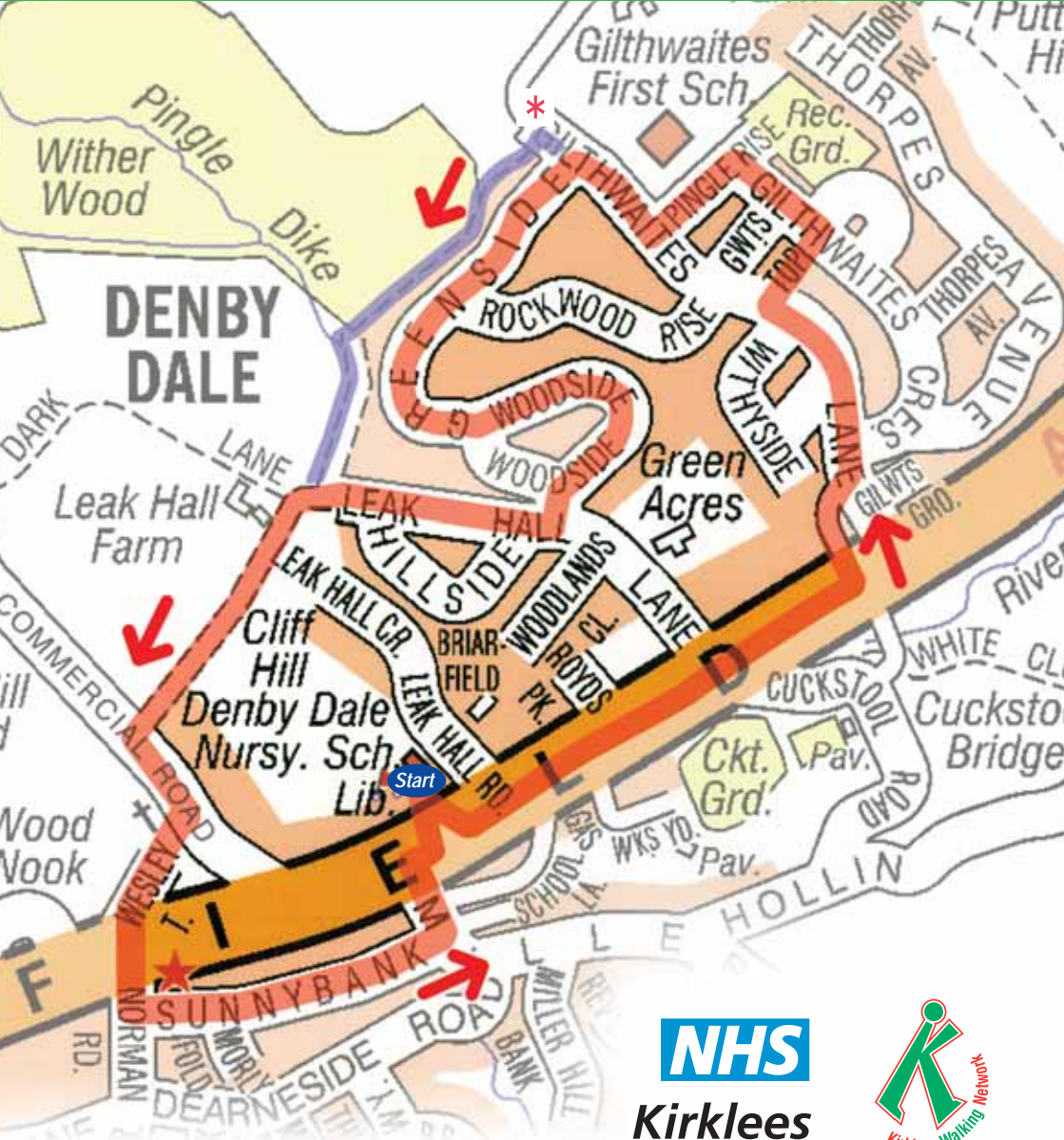


Denby Dale Pathways to Health

Walk 7: Denby Dale

1 hour approx



NHS
Kirklees



Walk 7: Denby Dale

Duration: one hour (55 minutes if use alternate route)

Start point: Denby Dale Library

With Denby Dale Library behind you walk onto Wakefield Road and turn left: you are walking towards Scissett. Walk past the cricket ground and just before you get to the newsagents on your right there is a lane to your left before the bus stop. Walk up this lane and onto Gilthwaites Lane. Walk up Gilthwaites Lane past the first left turn (Withyside) and then opposite the second left turn (also Withyside) is a ginnel on the right hand side of the road. Follow this onto Gilthwaites Crescent. Turn left onto Gilthwaites and then left along Pringle Rise. Turn right onto Gilthwaites Lane and walk past the junior school. *Turn left down Greenside and at the end of Greenside bear left onto Woodside, walk around Woodside and then turn right onto Leak Hall Lane. At the end of Leak Hall Lane (where alternate route meets up) walk onto the track which continues Leak Hall Lane. After the first house on the right take the footpath on the left through a gate and follow the path along next to the fence and through another gate. Walk along this footpath and you will come out on Commercial Road, turn left down into Denby Dale. Just below the Methodist Church on the right take the lane, through the bollards called Wesley Terrace, down behind the houses onto Wakefield Road. Cross straight over Wakefield Road walk down Norman Road and turn left on Sunny Bank. At the end turn left onto Miller Hill and up onto Wakefield Road. Turn right along Wakefield Road and cross over at the crossing and you are back at the Library now.

** Alternate Route*

Alternate if you feel confident about walking on rough footpaths and are wearing stout shoes walk to the end of Gilthwaites Lane onto the track then left onto the footpath follow along past Wither Wood to Leak Hall Lane.

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

Gradient - 2: Quiet gentle

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

Supported by Denby Dale Area Committee