

Wakefield District Health Walks

1

Wakefield

Pinderfields Hospital to Newton Hill



Allow 40 minutes



A moderately difficult, circular walk, mainly on fieldside footpath.

Paths may become muddy and slippery in wet weather.



2.30 km / 1.5 miles



Bus services **147, 157, 173, 174, 175, 447 & 448** operate from Wakefield Bus Station to the Pinderfields Hospital entrance. Services **108, 125, 443, 444 & X41** operate along Aberford Road.

1 Start at Pinderfields Hospital. There is a pay and display car park, but parking is often limited so the bus is recommended. Turn left at entrance (Roundabout with Bar Lane/Ouchthorpe Lane). Cross the road and walk on the footway.

2 Continue along the footway, but look out for a footpath that bears off to the right along side the new housing estate.

3 Follow the path up a long gentle incline to the top of Newton Hill.

4 From the top of Newton Hill take the right path & continue walking down a gentle slope to Ouchthorpe Lane. Cross the road, turn right and then left through a wooden gate on to the Golf Course.

5 Branch right off main path, follow the marked footpath between the trees **P.T.O.**



5 Continued...

and greens to the bottom of the hill. Pass through the wooden gate. Go straight forward. (Photograph 3)



6 Follow the path to the right, by the telegraph pole turn right. Path is narrow and tree lined.

7 Emerge onto Ouchthorpe Lane, bear left and return to the Hospital entrance.

Path alongside new housing estate (See Waymarker 2)

Top of Newton Hill (See Waymarker 3)

Gate out of Golf Course (See Waymarker 5)

Narrow path to Ouchthorpe Lane (See Waymarker 6)



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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