

Walk 5: Emley

Duration: 45 mins.

Start point: Emley Post Office on Church Street

Stand with your back to Emley Post Office on Church Street and turn left then left again onto Upper Lane. Opposite the end of Saville Avenue cross over the road and head up the path which leads to Rishworth Avenue (mini road with keep clear markings and a footpath sign). Take the first left onto Phoenix Avenue, then first left again down Boomhey Avenue, then right onto Upper Lane. Take the next left along Glebe Close. At the end turn left along School Lane. Opposite the end of Saville Street is Rodley Lane. Walk down Rodley Lane – it turns into a track. At the end turn right down another track called Thorncliffe Lane then turn left onto Cross Lane (this can be muddy) which is another track. Turn left onto Rectory Lane then left onto Grange Drive. Back onto Rectory Lane turn left and keep walking along Rectory Lane which turns into Church Lane till you get back to the Post Office.

Surface quality - A/B: Smooth tarmac and grass/earth

Gradient - 1: Gentle

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

