

Wakefield District Health Walks

2

Wakefield

A walk down Love(rs) Lane

- 1 From County Halls main entrance, down Cliffe Parade and onto Back Lane.
- 2 Under railway bridge and right into Love Lane.
- 3 At end of Lane, follow the prison wall and then the path to the rear of Elder Green, emerging outside house No 2.
- 4 Join Balne Lane and walk uphill towards Sandy Walk.
- 5 Turn left and follow the path onto Margaret Street.
- 6 Turn right, then left onto Newstead Road. Then left onto Bond Street, returning 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
METRO Web: www.wymetro.com



The Orangery
(See Waymarker 2)



Balne Lane Library
(See Waymarker 3)



Sandy Walk
(See Waymarker 5)



Margaret Street
(See Waymarker 5)