

Walk 21

Crofton

(Circular Walk from Community Centre to Windmill Hill & Foulby)

Duration Allow 60 minutes
Distance 3.8 km / 2.4 miles
Terrain A moderately difficult, circular walk mainly on field paths and roadside pavements.



A Start at Crofton Community Centre. Walk down Middle Lane and turn right. Walk along Santingley Lane in the direction of Crofton Centre, and turn right into Priors Ridge.



B Just before the mini roundabout turn right through an opening in the fence which marks the start of the field path.

C Walk on the field path to the end of the houses and continue forward on the path across the field to the first hedge row. Turn left and follow the field boundary with the hedge on your right.

D Pass through the hedge and continue to follow the field side path boundary until it emerges onto Towers Lane.

E Turn right and walk along Towers Lane and onto Doncaster Road. Cross the road and turn right.



F Walk past the Arkaans Restaurant and the houses on your left and then re-cross the road at Foulby Farm Track.

G Walk down the track and follow the footpath finger post onto a narrow but good path. Keep forward on this path downhill back to Spring Lane.
H Turn left at Middle Lane back to the Community Centre.



Points of Interest

- Superb views of the East Pennines from the top of Windmill Hill

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.

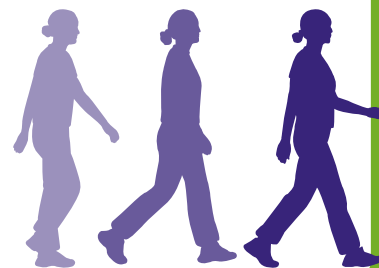
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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