

# Walk 28

## Airedale

(Circular Walk from the Square via Well Wood)

River Aire

Fryston Basin

**Duration** Allow 60 minutes  
**Distance** 4.2 km / 2.6 miles  
**Terrain** An easy, circular walk, mainly on roadside pavements and good all-weather footpaths.

### New Fryston



**A** Start in the Square in Airedale. Plenty of free parking. Walk along Fryston Road passing Tesco Express on your left.



**D** Walk on this path to its intersection with Wheldale Lane (a broad dirt track).



**B** After a short distance turn right into Elizabeth Drive at the Church. Walk along Elizabeth Drive and then turn right into Watling Road.

**C** Walk past Oyster Park Primary School on your right and continue to the end of Watling Road. Walk onto a signed bridle path.



**E** Turn left and walk down Wheldale Lane to the corner of Well Wood.

**F** Walk diagonally into the wood on a narrow, grassy path until it intersects with 2 main paths. Take the 2nd path, turn right and continue to allotment fences.



**G** Turn left and walk along the main path keeping allotments on your right until you reach the barrier. Pass between houses into St Andrew's Road.

**H** Turn right and walk into Dunderdale Crescent then right again to Elizabeth Drive.

**I** Turn left into Fryston Road and walk back to the Square.

### Points of Interest

- The Airedale Centre (including Library & Café) – toilets and refreshments available
- Note the design of Holy Cross Church

## 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.

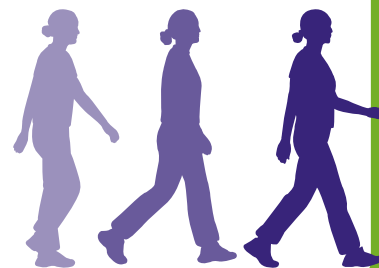
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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🌐 [www.wakefield.gov.uk/walking](http://www.wakefield.gov.uk/walking)

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# Active Wakefield Health Walks

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