

Walk 11

Wrenthorpe

(Newton Bar Depot to Wrenthorpe Park)

Duration Allow 40 minutes
Distance 2.7 km / 1.7 miles
Terrain An easy, circular walk, mainly on all weather footpaths.



A The walk begins at Newton Bar Depot on Bradford Road. From the entrance to the depot, turn left and walk along Bradford Road and merge onto Leeds Road keeping left and walk to the roundabout.

B Bear left along the dual carriageway until you reach the Red Hall Lane Bridle Path.



C Walk the full length of the lane until you reach the main Bradford Road (you should see the Bay Horse Pub/Restaurant opposite (now known as the Royal Spice).

D Cross over the main road and walk down Wrenthorpe Road, under the railway bridge and continue along the road until you reach Wrenthorpe Park on your left.



E Turn into Wrenthorpe Park and walk through the car park in front of the pavilion and continue on the path. Take the first left and walk up the hill to the railway embankment.

F Walk under the railway bridge and along Fox Lane to the main road. Cross over the road, turn right and walk on the pavement back to Newton Bar Depot.



G **Option:** The walk can be lengthened by turning right at the railway bridge and walking along the park path adjacent to the railway to the next railway bridge. Walk under this bridge and turn left and walk back to the main road. Cross the road, turn right and walk on the pavement back to Newton Bar Depot (allow an extra 10 minutes).

Good walks from the Town Hall and County Hall to Wrenthorpe Park via Balne Lane and the footpath alongside the railway embankment past Aspen Close. Return on same route (3.8km – 2.4 miles).



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.

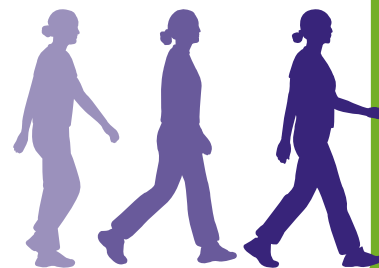
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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