

Wakefield District Health Walks

19

Walton

Circular walk via Walton Colliery Nature Park



Allow 60 minutes



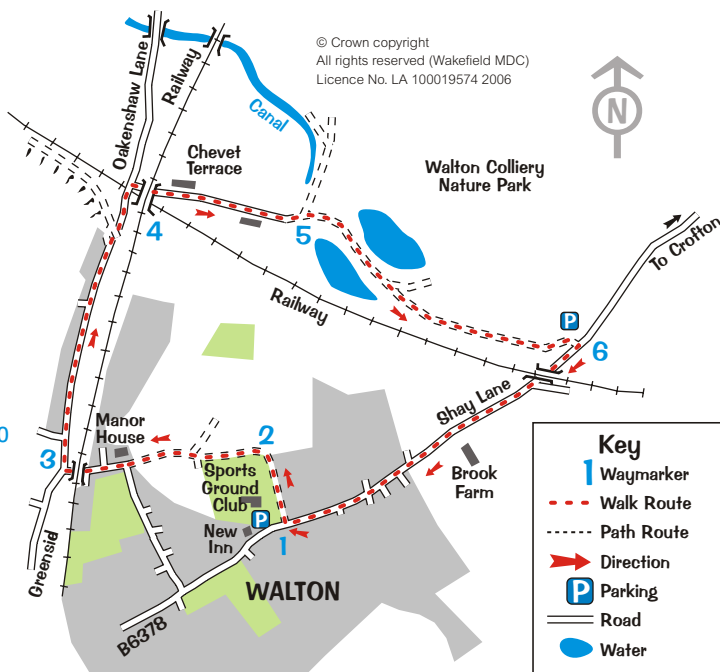
A easy, circular walk, mainly on good all-weather footpaths together with some roadside walking.



3.6 km / 2.2 miles



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



1 Start in the Car Park of Walton Sports & Social Club. Walk to the road, turn left and immediately turn left again on to a gentle downhill path.

2 At the bottom of the hill take the left hand path and walk along the fieldside past the Sports Field. Pass through the hedge and on to a dirt road which serves nearby allotments. Continue forward over a small stone bridge and on to School Lane beside the Manor House.

3 Walk under the two railway bridges and turn right on to Oakenshaw Lane. Walk on the roadside pavement passing under another railway bridge.

4 Turn right into Chevet Terrace, pass under another railway bridge and down a long tarmac road past Woodyard Cottages. Pass through the metal gates into Walton Colliery Nature Park.

5 At the first junction of the broad paths, near the Barnsley Canal, bear right and walk between the two lakes and past the green milepost No 67 on the National Cycle Network on the Trans-Pennine Trail.

6 On reaching the Nature Park Car Park walk on to Shay Lane, turn right and walk on the roadside pavement back to the starting 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



> Manor House built around 1867 as a Laundry School for Girls.

> Many railway bridges in the area.

> Nature Park was created from the spoil heaps of Walton Colliery.

> New Inn - food, refreshments & 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
Web: www.wymetro.com



Walton Social Club Car Park
(See Waymarker 1)



Dirt Road to Allotments
(See Waymarker 2)



The Manor House
(See Waymarker 3)



Barnsley Canal
(See Waymarker 5)

IUVENCUS
Walks Designers

