

Walk 5

(St Swithuns to Kirkthorpe)


Eastmoor

Duration Allow 90 minutes

Distance 5.3 km / 3.3 miles


Terrain A moderately difficult circular walk, mainly all-weather footpaths together with some field walking. Some steep hills.

Climbing of metal stairs over the river bridge is unavoidable.




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 first right into Warmfield View, walk past Wakefield City Academy on your left. Continue to the end of the road and turn left into Park Lodge Lane. Continue down the hill past the houses and take the first right onto a track and continue through the trees. Take the first left to the link road.




C Walk across the link road and down the path and cross over Broadreach Lock stone bridge.




D Turn right and follow the path to the Blue Steel Bridge. Cross over the river, pausing to enjoy the fine views of the riverside. Follow the broad path and pass under the railway track via the tunnel.




E Continue on the left-hand path until you encounter a junction of paths at the verge of Low Wood. Take the path to the left which drops then climbs through the trees and through a gate. Follow the public footpath to the left until you reach another gate which leads into Kirkthorpe Village.




F At the end of the track turn right onto the road and up the hill and take the first left onto a public footpath which leads to Kirkthorpe Church.



G Retrace your steps back as far as the Half Moon Lake. Take the steep diagonal downward path on your right to the lake. **Warning: take care as you walk down the path as it is steep and may be slippery in wet weather.** Turn right and follow the path around the lake.



H Keep following the path as it bears right and then left to the stone-faced tunnel.



I Pass through the tunnel and turn left and keep left to merge onto the flood bank with the river on your right.

J Continue to the Blue Steel Bridge and retrace your route back to the St Swithuns Centre.

Points of Interest

- Refreshments and toilets available in the St Swithuns Community Centre.
- The walk goes round The Half Moon Ox-Bow Lake.

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.

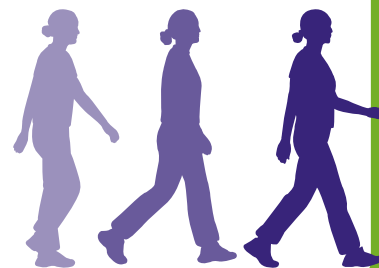
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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