

Walk 4 (St Swithuns to Broadreach Lock)

Eastmoor

Duration Allow 50 minutes
Distance 3.0 km / 1.9 miles
Terrain An easy circular walk, mainly all-weather footpaths together with some field walking. Walking down steps to the canal tow path is included but an alternative easier route is available.

Points of Interest

- Refreshments and toilets available in the St Swithuns Community Centre.
- Park Hill Colliery occupied part of the walk area. It closed in 1980.
- If you have time, extend your walk to include the Southern Washlands Nature Reserve.



A Start at the St Swithuns Centre on Arncliffe Road. Car parking behind the centre or on the roadside. From the entrance turn left and walk down Arncliffe Road.



B Take the second turn on the left and walk between the houses into the bus terminus. Turn right and walk down Windhill Road.



C Turn left onto Gisburn Road and immediately turn right onto a green path which opens out into open countryside.



D Cross the open area and cross over the new link road and pass over the canal via Welbeck Lane Bridge.



F Cross over the bridge and continue forward on the grass path to the new link road. Cross the new link road and follow the broad path bearing right. Walk along the path, through the trees to the end and turn left and walk onto Park Lodge Lane.

E

Turn right onto the Trans Pennine Trail and either walk on the broad track or move down to the canal tow path via a set of wooden steps. Walk as far as the next bridge at Broadreach Lock.

G

Walk up the hill past the houses and turn right into Warmfield View, walking past Wakefield City Academy on your right to the end of the road. Turn left into Arncliffe Road and return to the Centre.



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.

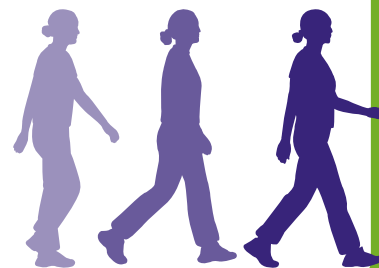
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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

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🌐 www.wakefield.gov.uk/walking

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Active Wakefield Health Walks

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working for you