

Wakefield District Health Walks

8

Pontefract

Hospital to Friarwood Valley Gardens

Distance

1.53 km / 0.95 miles

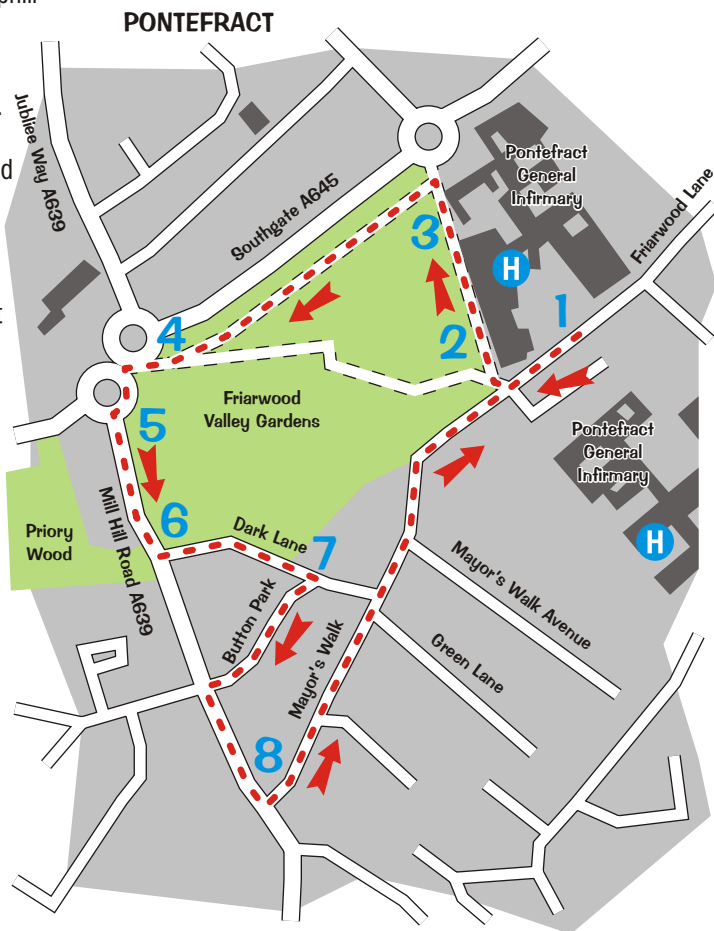
- 1 **(Waymarker 1)** Leave Hospital entrance on Mayors Walk and turn right into Park.
- 2 Walk around Bowling Green and walk over grass uphill towards Rose Garden.
- 3 Walk around Rose Garden to stone steps. **(Waymarker 3)** Take higher of two paths and walk straight ahead, with high stone wall to right.
- 4 Leave Park by steps at side of white building (Oriental Restaurant).

5 Turn left in front of restaurant following path up Mill Hill Road.

6 Turn left into Dark Lane. **(Waymarker 6)**

7 Turn right into Button Park **(Waymarker 7)**, an unmade road.

8 Turn left into Mill Hill Road, and left again into Mayors Walk to return to the hospital.





Pontefract General Infirmary
(See Waymarker 1)



Stone steps from Rose Garden
(See Waymarker 3)



High stone wall in garden on Dark Lane
(See Waymarker 6)



Button Park
(See Waymarker 7)

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.

