

# Wakefield District Health Walks

# 22

# Crofton

Circular walk from Community Centre to Foulby



Allow 40 minutes



A easy, circular walk, mainly on fieldside footpaths and roadside pavements.



2.5 km / 1.6 miles

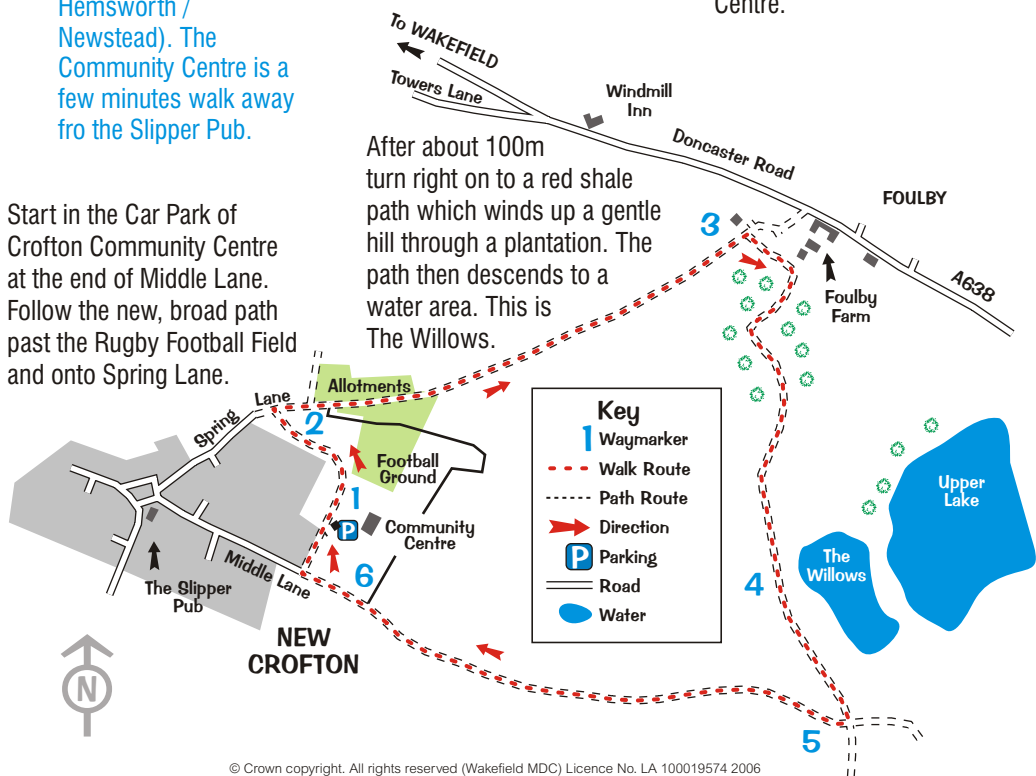


Santingley Lane, Crofton is served by buses **195, 196 & 197** (Wakefield to Hemsworth / Newstead). The Community Centre is a few minutes walk away from the Slipper Pub.

- Turn right and follow a good path through abandoned allotments and up a gentle hill.
- At the top of the hill, just before the house on your left, you will see a black painted steel kissing gate on your right hand. Pass through the gate and walk along a narrow path.
- Walk past the broad kidney shaped lake, turn right on to a broad track and walk to the top of a low hill.
- Turn right on to a good path with hedge and trees on the right hand. Follow the path along a ridge to the end of Middle Road.
- Turn right at the houses and return to the Community Centre.

- Start in the Car Park of Crofton Community Centre at the end of Middle Lane. Follow the new, broad path past the Rugby Football Field and onto Spring Lane.

After about 100m turn right on to a red shale path which winds up a gentle hill through a plantation. The path then descends to a water area. This is The Willows.



# Health Notes

Try to walk for 30 minutes every day

Remember walking can:



Make you feel good



Keep your heart strong



Give you more energy



Reduce blood pressure



Help you sleep better



Help manage your weight



Help you reduce stress



Improve your life expectancy

## Points Of Interest



> The Willows is a water area to the South of The Upper Lake of Nostell Priory.

> Much of the walk takes place over an area of restored opencast mineral workings.

> Food, refreshments and toilets at the Windmill Inn on Doncaster Road.

Wakefield Healthy Transport Project is working to encourage people to carry out more of their journeys on foot or by cycle to improve the environment and their health.

 Tel: 01924 306089

 Metroline: 0113 245 76 76  
Web: [www.wymetro.com](http://www.wymetro.com)



Crofton Community Centre  
(See Waymarker 1)



Path to Foulby Farm  
(See Waymarker 3)



Red path through plantation



By the lake  
(See Waymarker 4)

IVVENCUS  
Walks Designers

