

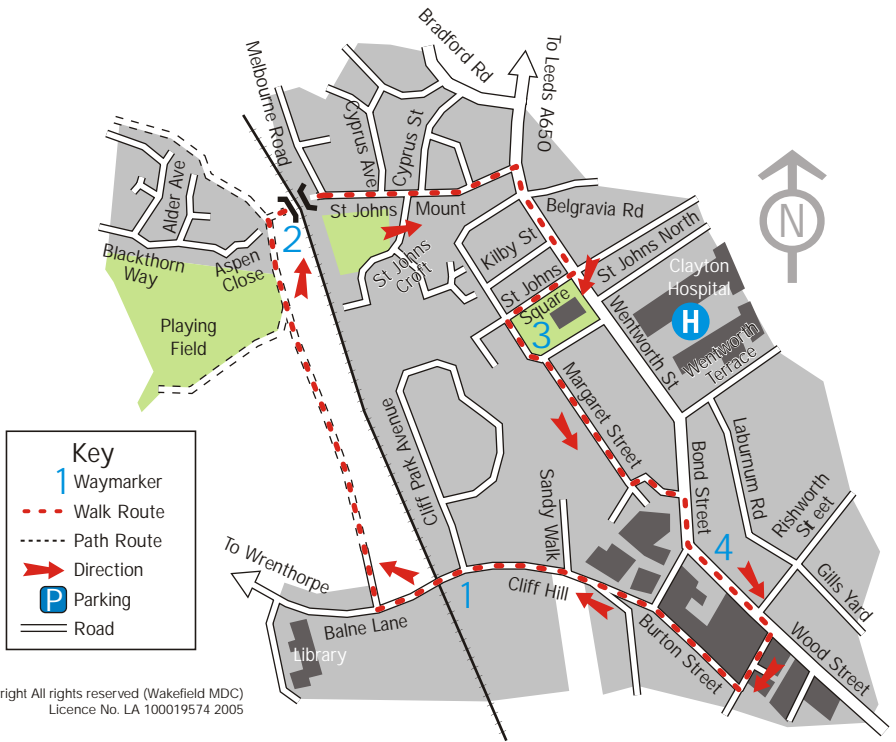
Wakefield District Health Walks

6

Wakefield

Balne Lane to St. Johns

- 1 From County Hall entrance turn right into Cliff Parade, and then right into Burton Street. Walk straight on to Balne Lane. Downhill and under the railway bridge, turn right after Cliffe Tree public house. Waymarker 1, into Stratheden Road (track).
- 2 The track becomes a narrow, unmade footpath as you enter Balne Lane fields. Keep to the right, walking alongside the green railway boundary fence. Continue to the railway bridge, waymarker 2, walking under the bridge, turning right into St Johns Mount.
- 3 At the top of St Johns mount, turn right onto Wentworth Street. At St Johns Square turn right, waymarker 3.
- 4 Walk diagonally across the square, past the church and onto Margaret Street. At the end of Margaret Street, turn left, and then right onto Bond Street, past Wakefield College, waymarker 4 and return to County Hall.



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.

 Tel: 01924 306089

 Metroline: 0113 245 76 76
Web: www.wymetro.com



The Cliffe Tree
Public House, Balne Lane
(See Waymarker 1)



Railway Bridge onto
St. Johns Mount
(See Waymarker 2)



St. Johns Church
(See Waymarker 3)



Wakefield College,
Bond Street entrance
(See Waymarker 4)