

Wakefield District Health Walks

10

Castleford

Civic Centre to Queen's Park

Distance

2.25 km / 1.4 miles

- 1 From Castleford Civic Centre on Ferrybridge Road, (Waymarker 1) turn left and walk up Ferrybridge Road.
- 2 Almost at the top of the hill, turn left into Queens Park. (Waymarker 2)

- 3 Follow the path to the left, to walk around the perimeter of the Park. The path leads to the adventure playground. (Waymarker 3)

- 4 Walk around the edge of the playground, and bear right to return to the park gates, past the sensory garden. (Waymarker 4)

- 5 Walk back through the gates.
- 6 Turn right and walk downhill back to the Centre.

There are several different routes to take within the park. If time permitted, it is worth seeing the (nature) area which is beyond the adventure playground.





Castleford Civic Centre
(See Waymarker 1)



Queen's Park gates
(See Waymarker 2)



Adventure playground
(See Waymarker 3)



Sensory garden
(See Waymarker 4)

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.