

Wakefield District Health Walks

17

Hemsworth

Market Place to Hemsworth By-pass

Distance

2.3 km / 1.4 miles

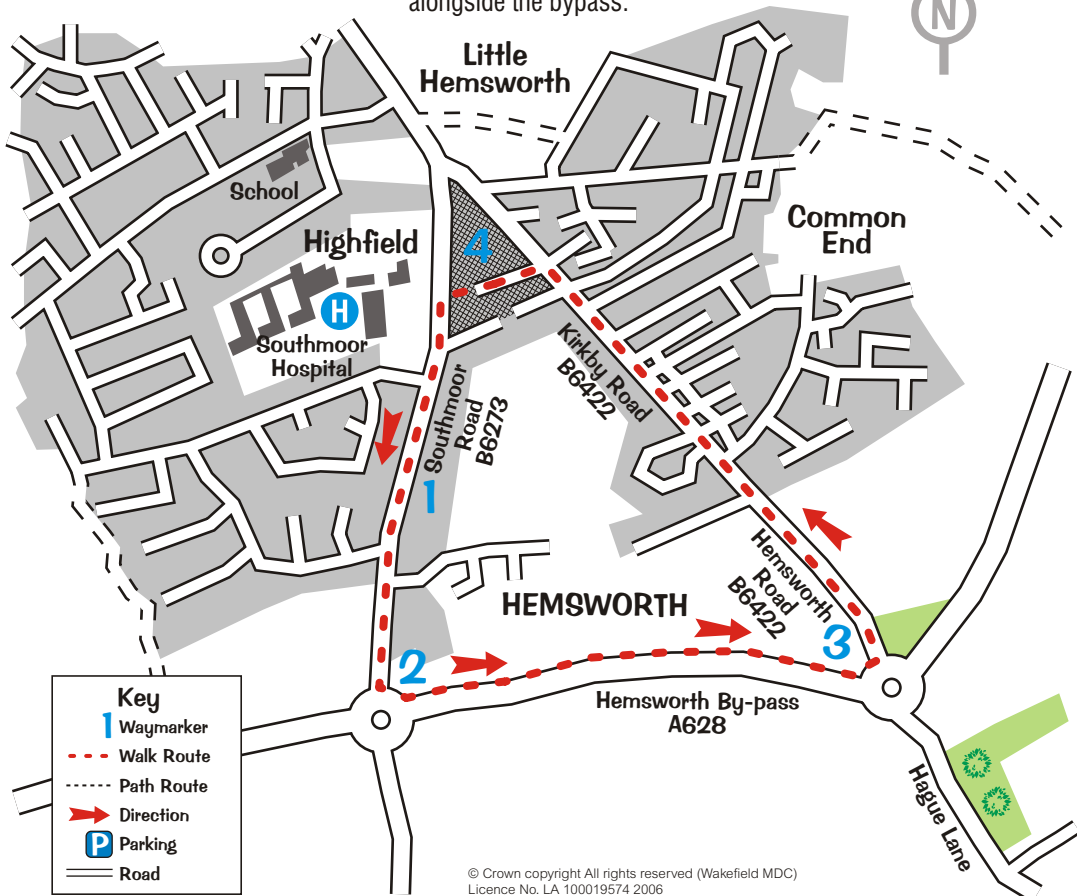
1 From the Market Place (junction of Kirkby Road and Southmoor Road).

2 Walk along Southmoor Road past the Spring Life Centre (**Waymarker 1**) to the roundabout.

3 Just before the roundabout, on the left, take the brideway sign (**Waymarker 2**) to walk alongside the bypass.

Walk to the end of the brideway towards Kirkby Road.

4 Turn left onto Kirkby Road (**Waymarker 3**) to return to Market Place (**Waymarker 2**).





'The Springs'
Life Resource Centre
(See Waymarker 1)



Public Bridleway
alongside by-pass
(See Waymarker 2)



Public Bridleway onto
Kirkby Road
(See Waymarker 3)



Market Place
(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.

