

# Walk 19

(Circular Walk via  
Walton Colliery  
Nature Park)

Walton

**Duration** Allow 60 minutes

**Distance** 3.5 km / 2.2 miles

**Terrain** An easy, circular walk, mainly on good all-weather footpaths together with some roadside walking.



**A** The walk begins at Walton Sports & Social Club. Walk out of the car park and turn left and then immediately turn left again onto a gentle downhill path.



**B** At the bottom of the hill take the left hand path and walk along the field side path past the sports field. Pass through the hedge and onto a dirt road which services nearby allotments.



**C** Continue forward over a small stone bridge and on to School Lane beside the Manor House.



**F** Pass through the metal gates into Walton Colliery Nature Park.



**G** At the first junction of the broad paths, near the Barnsley Canal, bear right and walk between the two lakes and past the green milepost No 67 on the National Cycle Network on the Trans-Pennine Trail.

**H** On reaching the car park walk onto Shay Lane, turn right and walk on the roadside pavement back to the starting point.

## Points of Interest

- Manor House built around 1867 as a Laundry School for Girls
- Many railway bridges in the area
- Nature Park was created from the spoil heaps of Walton Colliery
- Food, Refreshments and toilets 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.

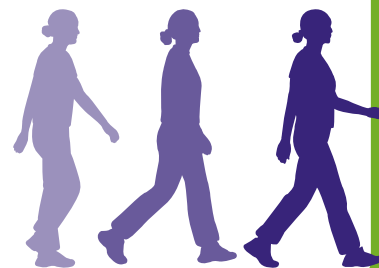
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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](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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# Active Wakefield Health Walks

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