

Walk 36

(Circular Walk via North Elmsall Church)

Upton

Duration Allow 60 minutes
Distance 4.0 km / 2.5 miles
Terrain A moderate circular walk on good all-weather footpaths with some field walking (can become muddy in wet weather). Climbing over stiles is involved.

Points of Interest

- North Elmsall Church exterior and interior
- Old railway track is part of a 13 mile network of footpaths joining South Elmsall, South Kirkby and Upton (SESKU)



A Start at Upton Country Park car park. Pass through a metal gate at the end of the metal railings and turn right. Pass through a kissing gate and onto the old railway track.



B Turn right and walk straight ahead turning 1st left and walk through a metal gate.

C Walk down to the edge of the farmer's field and follow the diagonal field path up a gentle slope. Climb over the stile and walk across the field (please be aware horses are loose in this field).



D Continue forward to the stone wall, climb over the wall via the stone steps to North Elmsall Church.



E Walk past the church, (note the old mile stone post on your left) to the main road and turn right. Cross the main road and walk ahead passing the Dog Kennels/Cattery on your right.



F At the roundabout cross the A638 and then cross the B6474 road, bear right through a red barrier onto the broad track. Walk down the lane and then continue up a slight incline to the end of the tree line.



G Turn right onto a fieldside path and continue until you encounter the old railway track, turn right and walk to the main road. Cross over the road and follow the brideway until it meets the A638.



H Cross over the A638 and head for the house in front of you. Turn right just before the house. Walk through the metal gate and along this section of the old railway back to the car park.



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.

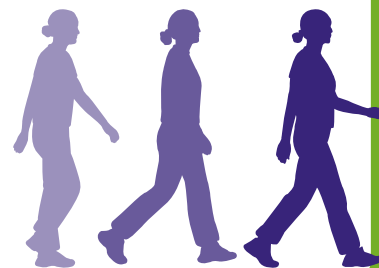
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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