

Wakefield District Health Walks

12

Castleford

Civic Centre to Smawthorne Marshes

Distance






2.09 km / 1.3 miles

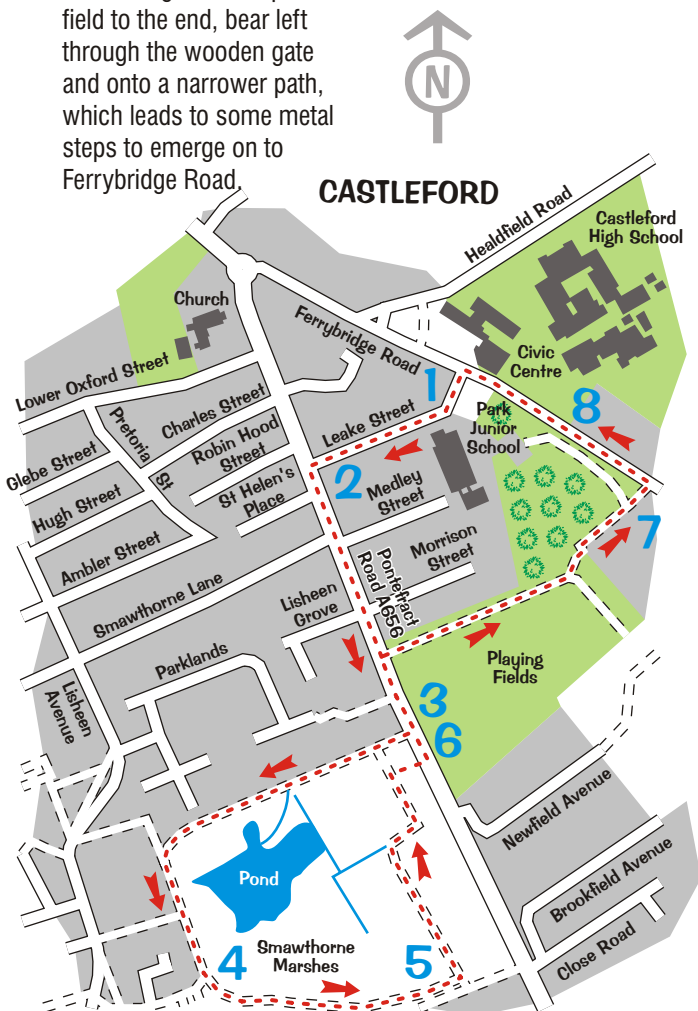
- 1 From Civic Centre, cross over Ferrybridge Road onto Leake Street.
- 2 Walk to the end of the Street, turning left onto Pontefract Road.
- 3 Walk up the road as far as the Magnet public house, cross the road here, and walk through the black metal gates, **(Waymarker 3)** into Smawthorne Marshes.
- 4 Keep on the path which goes straight ahead, until it reaches the houses. Bear right, away from the marsh.
- 5 Take the path to the left. Which offers a good view of the marsh to the left **(Waymarker 5)**.
- 6 Follow this path around the perimeter of the marsh, to return to the point of entry to the marsh **(Waymarker 6)**.

Return to and cross Pontefract road, taking the path into the School Playing Fields.

- 7 Walk alongside the sports field to the end, bear left through the wooden gate and onto a narrower path, which leads to some metal steps to emerge on to Ferrybridge Road.

- 8 With the nursing home **(Waymarker 8)** in view. Cross the road at the pelican crossing, turn left to return to the Civic Centre.

Key	
1 Waymarker	
 Walk Route	
 Path Route	
 Direction	
 Parking	
 Road	





Black metal gates to Smawthorne Marshes (See Waymarker 3)



Smawthorne Marshes (See Waymarker 5)



Smawthorne Marshes exit (See Waymarker 6)



Beeches Residential Home (See Waymarker 8)

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.

