

# Walk 34

## Upton

(Circular Walk via North Elmsall Hall Farm)

**Duration** Allow 45 minutes  
**Distance** 3.0 km / 1.9 miles  
**Terrain** A moderately difficult circular walk, on field side bridle paths and roadside pavements. (There are a number of stiles to be climbed and some marshy ground to be crossed).



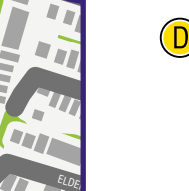
**A** Start at Upton Country Park car park. Pass through a metal gate at the end of the metal railings. Turn immediate right and pass through another metal gate to walk on the former railway track.



**B** Pass through the gate, turn left and walk on the path. Walk past the park with the lake on your left. Keep straight on the disused railway.



**C** Turn right at a junction of paths and walk between the brick bridge abutments onto a field side bridle path.



**D** Cross over the stream at a flat stone bridge (no hand rails) and turn right to follow the ditch line. At the farm fence, turn left and walk up to Long Close Lane.



**E** Turn right and walk through the farmyard and along a pleasant country lane (Hall Lane) between high walls and hedges to the stone steps on your right just in front of the Church.



**F** Climb over the wall via the stone steps and walk diagonally across the field back to the old railway track climbing a wooden stile and through a metal gate on the way.

**G** Turn right onto the track, then at the next junction turn left and return to the car park.



**Points of Interest**

- North Elmsall Hall Farm Settlement is mentioned in the Domesday Book and has some interesting architectural features
- Hall Lane is a permissive route and you should respect the privacy and property of the land owners

## 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.

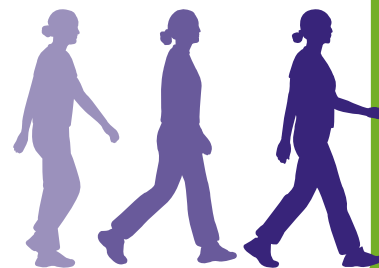
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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