

# Walk 13

(Circular Walk from the Maypole)

## Gawthorpe

**Duration** Allow 60 minutes  
**Distance** 3.5 km / 2.2 miles  
**Terrain** A moderately difficult, circular walk, mainly on good all-weather footpaths together with some field walking. Climbing over stiles is involved. Muddy in wet weather.



**A** Start at the car park at the side of the Maypole. Turn right and walk down High Street passing the Shoulder of Mutton Pub on your left hand side.



**D** Climb over the stile and aim for the second power lines walking straight across the field.



**E** Follow the line of the overhead power lines up a moderate gradient to the next hedge line and turn right. Follow the path with the hedge on your left until you reach an opening in the hedge.



**F** Continue forward with the hedge on your right until you encounter a metal kissing gate close to the Ossett Bypass. Go through the gate and turn right onto a tarmac path which leads into a housing estate.



**C** Follow the sign across a small wooden bridge, downhill, over a stream, then upwards, over a small bridge with handrail beneath the power lines.

**G** At the fork, turn right then left into the housing estate. Walk to end of houses and turn left onto the High Street and return to the car park.



## 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.

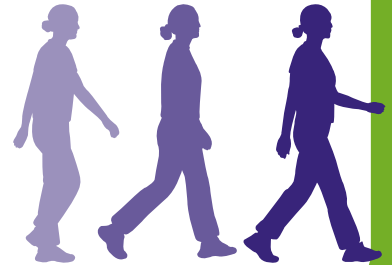
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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](http://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

☎ 01924 307348

✉ [healthimprovement@wakefield.gov.uk](mailto:healthimprovement@wakefield.gov.uk)

🌐 [www.wakefield.gov.uk/walking](http://www.wakefield.gov.uk/walking)

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# Active Wakefield Health Walks

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working for you