

Walk 6

6

(St George's Centre to Airedale Heights)

Lupset

Duration Allow 35 minutes
Distance 1.9 km / 1.2 miles
Terrain An easy, circular walk, mainly on good all-weather footpaths together with some field walking.



A

Start at the St George's Community Centre in St George's Road. From the car park turn right and walk to Broadway and turn left.



B

Walk up Broadway (gentle hill) to house number 59. Just before the high brick wall you will see a gated tarmac path.

C

Turn left and follow this path to the fields at Airedale Heights.



D

At the end of the tarmac path, walk ahead on a green path. As the path forks keep right and walk to the end of the trees. Note the magnificent views to the east, south and west.



E

Turn left and follow the path down the hill across the field past a concrete Ordnance Survey Trig Pillar, where the path splits.

F

Take the left hand path and walk to the security fence, turn right and then left following the fence back to the start point at St George's Road.



- Points of Interest**
- Superb panoramic views from the top of the hill
 - Footbridge over M1 Motorway gives easy access to Horbury
 - Refreshments and toilets at the Community 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.

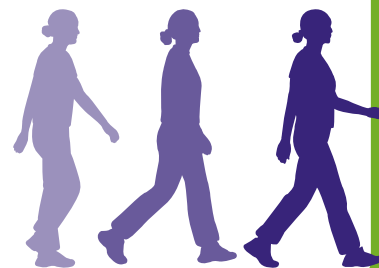
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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