

Wakefield District Health Walks

18

Hemsworth

Little Hemsworth loop

Distance

2.2 km / 1.35 miles

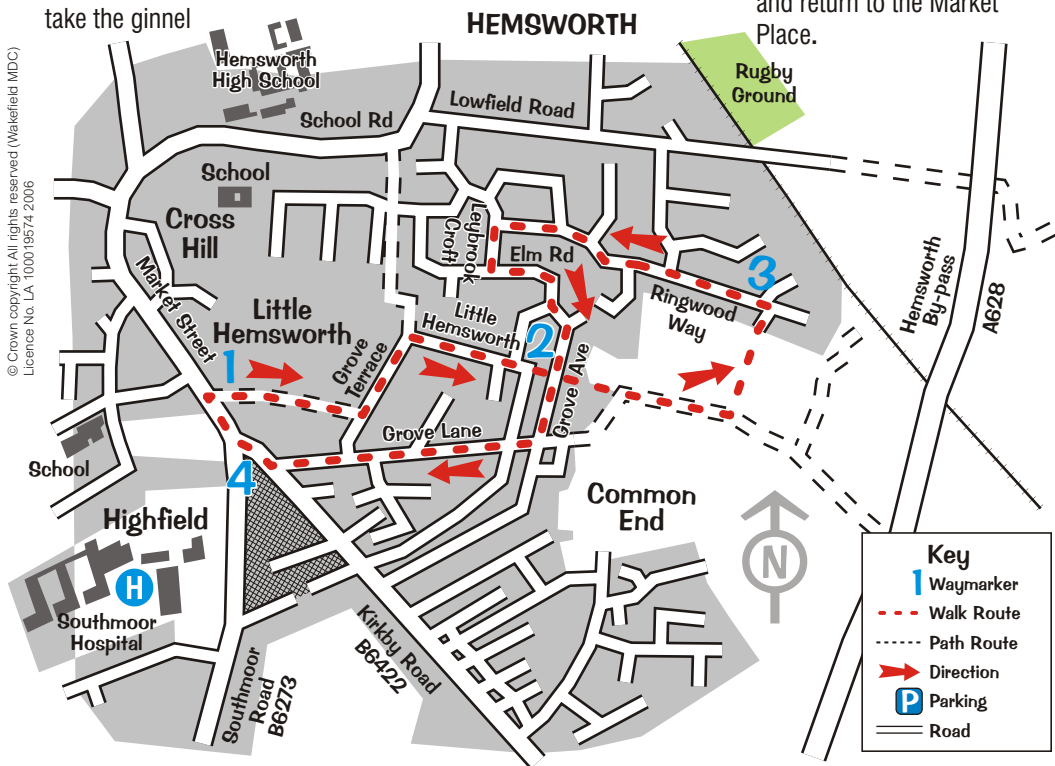
- 1 From the market place, cross over Kirkby Road, turn left and walk up to the junction of Market Street.
- 2 Turn right into the footpath by the church (**Waymarker 1**), which leads onto Grove Terrace.
- 3 Turn left, and where the road leads onto Little Hemsworth, take the ginnel

- 4 straight ahead (**Waymarker 2**) into Grove Avenue. Keeping straight ahead, pass through the second ginnel. Pass over 2 stiles towards the allotment area.
- 4 Take the track to the left, to walk around the perimeter of the allotments.
- 5 At the top of the hill, (**Waymarker 3**), turn left through the gate and into

Ringwood Way.

- 6 Turn left and walk the full length of Ringwood Way to Leybrook Croft.
- 7 Turn left, and immediate left into Elm Road.
- 8 Follow Elm Road to where it merges into Grove Avenue.
- 9 Turn right into Grove Lane, walking past the childrens playground (**Waymarker 4**) and return to the Market Place.

© Crown copyright. All rights reserved (Wakefield MDC).
Licence No. LA 100019574.2006





Footpath leading to Grove Terrace (See Waymarker 2)



Footpath leading to Grove Avenue (See Waymarker 3)



Gate leading to Ringwood Way (See Waymarker 5)



Childrens playground (See Waymarker 9)

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.

