable for people who are looking to increase their activity levels. They are between 30 - 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

♥ ♥ ♥ For people looking for a more challenging walk and increasing their level of physical activity. They are generally 45 - 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

**MORE WALKS**
In addition to the health walks a number of other organisations run their own walks.

**Progressive Walks**
These are for people who have undertaken Walking for Health ♥ ♥ ♥ heart rating walks and are now looking to take their next steps. These walks are more than 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces.

**Wakefield Central & West**

**Tuesdays**

- **New Southgate Surgery weekly walk @ 9.15am for 9.30am** ♥ ♥ ♥ ♥
  Buxton Place (off Leeds Road), Wakefield WF1 3JQ
  We meet in the surgery car park but usually travel short distances to open countryside and car share. You do not need to have a car to join our walks but all walks are non-smoking and dogs are not allowed. The walks are approximately four miles long and are intended for the fitter walker as they are walked at a fast pace. You do not need to be an experienced walker though, just enthusiastic.

- **Crofton Community Centre fortnightly walk @ 12 noon** ♥ ♥ ♥ ♥
  Middle Lane, Crofton WF4 1LB (approx. 90 to 120 mins).
  The group goes back to the community centre at the end of the walk for refreshments or has a stop during the walk.

- **Walton Social Club fortnightly walk @ 10am** ♥ ♥ ♥ ♥
  Shay Lane, WF2 6LA (approx. 90 to 120 mins walking with a stop half way).

**North East area - Castleford, Featherstone, Normanton, Pontefract**

- **Ash Grove Surgery fortnightly walk @ 10am** ♥ ♥ ♥ ♥
  Ash Grove Medical Centre, England Lane, Knottingley WF11 0JA (approx. 90 to 120 mins) Apr 6, 20, May 4, 18, June 1, 15, 29, July 13, 27, Aug 10, 24, Sept 7, 21, Oct 5, 19.
  Please check prior to joining this group as they occasionally walk out of area.

- **Fridays**
  - **Chequerfield fortnightly walk @ 10.30am** ♥ ♥ ♥ ♥
    St Mary’s Community Centre, The Circle, Chequerfield, Pontefract WF8 2AY (approx. 90 to 120 mins) Apr 7, 21, May 5, 19, June 2, 16, 30, July 14, 26, Aug 11, 25, Sept 8, 22, Oct 6, 20.
  - **Lock Lane weekly walk @ 10am** ♥ ♥ ♥ ♥
    Lock Lane Sports Centre, Castleford WF10 2JU (approx. 90 to 120 mins)