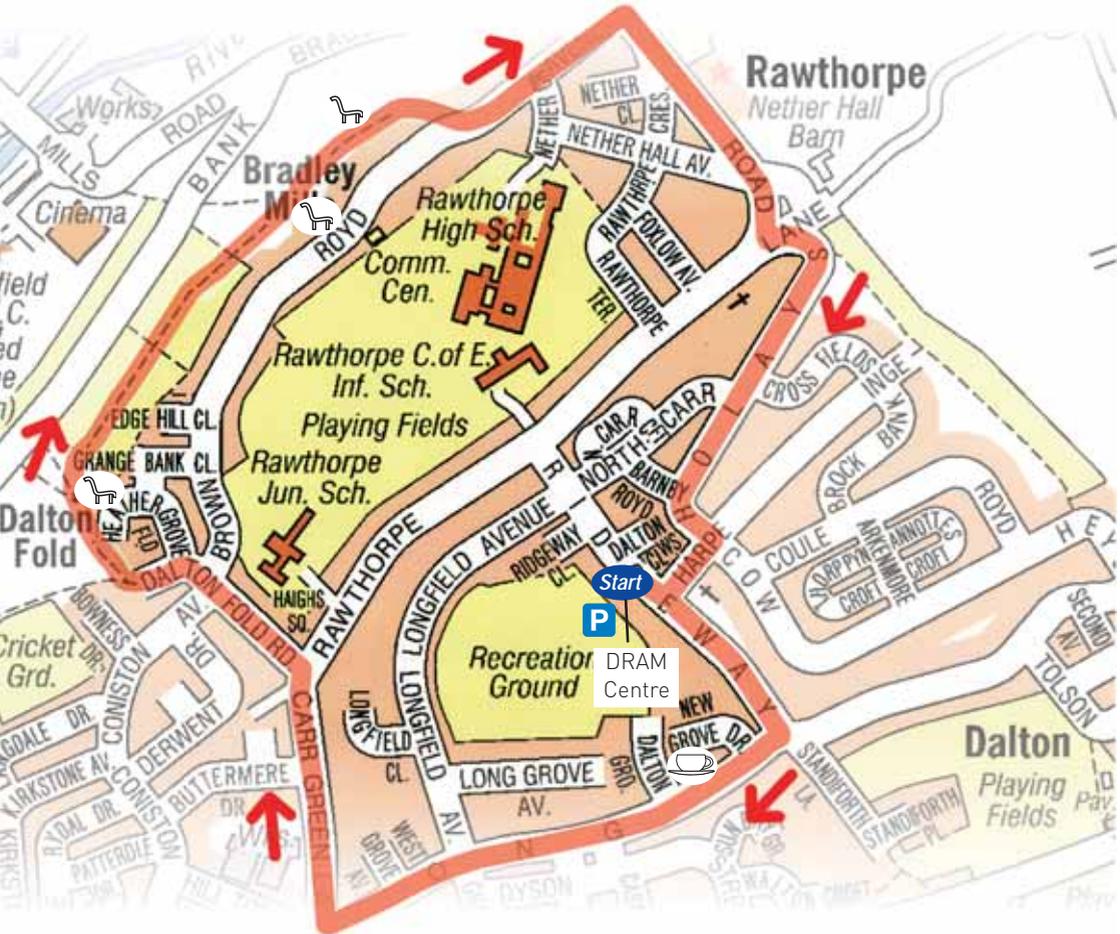


Dalton & Rawthorpe Pathways to Health

Walk 4: A Dalton & Rawthorpe ramble

60 mins approx



-  Refreshments
-  Seating
-  Parking



Walk 4: A Dalton & Rawthorpe ramble

Duration: 60 mins approx.

Start point: DRAM Sports and Community Centre, Ridgeway.

From the Dram centre turn right along Ridgeway towards Long Lane. At the T-junction turn right again, walking gradually uphill for approximately 500 metres. Upon reaching the food store/off licence on the right hand side turn immediately right into Carr Green Lane.

Walk along Carr Green Lane and where the road bends to the right take the left turning onto Dalton Fold Road. Walk slightly uphill ignoring roads on the right and left and continue along Dalton Fold Road which becomes rougher and unmade.

Look for a narrow dirt path on the right and follow this as it descends to a set of steps made from logs. Halfway down the steps turn right at a wooden post. Pass a metal bench and continue towards a plantation of trees where the path has been improved. Where the path emerges from the trees continue along the improved path across the hillside passing another bench. Staying on the path, walk through another small wooded area and a small field. Look for a yellow barrier, pass through this and emerge onto Brown Royd Avenue.

Turn left and walk downhill. At the T-junction turn right passing a row of shops and continue until you reach The Dalton pub. Follow Holays as it passes to the left and heads steeply downhill behind the pub. Continue steadily downhill to a crossroads turning right onto Harpe Inge and the short uphill back to the Ridgeway and the DRAM 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.