

# Walk Wakefield

## 2

(Circular Walk from Kirkgate Train Station)

**Duration** Allow 40 minutes  
**Distance** 2.4 km / 1.5 miles  
**Terrain** An easy, circular walk, mainly on good footpaths together with some roadside walking. Climbing of steps is involved. Paths may become muddy and slippery in wet weather.



**Start**  
**Finish**



**A** Start outside Kirkgate Train Station. Plenty of Pay-and-Display car parks nearby. Walk away from the station following signs for the Hepworth. Turn left past the Grey Horse Pub and under the railway bridge.



**B** At the next junction turn left and cross over the road following the signs for Chantry Chapel. Follow the road and continue over Chantry Bridge.



**C** Just before the traffic lights turn left, and walk over a narrow stone 'Pack Horse Bridge' and along a grassy track on the riverbank.

**D** At the canal, cross over the bridge and turn right and walk along the canal tow path to some black metal gates. Pass through the 2 gates across the canal and alongside a grassed area to your right.



**E** Keep to the right and regain the tow path. Walk past Howarth Timber's Yard to the steps at the concrete bridge.

**F** Climb the steps at the bridge onto the roadside. Turn right and walk back to Chantry Bridge.

**G** **Option:** Continue under the bridge to the next bridge near the Ruddy Duck Pub, climb steps onto roadside, turn right and walk back to Chantry Bridge crossing roads at the crossings.

**H** Return along the roadside pavement back to the Station.

**Points of Interest**

- Chantry Bridge (1340s) and Chantry Chapel of St Mary's (1356)
- Lock between canal and the River Calder

## It's good for your health

Regular physical activity dramatically cuts the risk of developing heart disease, diabetes, obesity and some cancers. It also reduces cholesterol, lowers high blood pressure and is good for our sense of wellbeing.

- brisk walking burns as many calories as jogging over the same distance
- it strengthens muscles, bones and joints
- walking improves your mood and boosts confidence
- it helps maintain flexibility and co-ordination as you get older.

## Try to walk for 30 minutes every day. Remember it can:

- Make you feel good
- Give you more energy
- Help you sleep better
- Help you reduce stress
- Keep your heart strong
- Reduce blood pressure
- Help manage your weight
- Improve your life expectancy



Wakefield Council's Health Improvement Team is working to encourage people to carry out more of their journeys on foot or by cycle to improve the environment and their health.

## Fit walking into your daily routine

Ditch the car and walk instead. For short trips to the shops, work or school, walking is an ideal way to get active.

Go for an evening stroll. You could make walking a family affair, starting a good habit for all the family.

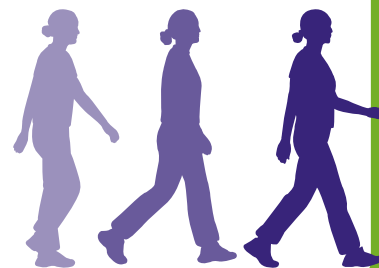
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

Make a plan and set yourself goals. Start by walking 10 minutes a day, and build yourself up. Ease yourself in gently, get used to walking a certain distance and then add to it.

Find a walking buddy. If you commit to meet a friend you are more likely to stick to it. Alternatively, a local walking group (advertised on [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)) might suit you better.

Use a pedometer or other wearable fitness device or app to keep track of your progress. It's satisfying to see how many steps you've taken, the distance you've covered and how many calories you've burned.

During your lunch break, go for a walk instead of just sitting at your desk.



Walking is one of the easiest ways to be physically active – it doesn't even have to feel like exercise. All you need is a comfy pair of shoes, and once you get moving you'll feel fitter, healthier and happier.

Walking doesn't cost a penny, and fitting it into your daily routine is easy when you follow our top tips.

## Walk for fun

Walking enables you to explore your local area on foot and get to know your community. Why not set yourself a challenge to walk in all your local parks and walking paths?

## It's great for our planet

Walking doesn't leave a carbon footprint, just your own. And if we all swapped one weekly drive for walking, traffic would reduce by at least 10%. Imagine that.

Safer and quieter streets for children to play on and for people to socialise in.



## Contacts

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🌐 [www.wakefield.gov.uk/walking](http://www.wakefield.gov.uk/walking)

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# Active Wakefield Health Walks

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working for you