

## Wakefield District Health Walks

# 15

## Ossett

### Community Centre to Green Park

#### Distance

2.25 km / 1.4 miles

- 1 From Ossett Community Centre, **(Waymarker 1)** turn right into Prospect Road.
- 2 Walk towards the mini roundabout to turn right into Station Road.
- 3 Take the second right into Lime Street. Take the entrance into the playing fields bear right to walk

- 4 Pass through the opening, turn right and follow the path through the park to the gates, onto The Green.

- 5 Cross over the road into South Street, and follow it round to its junction with Healey Road.

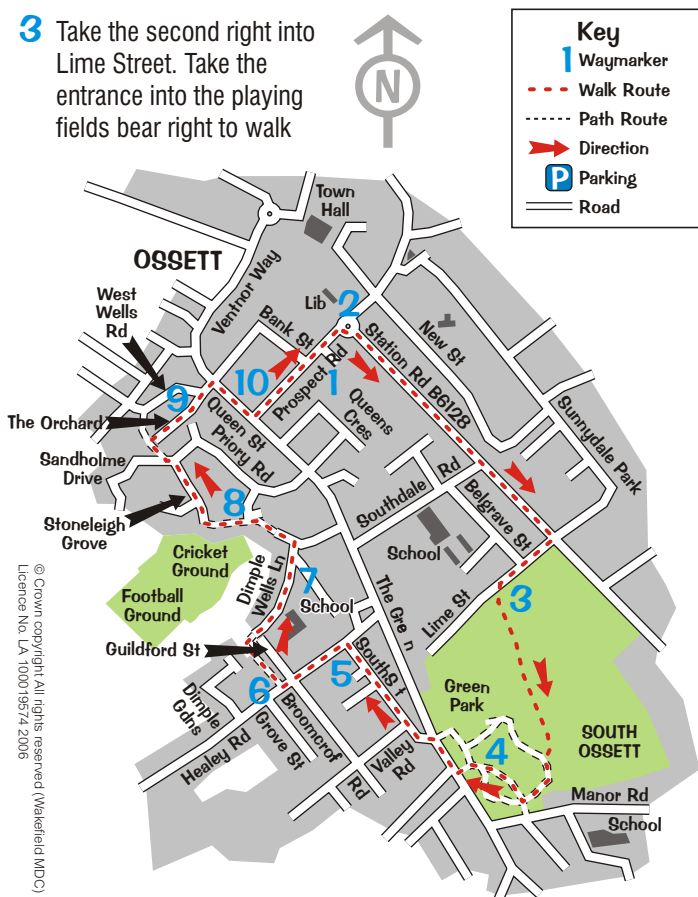
- 6 Cross over Healey Road, and turn left. Just past the first junction, Guildford Street, follow the footpath sign, **(Waymarker 6)** towards Dimple wells Lane.

- 7 Turn right and walk up the lane to its junction with Dimple Wells Road.

- 8 Turn left, and follow the footpath between the houses to walk behind Ossett Cricket Club Car Park, to emerge on Stoneleigh Grove. Walk the full length to Sandholme Drive.

- 9 Turn left and take the footpath sign, between houses **(Waymarker 9)**. Halfway up the path, turn right into The Orchard.

- 10 Walk to the end and turn right into Queen Street. Cross over and turn left into Prospect Road to return to the centre.





Ossett Community Centre  
(See Waymarker 1)



Field opening into  
Green Park  
(See Waymarker 2)



Footpath leading to  
Dimple Wells Lane  
(See Waymarker 6)



Footpath leading to  
The Orchards  
(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.

