

# Wakefield District Health Walks

# 28

# Airedale

Circular walk from the Square via Well Wood



Allow 60 minutes



A easy, circular walk, mainly on roadside pavements and good all-weather footpaths.



4.2 km / 2.6 miles



Airedale is served by the services **125, 156, 159 and 186** (from Wakefield and Castleford), **167 and 168** (Leeds-Castleford-Pontefract/Knottingley).

**1** Start in the Square in Airedale. Plenty of free parking. Walk along Fryston Road passing the Magnet Pub on your left hand side. After a short distance turn right into Elizabeth Drive at the Methodist Church.

**2** Walk along Elizabeth Drive and then turn right into Watling Road.

**3** Walk past Oyster Park School on your right and continue to the end of Watling Road. Walk on to a signed bridle path.

**4** Walk on this path to its intersection with Wheldale Lane (a broad dirt track).

**5** Turn left and walk down Wheldale Lane to the corner of Well Wood.

**6** Walk diagonally into the wood on a narrow, grassy path until it intersects a path from the right.

**7** Turn left and pass between houses into St Andrew's Road.

**8** Turn right and walk into Dunderdale Cres and then right again to Fryston Road.

**9** Turn left into Fryston Road and walk back to the Square.



# 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 Square contains a Pub (The Magnet), a Fish & Chip shop, two sandwich shops, a Health Centre, a Bus Station and the new Airedale Centre (toilets and refreshments).

> Note the design of Holy Cross Church.



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)

The Magnet Hotel



Wheldale Lane  
(See Waymarker 5)



Well Wood  
(See Waymarker 6)



Path to  
St Andrew's Road  
(See Waymarker 7)



IVVENCUS  
Walks Designers





  
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