

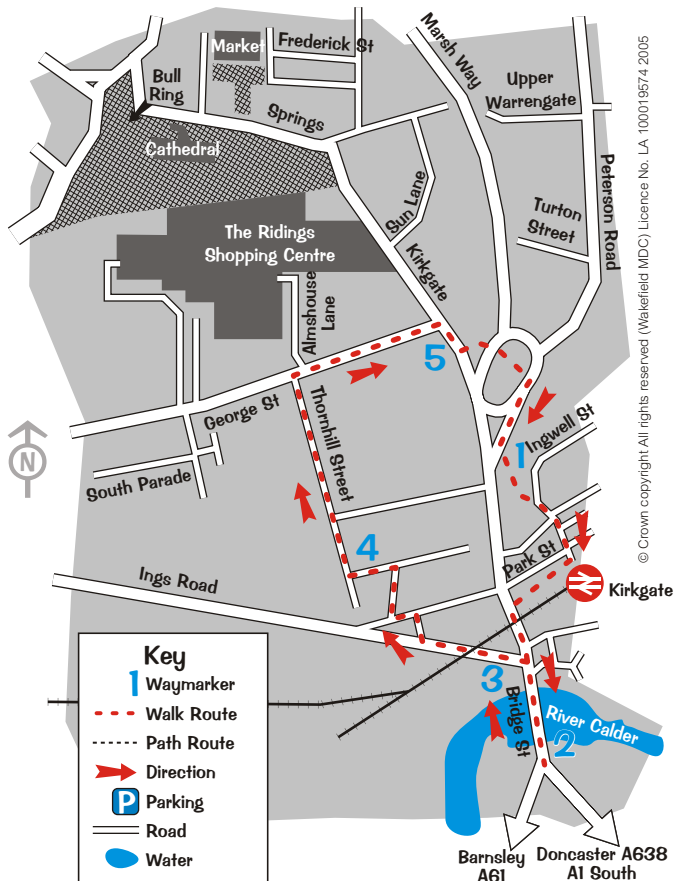
## Wakefield District Health Walks

# 4

## Wakefield

### Chantry House/Chapel circular

- 1 From rear of Chantry House walk towards Kirkgate Station, turn right into Station passage and then left onto Kirkgate.
- 2 Follow the footpaths towards Chantry Chapel. Walk towards and past Vauxhall Garage and then cross the Doncaster/Barnsley roads by the series of pedestrian crossings.
- 3 Follow the footpath towards Wakefield. Cross over Thornes Lane onto Ings Road.
- 4 Cross Ings Road at the safest point onto Grove Street. Bear left onto Grove Road, then right onto Thornhill Street.
- 5 Right onto George Street, then right onto Kirkgate. Return to Chantry House via the subway.





Kirkgate Station



Chantry Chapel  
(See Waymarker 2)



The Waterfront



The Waterfront

# 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.

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