

Wakefield District Health Walks

16

Ossett

Town Hall to Church Street Park

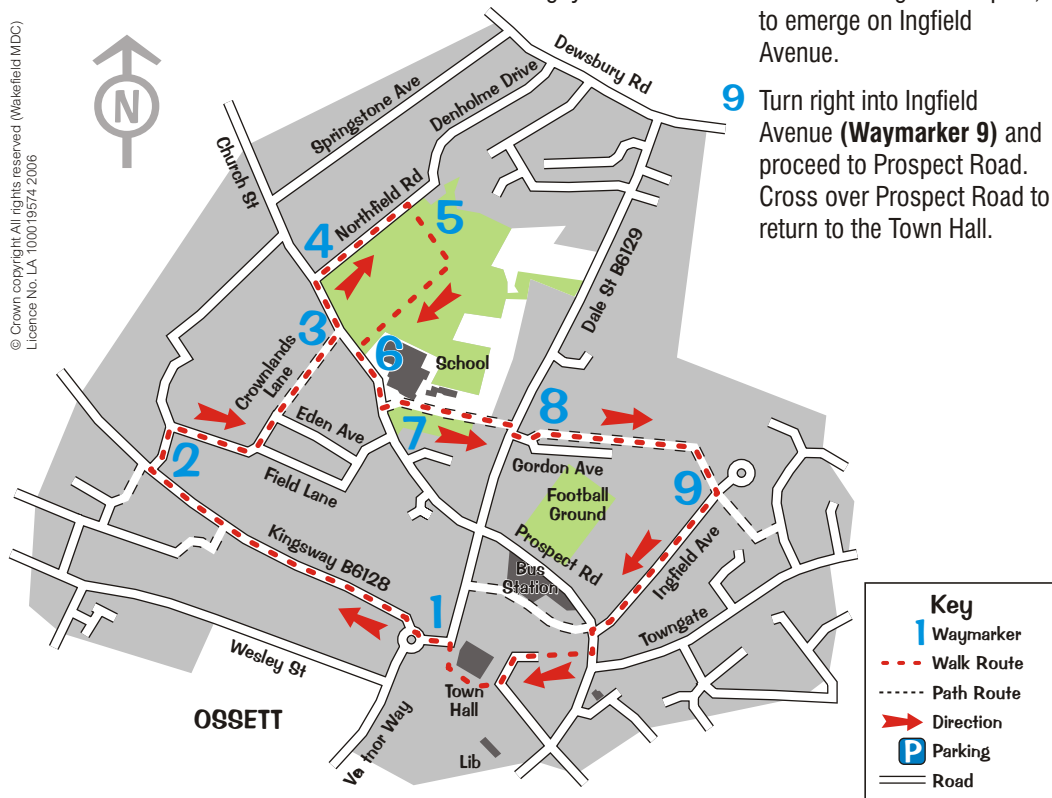
Distance

2.09 km / 1.3 miles

- 1 From Town Hall main entrance (**Waymarker 1**) in the precinct, cross over the crossing on Dale Street towards the Co-op, onto Kingsway.
- 2 Walk up Kingsway to Crownlands Lane, turn right.

- 3 Follow the Lane bear left along the unmade section (**Waymarker 3**) onto Church Street.
- 4 Turn Left onto Church Street, cross over the road, and the turn right onto Northfield Road.
- 5 Walk into the path along the perimeter path which goes around the Rugby field.

- 6 Walk past the childrens playground, (**Waymarker 6**) to re-emerge on Church Street. Turn left out of the park.
- 7 Take the footpath sign, by the school on the left, walking along the footpath to Dale Street.
- 8 Cross over Dale Street, to continue along the footpath, to emerge on Ingfield Avenue.
- 9 Turn right into Ingfield Avenue (**Waymarker 9**) and proceed to Prospect Road. Cross over Prospect Road to return to the Town Hall.





Ossett Town Hall
(See Waymarker 1)



Unmade section on
Crownlands Lane leading
to Church Street
(See Waymarker 3)



Footpath from park
leading to Church Street
(See Waymarker 6)



Ingfield Drive
(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.

