

Walk 18

(Circular Walk via The Balk)

Walton

Duration Allow 40 minutes

Distance 2.4 km / 1.5 miles

Terrain A moderately difficult, circular walk, mainly on good all-weather footpaths together with some roadside walking (many stiles and a railway bridge to be climbed).



A The walk begins at Walton Sports & Social Club. Walk out of the car park and turn right.



B Walk past the New Inn on your right and cross at the pedestrian crossing and walk towards the War Memorial. Turn left into The Balk.

C Walk down The Balk as far as No 48 on the right hand side. You will see a narrow footpath in the gap between No 48 and No 50.



D Walk down this path to a stile. Climb over the stile and walk diagonally across the meadow (please note there are horses loose in this field) to a second stile which gives access to a broad farm track.

E Turn right and follow the track between Overtown Grange Farm and Rose Farm.

F Climb over stile No 3 and walk across a narrow field to stile No 4. Continue forward to stile No 5. Continue on the field edge over stile No 6 to the housing estate (The end house on the edge of the field has a model railway).

G Turn left and walk downhill to the footbridge over the railway. Climb over stile No 7 (concrete steps in a stone wall) to access Common Lane.

H Turn right and walk along Common Lane up a slight hill. Turn right into Shay Lane and walk back to the start point.



Points of Interest

- The Walton War Memorial
- Food, drinks and toilets are available at the New Inn on Shay Lane

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.

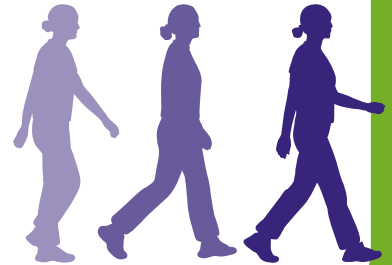
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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