

Wakefield District Health Walks

11

Castleford

Civic Centre to Hartleys Field

Distance







2.09 km / 1.3 miles

- 1 From Civic Centre main entrance, (**Waymarker 1**) turn right along Ferrybridge Road.
- 2 Turn first right into Healdfield Road. Cross over and walk up Healdfield Road to the entrance to the cemetery (**Waymarker 2**). Continue to the entrance to Hartleys field (**Waymarker 3**).

- 3 Walk into the field, taking the track to the left towards the railway line. Follow the path around the field in a clockwise direction.

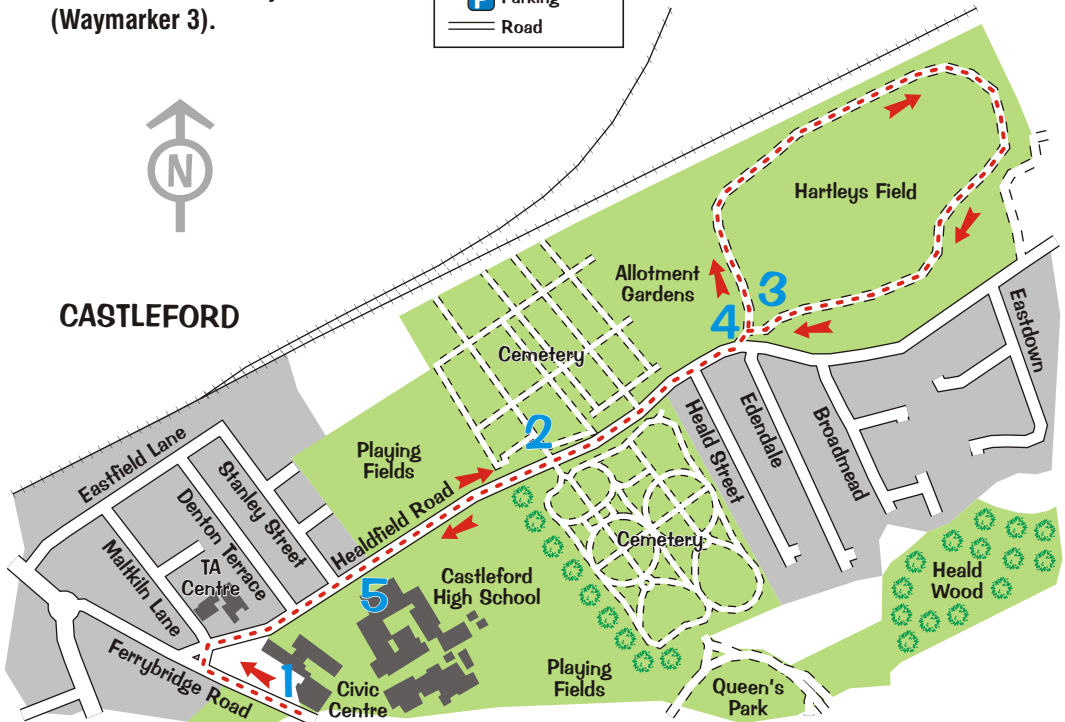
- 4 Return to the entrance. Turn right, back onto Healdfield Road.

- 5 Cross the road, walking past the High School, (**Waymarker 5**) and return to the Civic Centre.

Key	
	Waymarker
	Walk Route
	Path Route
	Direction
	Parking
	Road



CASTLEFORD





Castleford Civic Centre
(See Waymarker 1)



Cemetery entrance
(See Waymarker 2)



Entrance to Hartleys Field
(See Waymarker 3)



Castleford High School
(See Waymarker 5)

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.

