

## Wakefield District Health Walks

# 4

## Eastmoor

### St. Swithuns to Broadreach Lock



Allow 40 minutes



A easy circular walk, mainly all-weather footpaths together with some field walking.

Walking down steps to the canal tow path is included but an alternative easier route is available.

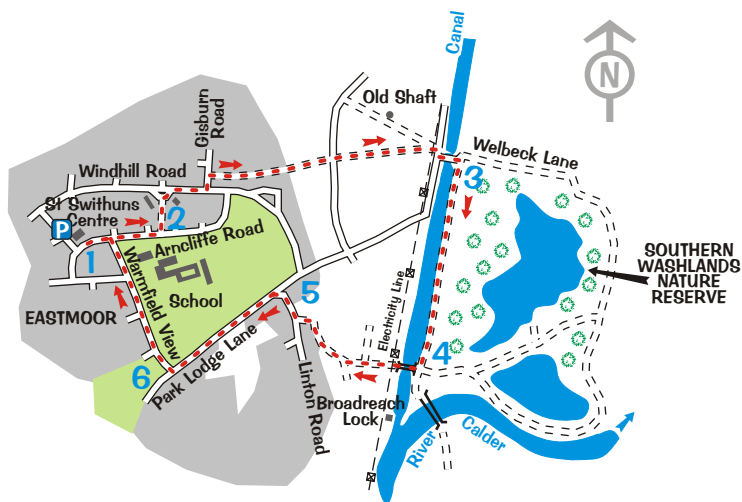


3 km / 1.9 miles



Service 114 from Wakefield Bus Station runs along Windhill Road. Alight at Hebden Road, a short walk from the Centre.

- 1 Start at the St Swithuns Centre on Arncliffe Road. Car parking behind the centre. From the entrance turn left and walk down Arncliffe Road.
- 2 Take the second turn on the left and walk under the arch into the bus terminus. Turn right and walk down Windhill Road. Turn left into Gisburn Road and immediately turn right onto a green path which opens out into open countryside. Cross the open area and pass over the canal via Welbeck Lane Bridge.
- 3 Turn right onto the Trans-Pennine Trail and either walk on the broad track or move down to the canal tow path via a set of wooden steps. Walk as far as the next bridge at Broadreach Lock.
- 4 Cross over the bridge and follow the green path into Linton Road.
- 5 Turn right and then left into Park Lodge Lane.
- 6 Near the top of the hill turn right into Warmfield View then left into Arncliffe Road and return to the Centre.



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Key	
1	Waymarker
- - - -	Walk Route
- - - -	Path Route
➔	Direction
P	Parking
—	Road
☪	Water
⊠	Pylon

# 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



> Refreshments and toilets are available in the St Swithuns Community Centre.

> Park Hill Colliery occupied part of the walk area. It closed in 1980.

> If you have time, extend your walk to include the Southern Washlands Nature Reserve.

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](http://www.wymetro.com)

St Swithuns Centre  
(See Waymarker 1)

Terminus Arch  
(See Waymarker 2)

Welbeck Lane Bridge  
(See Waymarker 3)

Parkhill Pit Wheel  
(See Waymarker 5)

IUVENCUS  
Walks Designers





  
City of Wakefield Metropolitan District Council