

Wakefield District Health Walks

21

Crofton

Community Centre to Windmill Hill & Foulby



Allow 50 to 60 minutes



A moderately difficult, circular walk mainly on field paths and roadside pavements. You can start the walk either from the Community Centre or the Slipper Pub (best if using Public Transport)



3.7 km / 2.3 miles



Santingley Lane, Crofton is served by buses 195, 196 & 197 (Wakefield to Hemsworth / Newstead). The Community Centre is a few minutes walk away from the Slipper Pub.

1 Start at Crofton Community Centre. Walk down Middle Lane and past the Slipper Pub on your left. Walk along Santingley Lane in the direction of Crofton centre, and turn right into Priors Ridge. At the top of the hill turn right through an opening in the fence which marks the start of the field path.

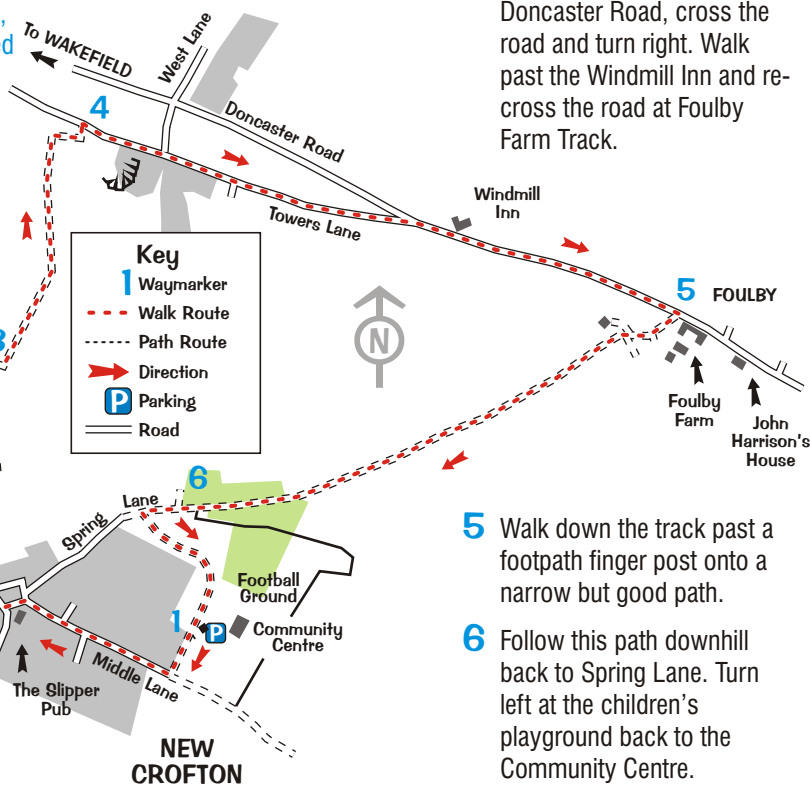
2 Walk on the field path for about 200m, turn left at the first hedge and follow the field boundary to the bottom of the hill.

3 Pass through the hedge and continue following the fieldside path until it emerges on to Towers Lane.

4 Turn right and walk along Towers Lane and on to Doncaster Road, cross the road and turn right. Walk past the Windmill Inn and re-cross the road at Foulby Farm Track.

5 Walk down the track past a footpath finger post onto a narrow but good path.

6 Follow this path downhill back to Spring Lane. Turn left at the children's playground back to the Community Centre.



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



> Superb views of the East Pennines from the top of Windmill Hill.

> Food, refreshments and toilets at the Windmill Inn on Doncaster Rd.

> John Harrison was the inventor of the marine chronometer and died in 1776.



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



Onto Santingley Lane



Field path from Priors Ridge (See Waymarker 2)



Onto Towers Lane (See Waymarker 4)



Foulby Farm Track (See Waymarker 5)

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Walks Designers

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City of Wakefield Metropolitan District Council

