Challenging Cycle Rides

Active Wakefield Routes

A circular cycle route, suitable for the more experienced cyclist and those open to a challenge. The route follows parts of the Wakefield Wheel cycle pathway and encounters on- and off-road cycling around the Wakefield District.

Challenging Level

Longer routes using road and off-road tracks, encountering some hills suitable for the more experienced cyclist. (approximately 120 minutes)

Benefits of Cycling

Cycling, whether it’s a day-to-day activity or an occasional adventure, is a great way to help keep you and the rest of your family healthy as well as:

- Getting you fit
- Being an excellent low-impact exercise
- Reducing your risk of many health-related issues
- Saving you money
- Helping the environment
- A great way to spend time and explore with your family

The best way to build your fitness on the bike is to ride for at least 150 minutes every week. For example, you could cycle to work a few days a week, or do a couple of shorter rides during the week with a longer ride at the weekend.

Cycling in Wakefield

Active Wakefield Leisure Routes

Across the district we have Leisure Route maps to suit all abilities – please see our website for further details www.wakefield.gov.uk/cycling

The Wakefield Wheel

Identified and promoted by the Wakefield District Cycle Forum (www.cycling-wakefield.org.uk), this is a circular ride of around 40 miles and contains short sections where you might need to walk with your bike. It also has links to a series of shorter circular routes in the Wakefield area. Some of the routes may be muddy and uneven (particularly in wet weather) and are more suited to mountain bikes rather than road bikes.

The Wonders of Wakefield

Another Wakefield District Cycle Forum route, it is a picturesque 21-mile, mostly traffic-free cycle trail passing by some of the most important sites of historic and cultural interest in the District. It contains short sections where you might need to walk with your bike. It has been signed in both directions but if cycling it for the first time you are advised to ride in an anti-clockwise direction.

West Yorkshire Cycle Route

A 150-mile partially signed touring route mainly on quiet roads and country lanes around the West Yorkshire Boundary. In the Wakefield area it takes you through Castleford, Pontefract and Hemsworth. There are railway stations within a few miles of the route so you can travel for day rides to and from individual sections.

Trans-Pennine Trail

The Wakefield arm of the cycling and walking recreational route, which runs from coast to coast and connects the Mersey and the Humber, forms part of the National Cycle Network Route 67. Other arms link to Chesterfield and York. The Wakefield arm runs from the Barnsley Boundary at Cold Hendley, through Walton and Heath, passing Stanley Ferry Aqueduct and Bottomboat, and then onwards towards Leeds.

For further information, please see www.transpenninetrail.org.uk or contact the Trans-Pennine Trail office on 01226 772574 or at info@transpenninetrail.org.uk

Useful Contacts

British Cycling
www.britishcycling.org.uk

Ride Social
www.letsride.co.uk

‘Ride Social’ is Britain’s biggest social cycling community, helping you get together with like-minded cyclists and ride your way. The Ride Social website, powered by British Cycling, lets you organise your own bike rides using your favourite routes.

Wakefield District Cycle Forum
www.cycling-wakefield.org.uk

This is a voluntary organisation that promotes all types of cycling throughout the Wakefield District, organising numerous rides and skills courses throughout the year.

Cycling UK - The National Body for all cyclists
www.cyclinguk.org

Sustrans - The sustainable transport charity working to promote cycling, walking and public transport www.sustrans.org.uk

Find a cycling club near you at www.britishcycling.org.uk/clubfinder