

Wakefield District Health Walks

30

Airedale

Health Centre to Gallows Hill



Allow 35 minutes



A easy, circular walk, mainly on broad roadside pavements.



2.1 km / 1.3 miles



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



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- 1** Start outside the Airedale Health Centre in the Square (plenty of free parking and a small bus station). Walk between the Health Centre and the end of the parade of shops into Crewe Road. Walk down a gentle hill, past the Airedale Community College.
- 2** Turn right into Windermere Road.
- 3** From Windermere Road turn right into Kendal Drive.

- 4** After walking about 50m turn right into Hillcrest Drive. At the first junction keep to the right and walk into Gallows Hill. After about 150m the road swings sharply to the left. Keep walking straight ahead onto a broad all weather track (this is still Gallows Hill). Follow the track as it passes between the schools and sports fields until you emerge into Poplar Avenue.

- 5** Turn right and walk to the end of Poplar Avenue.
- 6** Turn left into Crewe Road and return to the Health Centre.

Key	
1	Waymarker
- - - -	Walk Route
- - - - -	Path Route
	Direction
	Parking
	Road

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



> Toilets and Café in the Airedale Centre.



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



Health Centre
(See Waymarker 1)



School Entrance
Plaque



Entrance to
Gallows Hill
(See Waymarker 4)



Gallows Hill Track

IVVENCUS
Walks Designers



wakefield
City of Wakefield Metropolitan District Council