

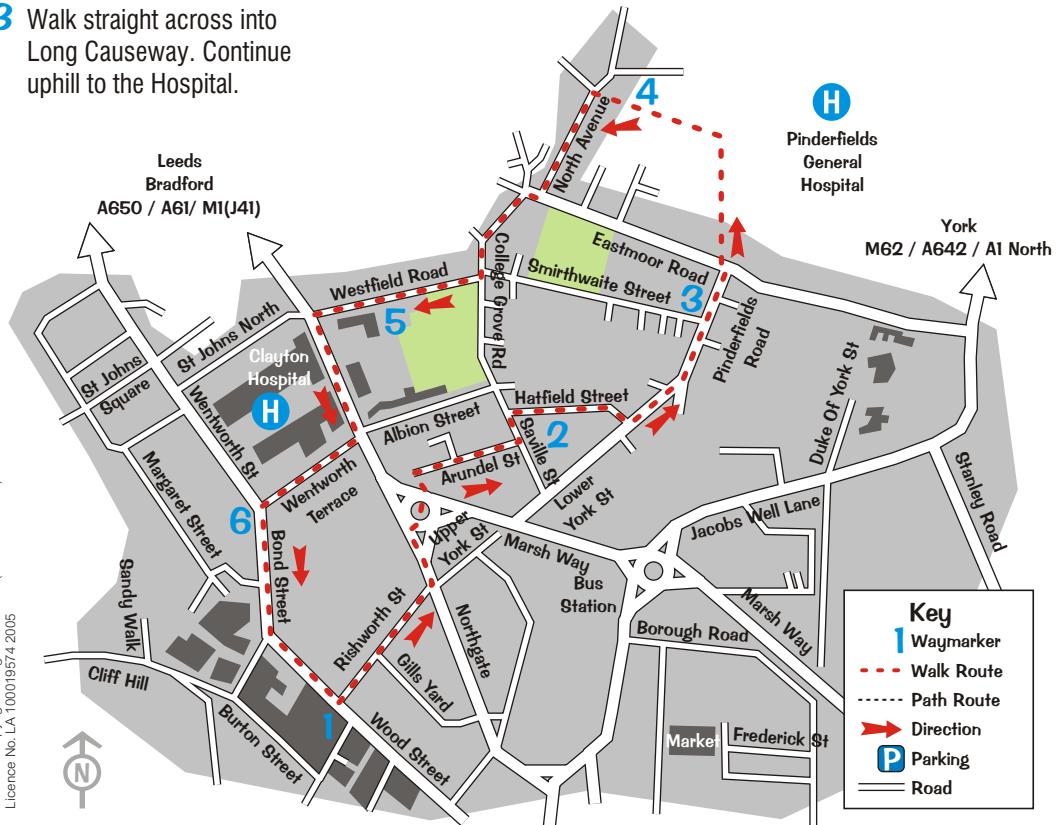
Wakefield District Health Walks

3

Wakefield

Climbing to the Hospital

- Starting at County Hall, head down Rishworth Street onto Northgate, turn left and across Northgate / Marsh Way to Arundel Street
- Walk down Arundel Street crossing over Saville Street into Hatfield Street. Hatfield Street merges in with York Street, which merges in with Pinderfields Road.
- Walk straight across into Long Causeway. Continue uphill to the Hospital.
- Take the rough track to the left and then left again into North Avenue.
- Turn right onto College Grove Road, and then right again into Westfield Road. Turn left into Northgate.
- Cross Northgate at the pelican crossing by the hospital, turn left and then right into Wentworth Terrace. Turn left into Bond Street to return 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



County Hall
(See Waymarker 1)



Hatfield Street
(See Waymarker 2)



Pinderfields General Hospital
(See Waymarker 4)



Queen Elizabeth's Grammar School
(See Waymarker 5)