

Wakefield District Health Walks

34

Upton

Circular walk via North Elmsall Hall Farm



Allow 45 minutes



A moderately difficult, circular walk, part on railway track, part on fieldside bridle path and part on tarmac narrow road. (There are a number of stiles to be climbed and some marshy ground to be crossed)



3 km / 1.9 miles

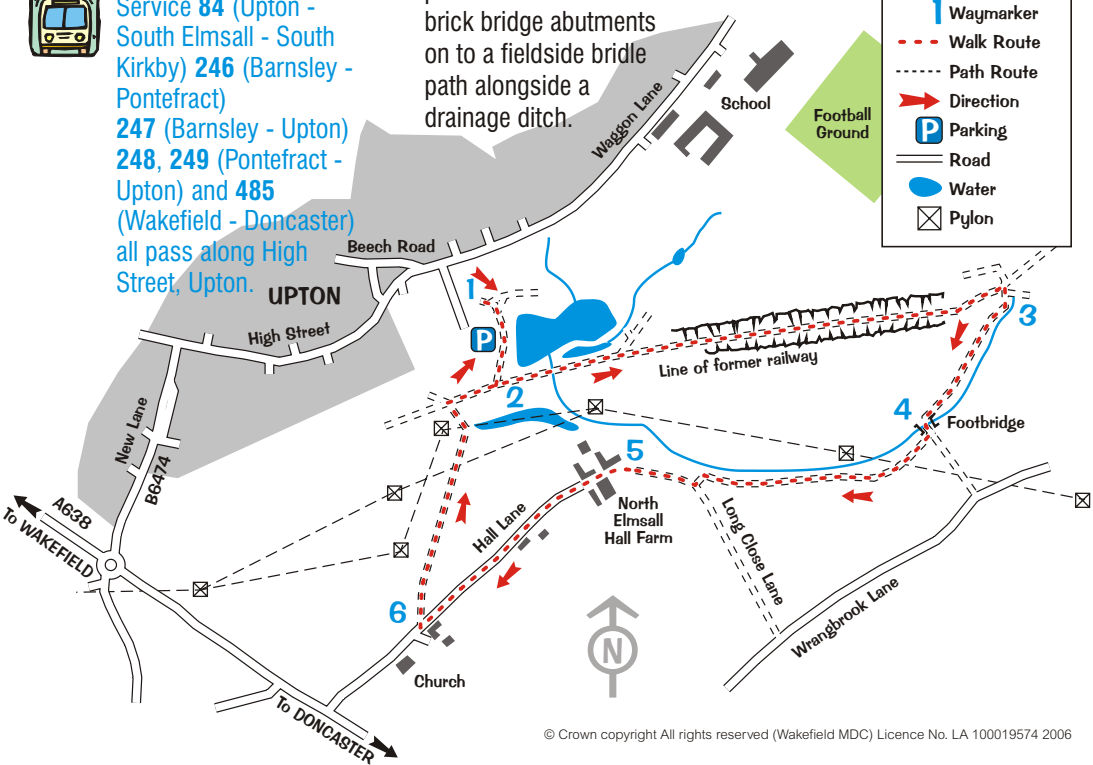


Service **84** (Upton - South Elmsall - South Kirkby) **246** (Barnsley - Pontefract) **247** (Barnsley - Upton) **248, 249** (Pontefract - Upton) and **485** (Wakefield - Doncaster) all pass along High Street, Upton.

- 1 Start in the Car Park (unsigned) opposite the junction of High Street and Beech Road. Pass through a gate at the north end of the metal railings and walk down the side of the lake of the former railway track.
- 2 Pass through the gate, turn left and walk on the path through a stone cutting.
- 3 Turn right at a junction of paths and walk between brick bridge abutments on to a fieldside bridle path alongside a drainage ditch.
- 4 Cross over the stream at a flat stone bridge (no hand rails) and follow the ditch line to Long Close Lane.
- 5 Turn right and walk through the farmyard and along a pleasant country lane (Hall Lane) between high walls and hedges to stone steps on your right hand.

P.T.O

Key	
1	Waymarker
- - -	Walk Route
- - - - -	Path Route
➔	Direction
P	Parking
—	Road
☪	Water
⊠	Pylon



5 - Continued

Climb over the wall and walk diagonally across green pastures back to the old railway track,

climbing 3 wood stiles on the way.

- 6 Turn right on to the track then at the next junction turn left and return to the Car Park

Car Park
(See Waymarker 1)

Railway Bridge Abutment
(See Waymarker 3)

North Elmsall Hall Farm
(See Waymarker 5)

Stone steps on path to Upton



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



> North Elmsall Hall Farm Settlement is mentioned in the Domesday Book and has some interesting architectural features.

> Hall Lane is a permissive route and you should respect the privacy and property of the land owner.

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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