

Wakefield District Health Walks

35

Upton

Circular walk on the site of Upton Colliery



Allow 30 minutes



An easy, circular walk on good all-weather footpaths around the perimeter of a pretty area of reclaimed land formerly Upton Colliery



2.3 km / 1.4 miles



Services **246** (between Pontefract & Barnsley) and **485** (between Wakefield & Doncaster) travel along Field Lane, a short walk from the start of the route.

1 Start in the car park (unsigned) opposite the junction of High Street and Beech Road. Pass through the gate on the North end of the green iron railings and walk straight ahead up a gentle hill following the path between the wood and lake. Pass over a small stone bridge and continue walking to the top of the hill passing a large, modern school building on your left.

2 At the top of the hill enjoy fine views westward. Turn

right and walk round the back of the hill keeping inside the perimeter fence.

3 The path swings gently to the right hand side. At the next junction of paths you will see a red pit winding wheel. Take a detour and walk to the wheel.

4 This is the memorial garden to Jim Greenwood (detailed notes on information board). Retrace your steps back to the main path.

P.T.O



5 At the next junction of paths, just before a small bridged pond, turn left and walk down the hill.



View from Car Park
(See Waymarker 1)



Wild flower meadow
(See Waymarker 2)



Old Pit Wheel
(See Waymarker 3)



Bridge over drainage channel
(See Waymarker 5)

IUVENCUS
Walks Designers

NHS



Wakefield
City of Wakefield Metropolitan District Council



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

Notes



> Upton Colliery was opened in 1927 and closed in 1964.

> The lake is popular with anglers for its Bream and Carp.

> The site has extensive wild flower meadows which are at their best in June.

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