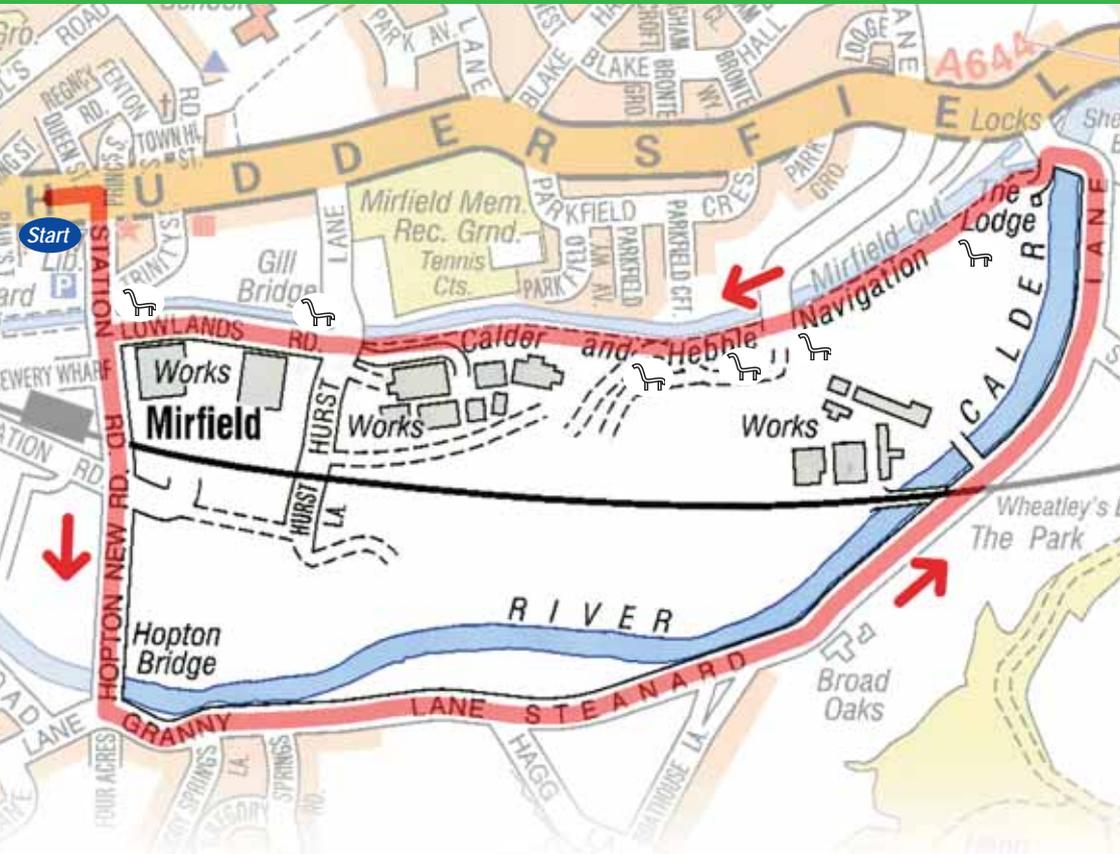


Mirfield Pathways to Health

Walk 4: Canal and River Walk

55 mins approx



Seating



Walk 4: Canal and River Walk

Duration: 55 mins.

Start point: Mirfield library

Standing on Huddersfield Road with the library behind you, turn right and then right again onto Station Road. Follow Station Road under the railway bridge and then over the River Calder. At the junction with Granny Lane turn left. Follow Granny Lane ignoring the right turnings. This road becomes Steanard Lane notice the beautiful views of the River Calder on your left as you walk. Walk under the railway bridge and after passing Sands Lane there is a large pub on your right, just after this the road bends sharply to the left (this is a bridge over the river). Be careful there is not much pavement at this point but the traffic is controlled by lights. Just over the bridge on the left hand side of the road is a tarmac path over a pedestrian bridge which goes down in between the river and canal, walk down this and go through the gate at the bottom and turn left onto the towpath. At this point the river is on your left and the canal is on your right. There are lots of seats here. Follow the towpath walking past the Mills, ignoring the roads on the left hand side. Cross under Hurst Lane Bridge then walk along the side of Lowlands Road. There is a short steep incline up to the road walk up this and turn right onto Station Road. Cross over Station Road at the crossing and walk back to the library.

Surface quality - A/B: Smooth/quite smooth

Gradient - 1: Gentle

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

