

Wakefield District Health Walks

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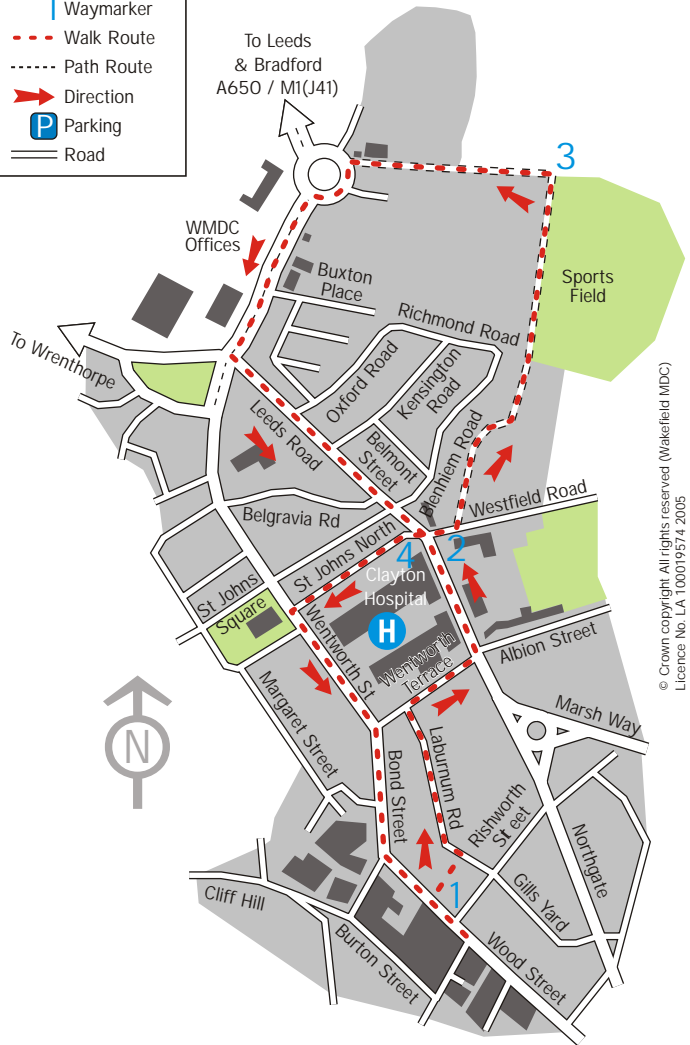
Wakefield

St. Johns to the Hospital

- 1 From County Hall main entrance, cross over Bond Street towards Laburnum Road. Turn left, walking towards Wentworth Terrace (Art Gallery) See Waymarker 1.
- 2 Turn right into Wentworth Terrace, and then left onto Leeds Road. Cross Leeds Road at the pelican crossing, continuing towards Westfield Road. Turn right and cross Westfield Road, looking for entrance to public footpath sign (Waymarker 2).
- 3 Follow the footpath at the side of Bishopgarth, and continue as it passes the grammar school sports field (Waymarker 3).
- 4 Continue to the end of the path, where it joins the Newton Bar link road. Turn left and follow Leeds Road towards the City Centre. Cross over Leeds Road, and turn into St Johns North. Waymarker 4. Turn left at the end of St Johns North, and return to County Hall via Bond Street.

Key

- 1 Waymarker
- - - Walk Route
- - - Path Route
- ➔ Direction
- P Parking
- Road





Wakefield Art Gallery,
Wentworth Terrace
(See Waymarker 1)



Westfield Road
(See Waymarker 2)



Grammar School
Sports Field
(See Waymarker 3)



St. Johns North
(See Waymarker 4)

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.