

## Wakefield District Health Walks

# 3

# Wakefield

## New Southgate Surgery to Newton Hill



Allow 55 minutes



A moderately difficult walk mainly on good fieldside footpaths together with some roadside walking.

(There are no nearby car parks and on-street parking is very limited)



3.2 km / 2 miles



Bus service 110 goes from the Leeds Road Newton Bar bus stop. Services 425, 427 and 481 pass close by.

**1** Start outside the New Southgate Surgery and walk up the hill to the roundabout, passing the Vine Tree Pub on your right hand.

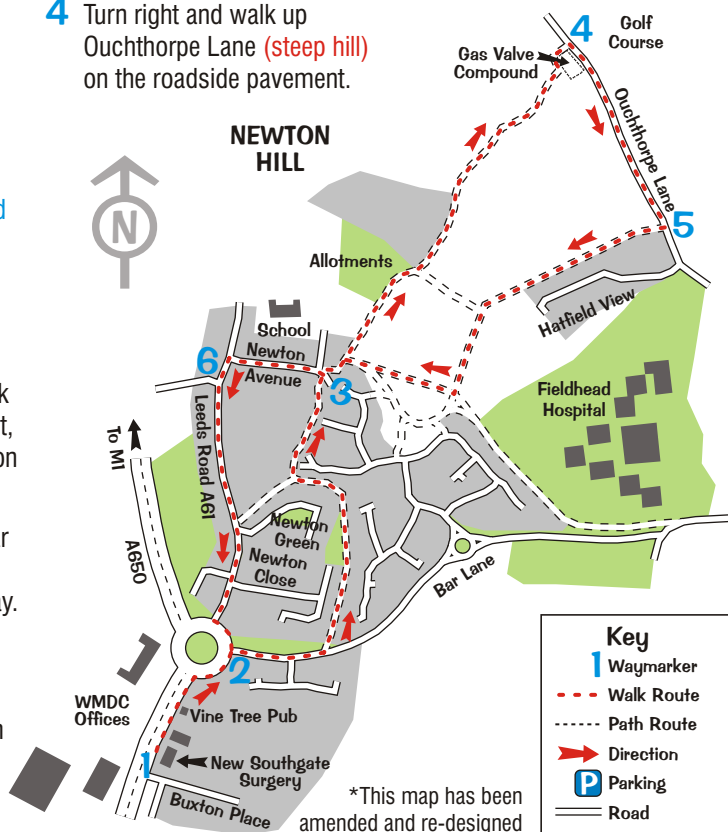
**2** Follow the footpath onto Bar Lane, but cross the road to walk on the left side footway. Look out for a footpath leading up to the left between the new houses, and continue along the path to Newton Avenue.

**3** Bear slightly right and keep on the path past Newton Hill J & I School and the allotments. Walk round the allotment side of the raised mound area and keep on the path alongside a dry ditch to emerge on to Ouchthorpe Lane at the Gas Valve Compound.

**4** Turn right and walk up Ouchthorpe Lane (steep hill) on the roadside pavement.

**5** At the top of the hill turn right on to a signed footpath along the rear boundary of Hatfield View. Follow the path to the top of the hill and turn right down the Avenue to Leeds Road.

**6** Turn left and walk along Leeds Road back to the New Southgate Surgery.



\*This map has been amended and re-designed

# Health Notes



New Southgate Surgery  
(See Waymarker 1)



Footpath  
(See Waymarker 2)



On to Ouchthorpe Lane  
(See Waymarker 4)



Down to  
Newton Avenue

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

## Points Of Interest



> Refreshments and toilets at the Vine Tree Pub (Limited Opening Times).

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.

