

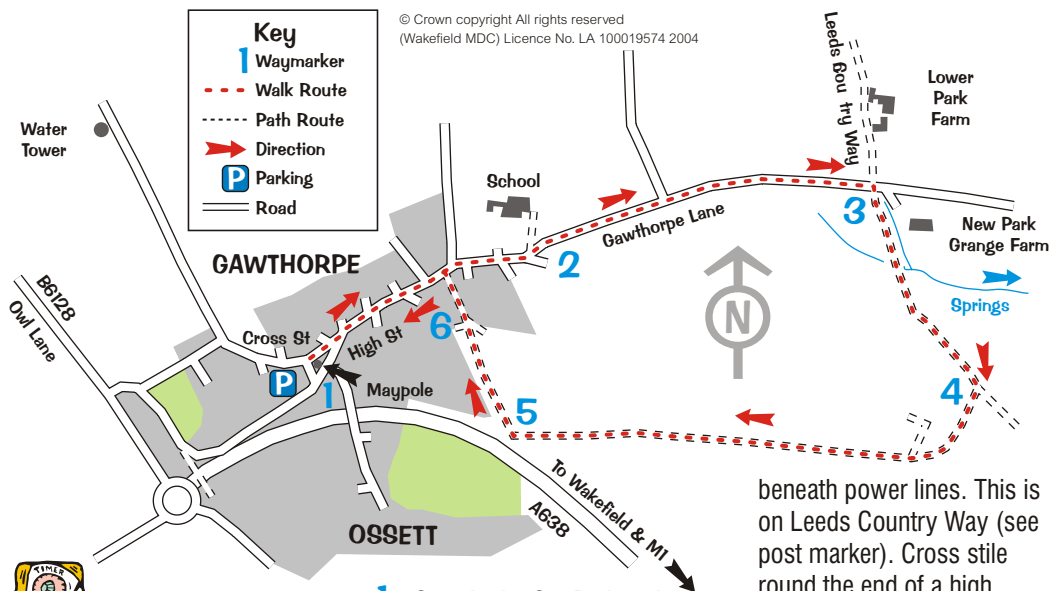
## Wakefield District Health Walks

# 13

# Gawthorpe

## Circular walk from Maypole

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Allow 60 minutes



A moderately difficult, circular walk mainly on good all-weather footpaths together with some field walking. Climbing of stiles is involved.



3.6 km / 2.2 miles



Services 117 (between Wakefield-Ossett-Leeds), 119 and 120 (Wakefield-Ossett-Dewsbury) operate to the village.

- 1 Start in the Car Park at the side of the Maypole. Turn right and walk down High Street passing the Beehive Inn Pub on your right hand side.
- 2 Continue past Highfield School and along Gawthorpe Lane as far as the lane to Lower Park Farm on your left.
- 3 Look for a Finger Post about 10m further on to the right. Follow the sign across a small wooden bridge downhill, over a stream, then upwards, over a small wooden bridge with handrail

beneath power lines. This is on Leeds Country Way (see post marker). Cross stile round the end of a high hedge and aim for second power lines.

- 4 Follow the line of the overhead power lines up a moderate gradient to the next hedge line and turn right.
- 5 Follow the path with the hedge on your right until you encounter a wooden stile close to the Ossett Bypass. Climb over the stile and turn right onto a tarmac path which leads into a housing estate.
- 6 The path emerges onto Main Street. Turn left and return to the Car Park.



Gawthorpe Maypole  
(See Waymarker 1)



Gawthorpe Lane  
(See Waymarker 2)



Power Lines  
(See Waymarker 4)



Stile and path to  
Housing Estate  
(See Waymarker 5)

IVVENCUS  
Walks Designers



**wakefield**  
City of Wakefield Metropolitan District Council



# Health Notes

Try to walk for 30 minutes every day

**Remember walking can:**



Make you feel good



Give you more energy



Help you sleep better



Help you reduce stress



Keep your heart strong



Reduce blood pressure



Help manage your weight



Improve your life expectancy

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.

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