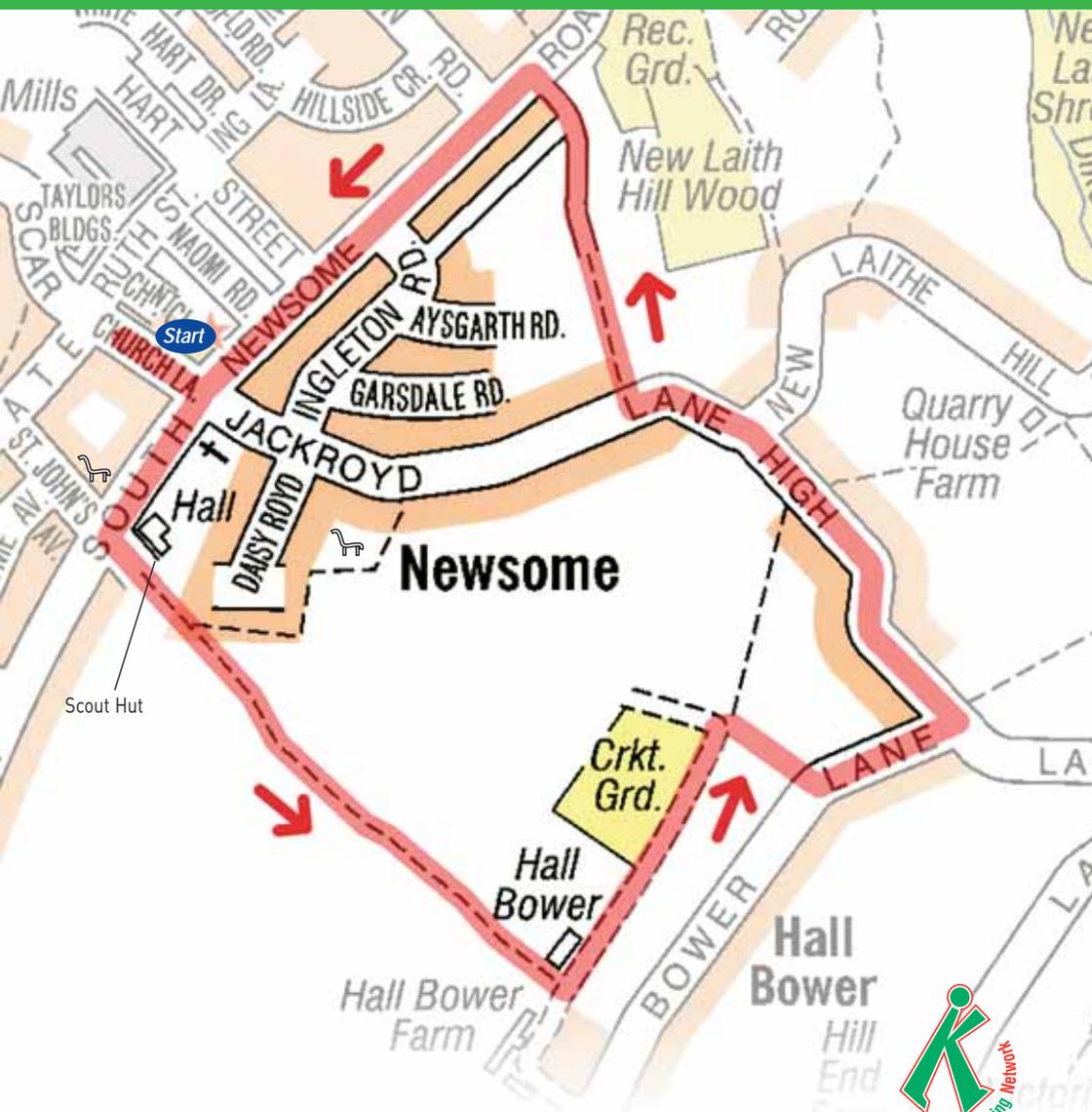


Newsome Pathways to Health

Walk 3: Newsome to Hall Bower and back

45 mins approx

Path type: C3



 Seating



Walk 3: Newsome to Hall Bower and back

Duration: 45 mins approx.

Start point: Newsome Health Centre, Church Lane.

From the Health Centre walk towards the church and turn right at the traffic lights onto Newsome Road South. Walk for approximately 100 metres, before turning left onto a track at a public footpath sign for Hall Bower and Castle Hill. Follow this track for approximately 75 metres, before taking the smaller footpath which branches off to the right, passes through a metal gate and heads uphill. Continue along this footpath until it emerges from between two cottages onto a small lane at Hall Bower.

Turn left and continue as the lane becomes a footpath and passes Hall Bower cricket ground. At the entrance to the cricket club turn right and follow the track to Hall Bower Lane. Once on Hall Bower Lane turn left and then left again onto High Lane at the next junction by the "Roundhouse".

Walk downhill on High Lane and approximately 75 metres after passing the Victoria pub take the signed footpath on the right hand side of the road next to a white painted stone house. After passing stone a metal pole this path continues downhill and through a metal barrier eventually reaching Newsome Road.

From this point turn left and head uphill. Upon reaching the traffic lights turn right onto Church Lane and return to the Health Centre.

Path type: refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface Quality - C: Uneven: Less compact stones, occasional ruts and stones

Gradient - 3: Fairly Steep: Up to 1:12

For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.