

## Wakefield District Health Walks

# 18

## Walton

### Circular walk via The Balk



Allow 40 minutes



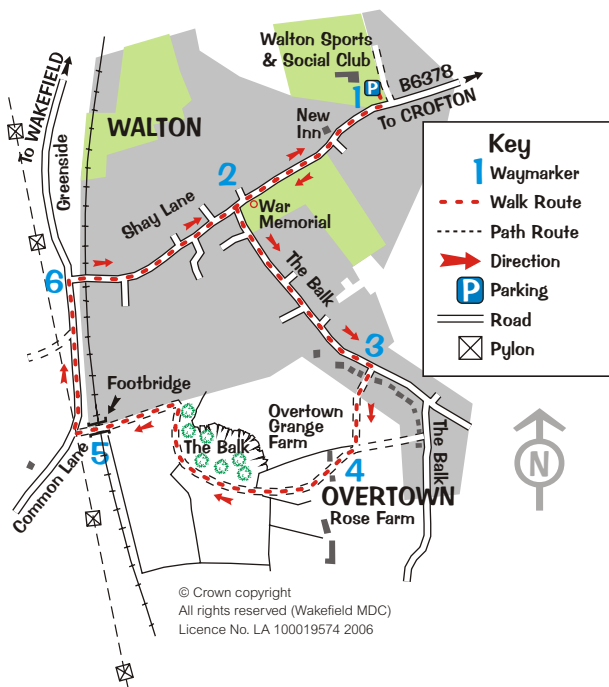
A moderately difficult, circular walk mainly on good all-weather footpaths together with some roadside walking. (Many stiles and a railway bridge to be climbed.)



2.5 km / 1.5 miles



Services **195, 196** and **197** operate from Wakefield Bus Station to Walton.



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**1** Turn right out of the car park of Walton Sports & Social Club. Walk past the New Inn and the War Memorial and turn left into the Balk.

**2** Walk down the Balk as far as No 48 on the right hand side. You will see a narrow footpath in the gap between No 48 and No 50.

**3** Walk down this path to a stile. Climb over the stile and walk diagonally across the meadow to a second stile which gives access to a broad farm track.

**4** Turn right and follow the track between Overtown Grange Farm and Rose Farm. Climb over stile No 3 and walk across a narrow field to stile No 4. Follow the right hand edge of the next field (trees on rising ground on your right are on the Balk) to stile No 5. Continue on the field edge to the Housing Estate. Turn left and walk downhill to stile No 6 which leads to the footbridge over the railway.

Climb over stile No 7 (concrete steps in a stone wall) to access Common Lane.

**5** Turn right and walk along Common Lane to the top of the hill.

**6** Turn right into Shay Lane and walk back to the start point.

# Health Notes

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



> The New Inn for good, refreshments and toilets.



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](http://www.wymetro.com)



Walton War Memorial



Footpath off the Balk  
(See Waymarker 3)



Rose Farm  
(See Waymarker 4)



Railway footbridge  
(See Waymarker 5)

IVVENCUS  
Walks Designers



**wakefield**  
City of Wakefield Metropolitan District Council