

## Wakefield District Health Walks

# 7

## Pontefract

### Kings Charles II House to Cemetery

#### Distance

1.45 km / 0.9 miles

- 1 From King Charles II House (**Waymarker 1**) walk through archway and bear right, cross at pelican crossing towards swimming pool.
- 2 Turn right and walk down Stuart Road to Cockpit Lane.
- 3 Turn left into Cockpit Lane

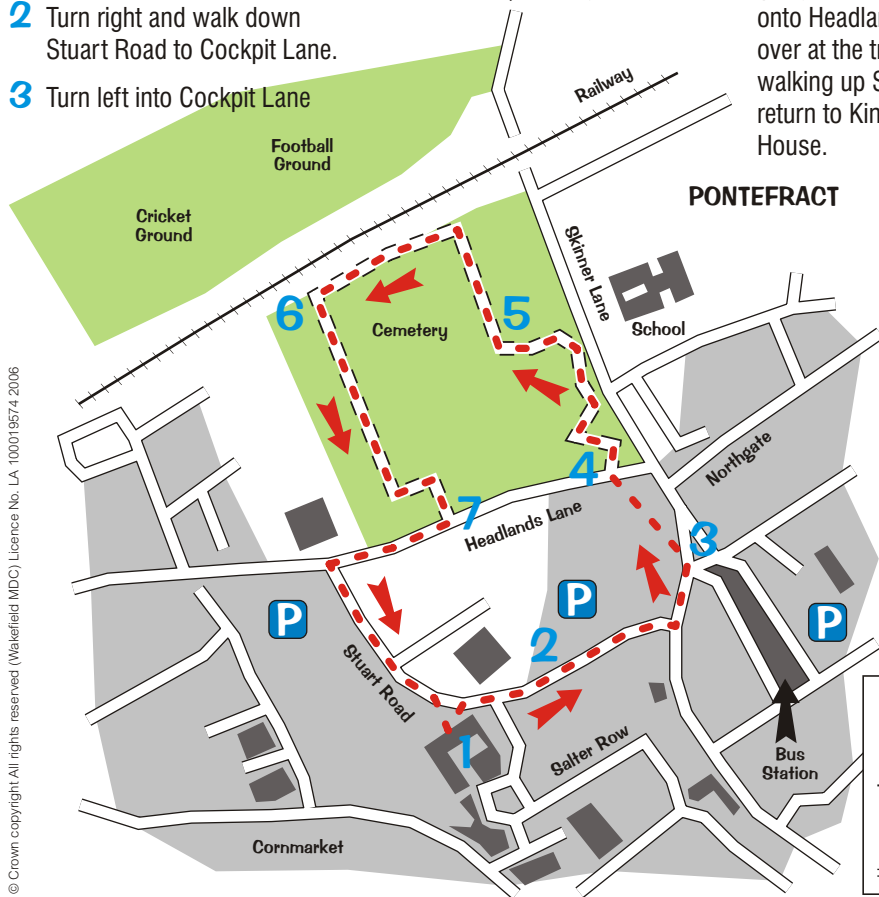
walking behind the Old Barracks Gatehouse.

(**Waymarker 3**)

- 4 Cross at pelican crossing on Headlands Lane taking the path to the right.
- 5 At main path (which leads to the church) turn right

(**Waymarker 5**), and then left to walk to the far corner of the cemetery

- 6 At the corner, turn left, and follow the up hill path to the steps and to the gate.
- 7 Pass through the gate (**Waymarker 7**), turning right onto Headlands Lane. Cross over at the traffic island, walking up Stuart Road to return to King Charles II House.





King Charles II House  
(See Waymarker 1)



Old Barracks Gatehouse  
(See Waymarker 3)



Main path leading  
to Church  
(See Waymarker 5)



Pedestrian gate leading to  
Headlands Lane  
(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.

