

Walk 9

(The Stanley Ferry Pub to the Southern Washlands Reserve)

Stanley

Duration Allow 60 minutes
Distance 4.6 km / 2.9 miles
Terrain An easy, circular walk, mainly on good all-weather footpaths and canal tow path although some paths in the Nature Reserve may become slippery in wet weather.



A Start in the car park at the Stanley Ferry Pub. Walk around the pub to the bottom car park and enter the canal tow path via the path in the bottom right corner.



B Turn right and walk to the metal bridge. Cross the metal footbridge (Ramsdens Bridge) and turn right onto a tarmac road.



C Continue on the canal side as far as Harrisons Bridge.



D Enter the Nature Reserve through a gated path and bear left along a narrow tree lined green path. Follow the path in a gentle arc through the beautiful woodland area between a large lake and the River Calder.



E Pause at Kirkthorpe Weir and enjoy the superb view upstream.



F Continue forward on the path to Broadreach Lock and spend some time looking at the lock area. Then walk under the bridge on the canal towpath back to Harrison's Bridge.



G Cross over the bridge, turn right and follow the Trans Pennine Trail North (67) eventually joining the canal tow path back to the Stanley Ferry Pub.

Points of Interest

- Stanley Ferry Marina – boats in plenty
- Aire & Calder Canal with its bridges
- Southern Washlands Nature Reserve with its lakes, beautiful trees, wildlife and excellent views of the River Calder
- Broadreach Lock and Lock Keepers House
- The Stanley Ferry Pub – food, refreshments, toilets and children's play area



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.

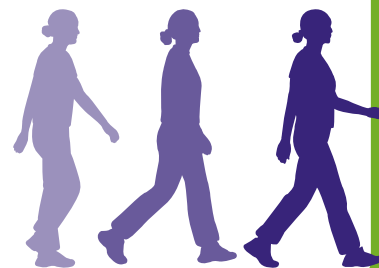
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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