

## Wakefield District Health Walks

# 9

## Pontefract

### Bus Station to Castle



Allow 35 minutes



A fairly easy, circular walk, mainly on tarmac pavements. A number of rather steep hills will be encountered together with a long flight of stone steps.

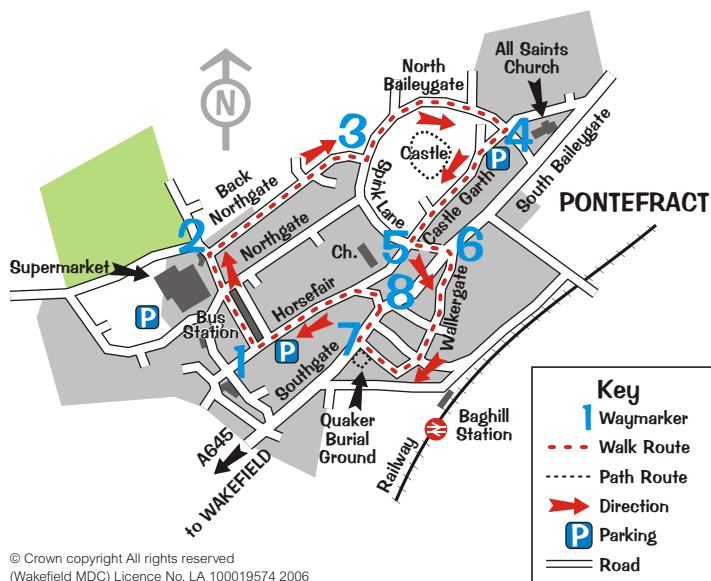


2km / 1.2 miles



Buses from nearby towns all use the Bus Station. Direct trains from Wakefield stop at Tanshelf Station.

- 1 Start at the rear exit of the Bus Station. Cross the road and walk to the castle-like building, this was formerly a part of Pontefract Army barracks.
- 2 Cross the road and proceed down Back Northgate to the junction with North Baileygate. The Castle mound is directly in front. Note the masonry wall.
- 3 Turn left and walk along North Baileygate as far as All Saints Church. A short diversion to view the church is recommended.
- 4 Turn right and climb the cobbled street to the Castle entrance. Once again a diversion into the castle grounds is recommended together with a visit to the small museum.
- 5 At the end of Castle Garth turn left and descend the broad stone steps down to the main road. Cross the road.
- 6 Walk down Walkergate and up Harropwell Lane. At the top of the hill on the left hand side is a plain, rendered wall. Behind this wall is the small Quaker Burial Ground. It is always open and well worth a call.
- 7 At the road junction turn right. Cross the busy road at the Traffic Lights and follow the road round to the left and into Horsefair.
- 8 Continue up a gentle hill back to the front entrance of the Bus Station.



# Health Notes

Try to walk for 30minutes 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

## Notes



> Food, refreshments and toilets in the Bus Station & Morrison's Supermarket.

> Much of this walk centres on the Castle and its environs.

Allow extra time for visits to both the Castle Grounds and All Saints Church.



Arms of the Duchy of Lancaster on Castle Garth Buildings

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  
METRO Web: [www.wymetro.com](http://www.wymetro.com)



Old Barracks Building



All Saints Church  
(See Waymarker 4)



Entrance to the Castle  
(See Waymarker 5)



Quaker Burial Ground  
(See Waymarker 7)

IVVENCUS  
Walks Designers

NHS



  
City of Wakefield Metropolitan District Council

