

Wakefield District Health Walks

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Wakefield

The green and the unseen

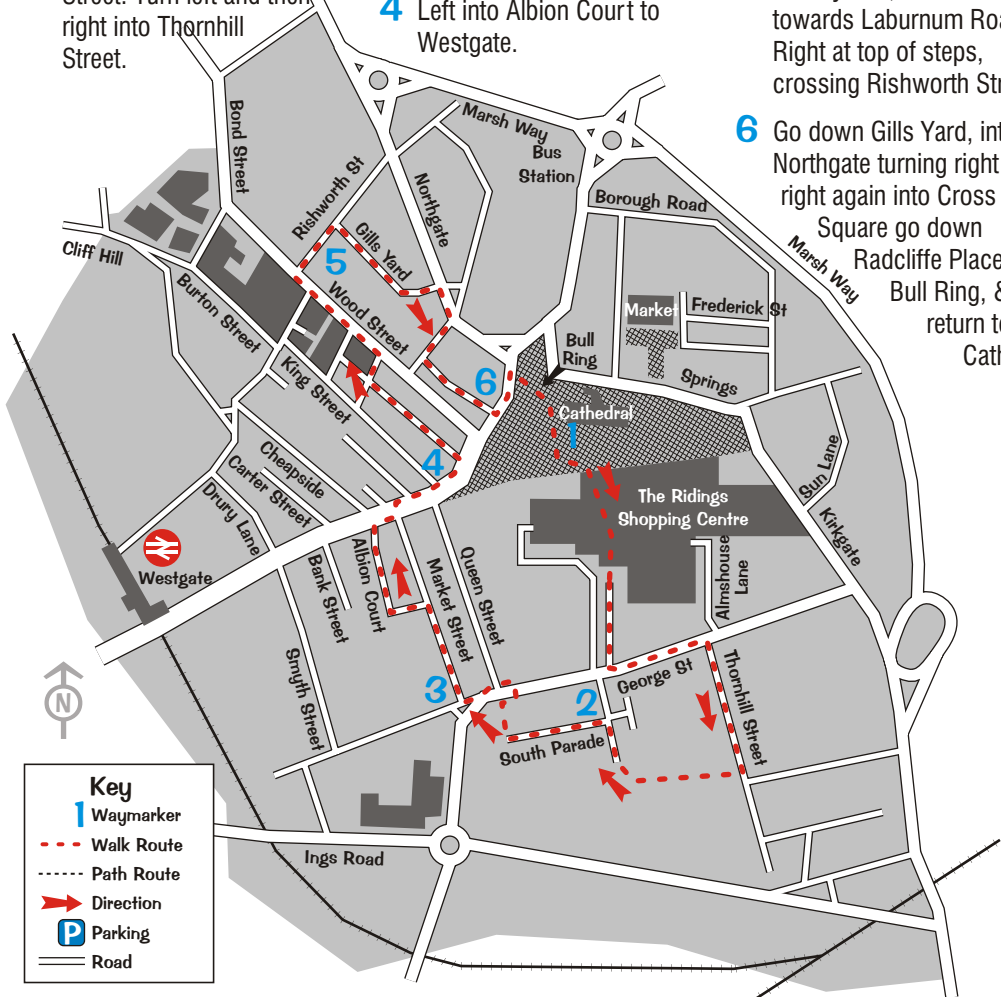
- 1 From Cathedral, walk towards Ridings entrance (M&S), walk through ridings to Southgate exit.
- 2 Down Southgate to George Street. Turn left and then right into Thornhill Street.

Walk round the burial ground into South Parade.

- 3 Bear right at end returning to George Street. Cross over and go up Market Street.
- 4 Left into Albion Court to Westgate.

Cross Westgate and take the narrow George and Crown Yard, along Lee Street, before joining Wood Street.

- 5 Walking past Town Hall & County Hall, cross road towards Laburnum Road. Right at top of steps, crossing Rishworth Street.
- 6 Go down Gills Yard, into Northgate turning right and right again into Cross Square go down Radcliffe Place, into Bull Ring, & return to the Cathedral.



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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METRO Web: www.wymetro.com

George Street



South Parade
burial ground
(See Waymarker 2)



Town Hall, Wood Street



Gills Yard off Northgate
(See Waymarker 5)

