

Walk 3

Wakefield

3

(New Southgate Surgery to Newton Hill)

Duration Allow 55 minutes

Distance 3.2 km / 2.0 miles

Terrain A moderately difficult walk, mainly on good field side footpaths together with some roadside walking. Paths may become muddy and slippery in wet weather. Some uneven paths.



A Start outside New Southgate Surgery and walk up the slight hill to the roundabout.



B Follow the footpath onto Bar Lane, but cross the road to walk on the left side footpath. Look out for a footpath leading up to the left between the new houses.



C Continue on the path with the houses on your right. Bear left at the first fork and right at the second fork. Continue along the path and turn left into Newton Avenue and walk through the cycle barrier.

D Bear right and keep on the grass path with houses on your left past the back of Newton Hill J&I School and the allotments. Continue on allotment side of the raised mound area and keep on the path with houses on your left to emerge onto Ouchthorpe Lane at the Gas Valve Compound.

E Turn right and walk up Ouchthorpe Lane (steep hill) on the roadside pavement.

F At the top of the hill turn right before the houses onto a field side footpath. Follow the path to the top of the hill keeping the fence on your left. Turn right down the field side path keeping hedges on your left onto Newton Avenue. Walk along Newton Avenue to Leeds Road.

G Turn left and walk along Leeds Road back to the New Southgate Surgery.



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.

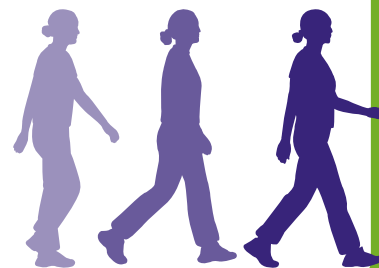
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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) 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

☎ 01924 307348

@ healthimprovement@wakefield.gov.uk

🌐 www.wakefield.gov.uk/walking

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Active Wakefield Health Walks

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wakefieldcouncil
working for you