

Wakefield District Health Walks

36

Upton

Circular walk via North Elmsall Church



Allow 60 minutes



An easy, circular walk on good all-weather footpaths with some field walking. Climbing of stiles is involved.



4.2 km / 2.5 miles

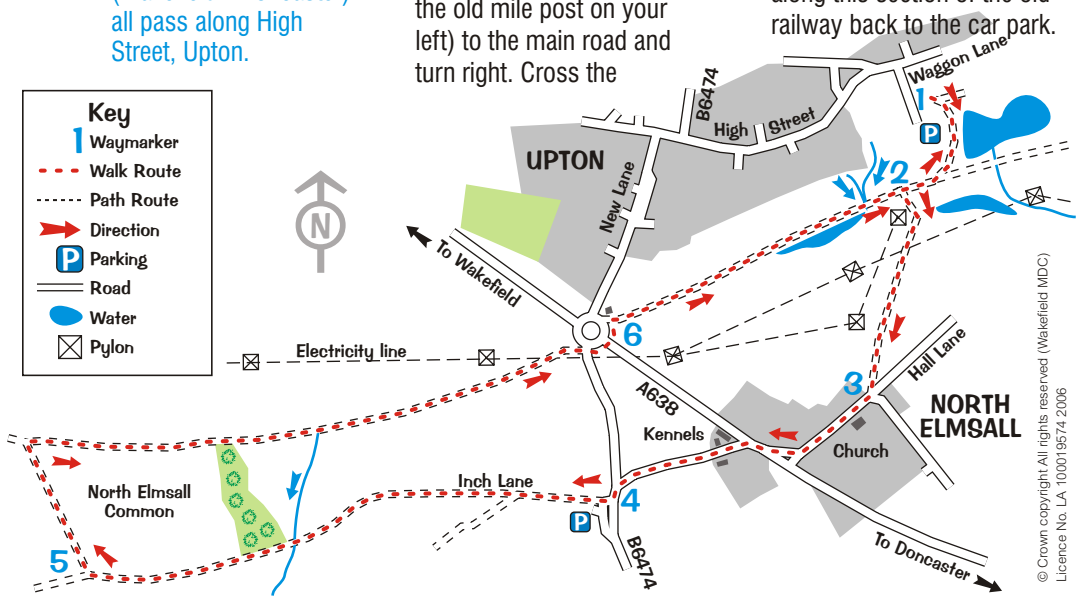


Service **84** (Upton - South Elmsall - South Kirkby) **246** (Barnsley - Pontefract) **247** (Barnsley - Upton) **248, 249** (Pontefract - Upton) and **485** (Wakefield - Doncaster) all pass along High Street, Upton.

- 1 Start in the car park (unsigned) opposite the junction of High Street and Beech Road. Pass through the access gate, turn right and walk between the lake and green iron railings.
- 2 Pass through a kissing gate and onto the old railway track. Turn right then left and over a stile then through a farm gate. Follow the field path up a gentle slope then over a second stile and over a stone wall via stone steps, to North Elmsall Church.
- 3 Walk past the church, (note the old mile post on your left) to the main road and turn right. Cross the
- 4 main road and walk ahead passing Dog Kennels / Cattery on your right.
- 5 Turn right onto a fieldside path and continue until you encounter the old railway track, turn right and walk back to the B6474.
- 6 Cross over the B6474 and the A638 turn right just before the first building. Walk along this section of the old railway back to the car park.

Key

- 1** Waymarker
- - - - - Walk Route
- Path Route
- ➔ Direction
- P** Parking
- Road
- Water
- ⊠ Pylon



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

Notes



> North Elmsall Church exterior and interior.

> Remnants of Station platform can be found just past Waymarker 6.

> Old railway track is part of 13 mile network of footpaths joining South Elmsall, South Kirkby and Upton (SESKU).

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
METRO Web: www.wymetro.com



Stile to North Elmsall (See Waymarker 2)



North Elmsall Church (See Waymarker 3)



Mile Post House (See Waymarker 3)



Path off roundabout (See Waymarker 6)

IVVENCUS
Walks Designers






City of Wakefield Metropolitan District Council