

# Walk 20

## Crofton

(Circular Walk from Community Centre to Anglers Country Park)

**Duration** Allow 60 minutes

**Distance** 4.0 km / 2.5 miles

**Terrain** An easy, circular walk, mainly on roadside pavements and good footpaths with some field side grass walking.

### Crofton



**A** The walk begins at the Crofton Community Centre where there is free parking available. Walk from the Community Centre down Middle Lane to the main road.

**B** Turn left and walk down the hill and cross over the railway bridge.

**C** Cross the road to the left hand side path and follow the roadside dirt path between the hedge and fence past the Moorhouse Opencast Coal Site.

**D** At the second bridge cross to the right hand side of the road and walk the roadside (no pavement for 200m) to the bus stops.



**E** Turn right onto a well-marked footpath and walk up the hill to Anglers Lake.



**F** Turn right on to the broad lakeside path and right again just before the hedge line at the 3-path junction.



### Points of Interest

- The Lord of the Manor Pub was originally the home of Sir Titus Salt
- Anglers Country Park was created on the site of opencast coal mining and now hosts The Room on the Broom Story Trail

**G** Follow the grass path on the hedge side. Walk through a kissing gate and continue straight forward following the hedge line to the bottom of the field. Go through another kissing gate and continue forward to the next gate (please be aware that there are sheep, cows and a bull in this field).

**H** Continue forward to Hare Park Railway Junction. Pass through the kissing gate and cross over the bridge.

**I** Walk up the road, bearing right past playing fields to the mini roundabout on High Street. Turn right and follow the main road back to the Community Centre.

## 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.

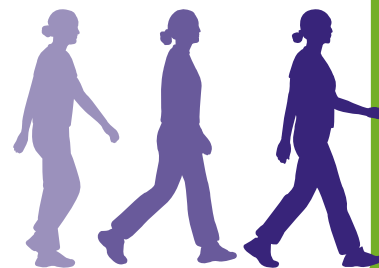
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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)

📘 Follow us on Facebook - Wakefield Wellbeing

# Active Wakefield Health Walks

## Walk **20**

### Crofton

(Circular Walk from Community Centre to Anglers Country Park)

