

# Walk 15

(Circular Walk via Healey Old Mills)

Ossett

**Duration** Allow 65 minutes

**Distance** 4.4 km / 2.7 miles

**Terrain** An easy circular walk, mainly on roadside pavements and green footpaths alongside field edges. Some stiles will be encountered.



**A** Start at the Health Centre on New Street (pay & display parking nearby). Turn left and walk down Prospect Road, then right onto Queen Street. Turn left into West Wells Road.



**B** Walk the full length of West Well Road walking over the Old Coach Road to Westfield Street.

**C** Turn left and walk down the hill. After 50m turn left into Runtlings Lane.



**D** At the end of Runtlings Lane walk onto a broad track which then leads to a narrow green path. Walk downhill to Healey Old Mills affording beautiful views across the valley ahead.



**E** Pass through a kissing gate and continue down a narrow green path. Pass through a 2nd kissing gate and continue forward to a 3rd kissing gate.

**F** Turn right at the Mills and walk past the car park and through a green iron farm gate. Continue through a 4th kissing gate as far as the Sewage Works. You are now on part of the Kirkles Way.

**G** Turn right and walk alongside a stone wall up a gentle slope. Continue until you reach another kissing gate on your left. Walk through the gate and follow the path uphill.



**H** Keep walking ahead then bear right at a tree covered bank and follow a hedge until the path turns sharp left uphill. Follow the narrow path past a high brick wall on your right and merge onto The Runtlings.

**I** Turn right and retrace your steps back to the Health Centre.



### Points of Interest

- The old, rutted stone sets in part of West Wells Road – no doubt a remnant from the old Coaching days.

## 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.

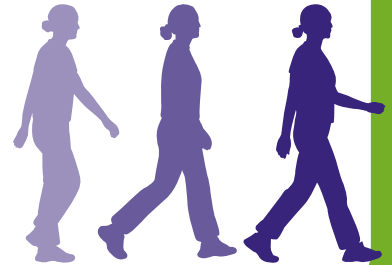
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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

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

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# Active Wakefield Health Walks

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