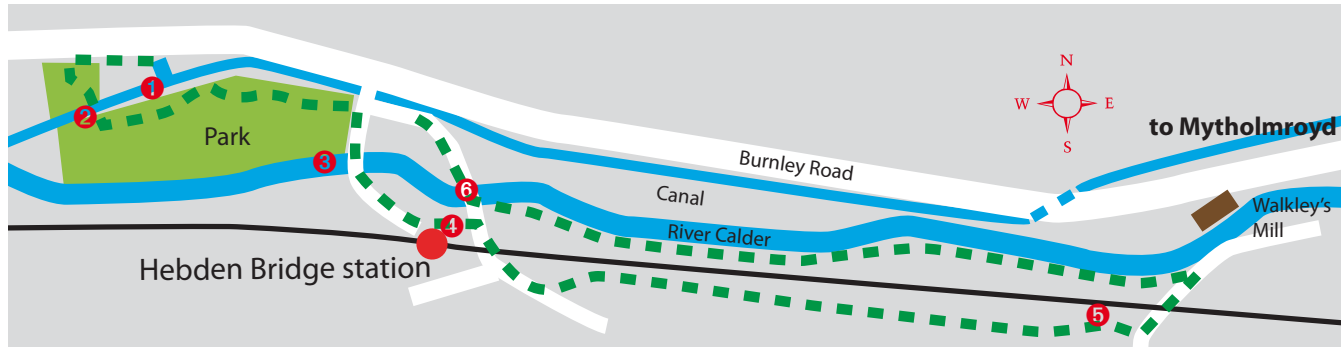


Four gentle walks from Hebden Bridge

1. Town centre to Fallingroyd and back

1½ miles, 1 hour at a slow pace; easy surface but muddy after rain.

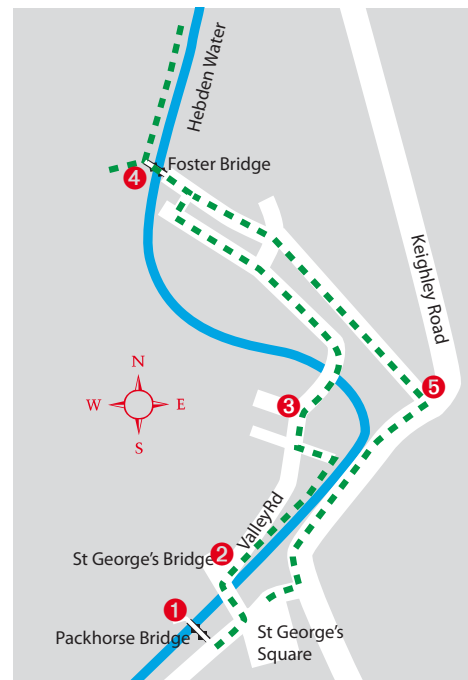
- 1 Start at Hebden Bridge Tourist Information Centre. Walk past the cinema and turn left into Memorial Gardens.
- 2 Cross the canal, and turn left to enter the park (using steps or slope). Walk through the park, with canal on your left.
- 3 At the end of the park turn right to pass the train station. Turn right under the railway bridge.
- 4 Pass the signal box. Take the track near the railway, which passes houses and enters a beech wood.
- 5 At the path end, cross back over the railway. Ahead is an old mill, once Walkey's clog factory. Before the river bridge, turn sharp left to join the hard-surfaced cycleway.
- 6 At the end of the cycleway, turn right past the stonemasons' yard. Join the canal towpath to walk back to the town centre.



2. Packhorse Bridge circular

30 to 45 minutes, ¾ mile gentle road walking. Suitable for buggies and wheelchairs.

- 1 Start at the 500 year old packhorse bridge in the centre of Hebden Bridge. Walk down Bridge Gate. Turn left beyond the Shoulder of Mutton to cross the river.
- 2 Take the riverside walkway to the right, just over the bridge. At the end of the walkway, turn left and immediately right, and continue along Valley Road.
- 3 Follow the road round as it becomes Victoria Road. Continue, turning right just past the new houses. Then turn left, to find Foster Bridge, another packhorse bridge.
- 4 At the bridge, you can choose to walk a little further if you wish, taking the riverside walk.
- 5 Return from Foster Bridge, continuing this time straight ahead until you reach the traffic lights at Keighley Road. Turn right, and walk steadily downhill into town.



Hebden Bridge is a particularly good place to go walking. We've chosen four gentle routes for you to get you started. These routes are generally level, without any significant climbing.

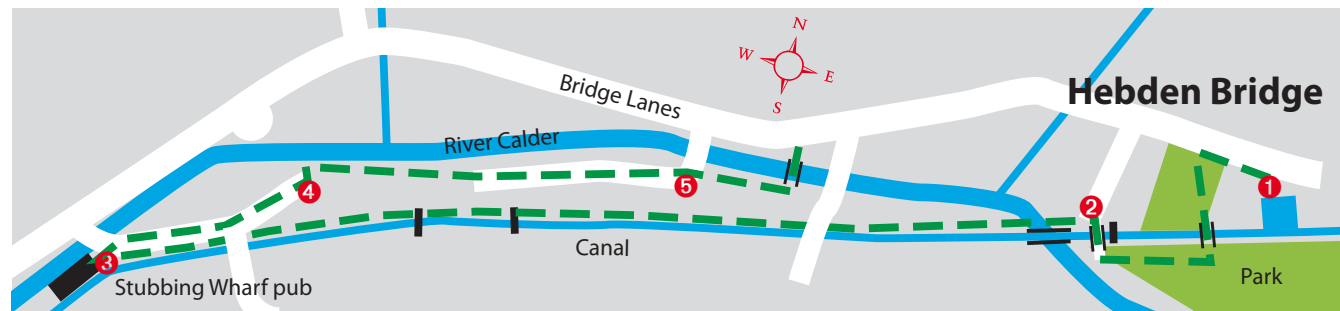


3. Canal path to Stubbing Wharf

1 hour, 1½ miles involving one set of steps.

- 1 Start at Hebden Bridge Tourist Information Centre. Walk past the cinema, and turn left into Memorial Gardens. Cross the canal, and turn right.
- 2 Cross back over the canal, and take the towpath over the river aqueduct. Continue on the towpath past the Alternative Technology Centre. Stay on the towpath, passing Stubbing Lower and Upper locks.

- 3 At the Stubbing Wharf pub, turn back on the little road immediately parallel to the towpath, into the cul de sac of houses called Stubbing Square.
- 4 Turn left down a small set of steps and immediately right on a path beside the river Calder. Continue past terraced houses and a mill.
- 5 As the road bends left, continue ahead beside the river, to cross it on a small footbridge. You will meet the main road near the Coop.

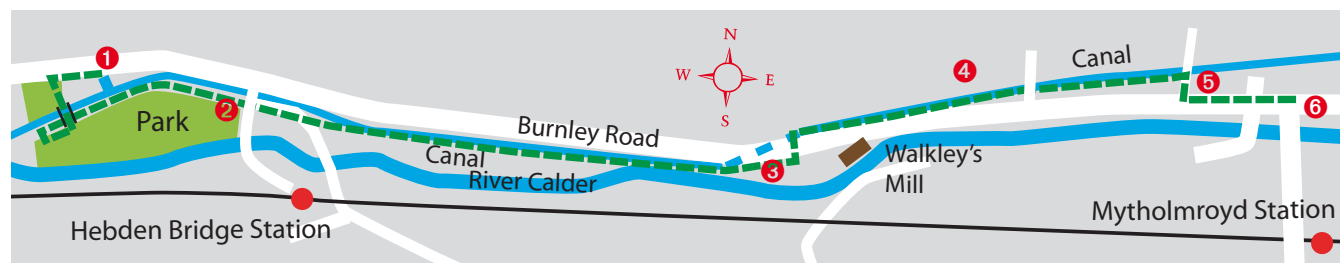


4. Canal path to Mytholmroyd

1 hour, 1½ miles, mainly along the towpath

- 1 Start at Hebden Bridge Tourist Information Centre. Walk past the cinema, and turn left into Memorial Gardens. Cross the canal, and turn right down the slope. Continue out of the park gates, and turn back almost immediately on the canal towpath.
- 2 Stroll along the canal towpath, passing Mayroyd Mill and the community of boat dwellers.

- 3 At the tunnel entrance, go gently uphill to meet the main A646 road. Cross with care.
- 4 Continue on the towpath, passing Broadbottom Lock. Look out for the plentiful water fowl and occasional kingfisher.
- 5 After going under two bridges, pass a new housing development on your right. At the next bridge, go up the steps (handrail), and turn right to reach the centre of Mytholmroyd.
- 6 Take one of the many buses back to Hebden Bridge, or retrace your steps.



Walking is an excellent natural way to help you stay healthy and gain pleasure from your surroundings.

Doctors agree that moderate exercise like walking helps protect your body from many illnesses and health problems, including heart disease, stroke, high blood pressure, obesity, osteoarthritis and the most common type of diabetes. It is also a great way to fight depression and relieve stress.

Hebden Bridge: a Walkers are Welcome town

Hebden Bridge, like neighbouring Mytholmroyd, is an official Walkers are Welcome town. This means that we try to ensure that footpaths and bridleways are in good condition, and to improve the facilities for local people and visitors wanting to walk in our beautiful countryside.

This leaflet has been produced by Hebden Bridge Walkers' Action. More information is on our website: www.hbwalkersaction.org.uk.

The website has more detailed directions for the walks in this leaflet and some other gentle walks for you to try, including some on the 'tops' near Hebden Bridge which offer fine views.



Supported by
The National Lottery
through Awards for All

