

Wakefield District Health Walks

16

Ossett

Town Centre to Spring Mill



Allow 50 minutes



A easy walk mainly on roadside pavement and green footpaths alongside field edges. Some gentle inclines will be encountered.



2.6 km / 1.6 miles



From Wakefield Bus Station Services 117 (Leeds), 126 and 127 (Dewsbury) are the most frequent that go to the Ossett Bus Station.

2 At the pedestrian lights turn right into Towngate and walk as far as the Petrol Station.

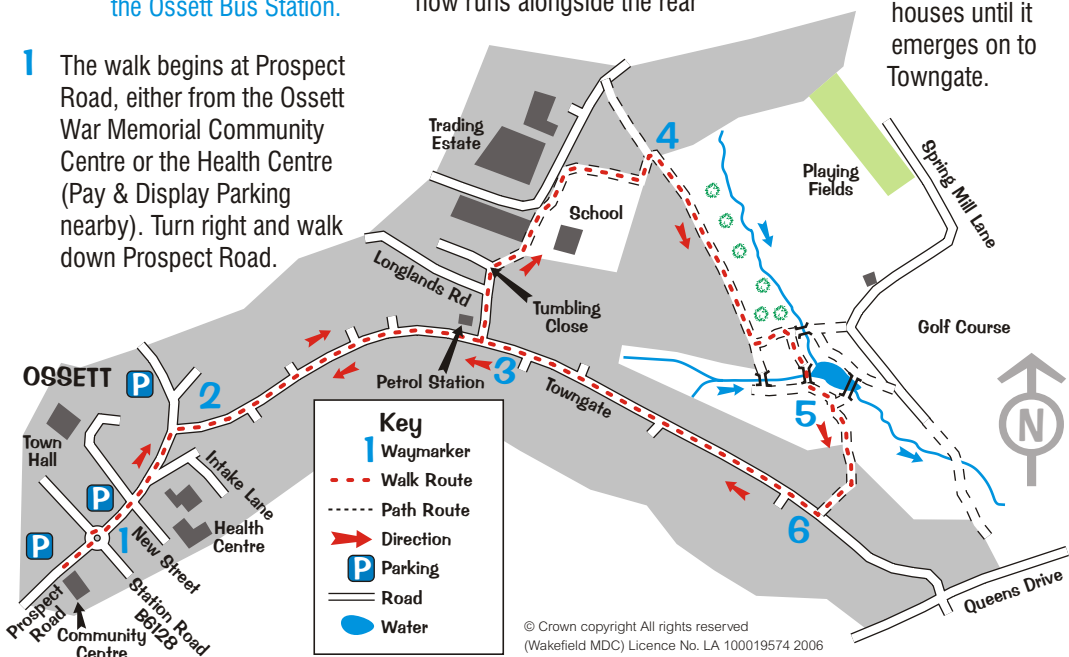
3 Turn left into Longlands Road. Walk straight ahead into Tumbling Close (cul-de-sac). Follow the fenced, tarmac path between houses at the top of the Close. Continue past a Primary School on to Milner Way. Follow the school perimeter fence as it turns to the right hand.

4 Keep on the footpath, which now runs alongside the rear

boundary of a housing estate. Follow the path, round to the right, along the boundary of the houses. Continue on the path, past a small wood on your left hand then turn left and walk along the bottom of the wood. Turn right just before the stream and cross over a footbridge.

5 Bear left and walk up a short grassy hill. (You will see a second footbridge over the stream below you on the left) Follow the path between houses until it emerges on to Towngate.

1 The walk begins at Prospect Road, either from the Ossett War Memorial Community Centre or the Health Centre (Pay & Display Parking nearby). Turn right and walk down Prospect Road.



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



> Spring Mill is a local conservation area.



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

Petrol Station on Towngate
(See Waymarker 3)

Path out of Tumbling Close

Footpath to Spring Mill
(See Waymarker 4)

Footbridge over stream
(See Waymarker 5)

IUVENCUS
Walks Designers






City of Wakefield Metropolitan District Council