

# Walk 30

(Health Centre to Gallows Hill)

## Airedale

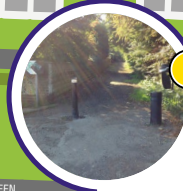
**Duration** Allow 35 minutes  
**Distance** 2.1 km / 1.3 miles  
**Terrain** An easy, circular walk, mainly on broad roadside pavements. This walk is wheelchair and pushchair friendly.



**A** Start outside the Airedale Health Centre in the Square. There is plenty of free parking and a small bus station. Walk between the Health Centre and the end of the parade of shops into Crewe Road.



**B** Walk down a gentle hill, past Airedale Academy.  
**C** Turn right into Windermere Road.  
**D** From Windermere Road turn right into Kendal Drive.



**F** After about 150m the road swings sharply to the left. Keep walking straight ahead onto a broad all-weather track (this is still Gallows Hill).  
**G** Follow the track as it passes between the school and the sports fields until you emerge into Poplar Avenue.  
**H** Turn right and walk to the end of Poplar Avenue.  
**I** Turn left into Crewe Road and return to the Health Centre.



**E** After walking about 50m turn right into Hillcrest Drive. At the first junction keep to the right and walk into Gallows Hill.



**Points of Interest**

- The Airedale Centre (including Library & Café) – toilets and refreshments available

## 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.

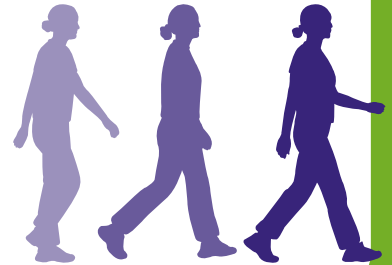
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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working for you