

Walk 17 (Shay Lane to Haw Park Bridge)

Walton

Duration Allow 70 minutes
Distance 4.6 km / 2.9 miles
Terrain An easy, circular walk, mainly on all-weather footpaths.



A The walk begins at Walton Sports & Social Club. Walk out of the car park and cross Shay Lane and walk down the side of Canal Cottage which is on your left (follow sign for Trans-Pennine Trail).



B At the end of the built up area you will see a high stone wall on your left which is the boundary of Waterton Park. Continue on the path to the Golf Club House.



C Walk past the Golf Club House on your right and under the stone bridge. Continue walking straight forward.



D Follow the towpath to where the path splits just before Haw Park Bridge. Leave the towpath and take the right hand fork up a slight incline.



E Walk through a small wooded area until the paths split. Take the left fork and turn left across the bridge. Turn right down a broad path.

F At the fork continue straight ignoring the route signposted to Anglers Country Park. Follow the path through the barrier into Haw Park Wood and take the path on your right after approximately 10 metres.

G Walk through the wood keeping right and head for the steps and wooden bridge. Cross the bridge and turn right onto the canal towpath.

H Continue back to Haw Park Bridge. Walk under the bridge and past the fork. Retrace your steps back to the start.



- Points of Interest**
- The Barnsley Canal was opened in the 18th Century to carry coal to Heath
 - A number of buildings and streets have names referring to the canal
 - Food, drinks and toilets are available at the New Inn on Shay Lane
 - The Walton War Memorial

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.

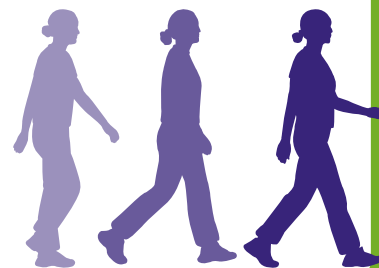
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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