

Wakefield District Health Walks

17

Walton

Shay Lane to Haw Park Bridge



Allow 45 minutes to 1 hour



A easy, circular walk.

Mainly on all-weather footpaths.



3.2 km / 2 miles



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

1 The walk begins at Walton Sports and Social Club where extensive free parking is available. Cross Shay Lane and walk down the side of Canal Cottage which is on your left hand side (follow sign for Trans-Pennine Trail).

2 At the end of the built-up area you will see a high stone wall which is the boundary of Waterton Park.

3 Walk past the Golf Club House on your right and under the stone bridge, keep straight forward.

4 Follow the towpath to where the path splits just before Haw Park Bridge. Leave the towpath and take the right hand fork up a slight incline. Walk through a small

wooded area, then take the right hand fork onto Sike Lane and turn right. At top of hill veer to right and follow the road down past the footpath to the left and proceed past the bungalows to the junction.

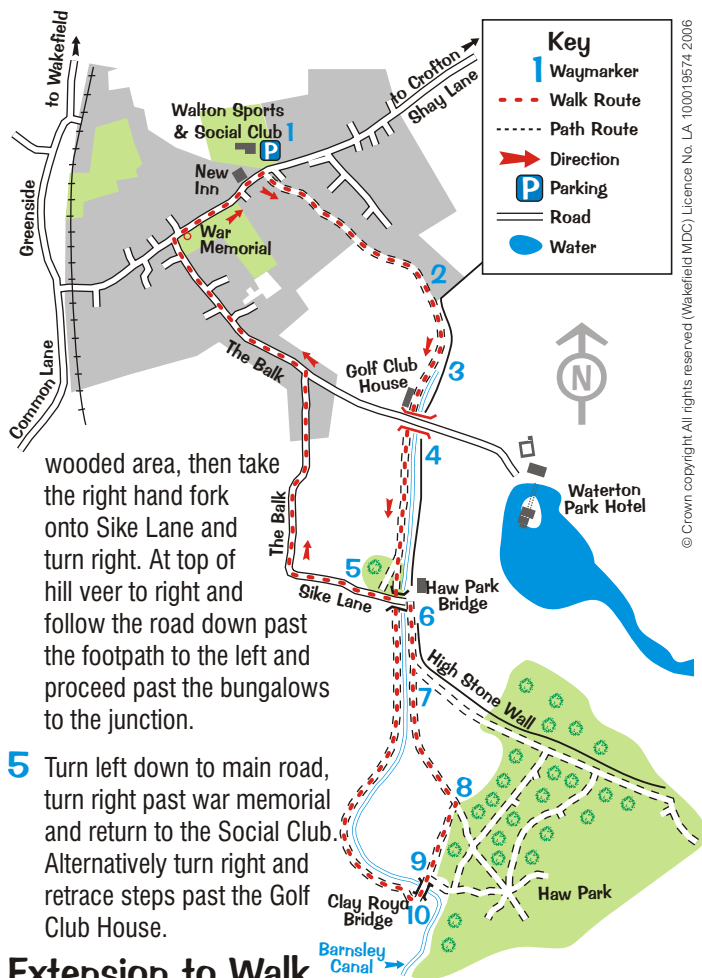
5 Turn left down to main road, turn right past war memorial and return to the Social Club. Alternatively turn right and retrace steps past the Golf Club House.

Extension to Walk

(adds a further 25 mins)

6 Take left fork and turn left across bridge. Turn right down broad path. (Waymarker 6)

7 At fork carry on, ignore the route signposted to Anglers Country Park and carry straight on.



8 Follow path through entrance to wood, take path on right. (10 yds)

9 Through wood keep right and head for

steps and wooden bridge.

10 Cross bridge (Clay Bridge) and turn right onto canal tow path.

Trans-Pennine Trail (See Waymarker 1)

Old Lock Site, Barnsley Canal (See Waymarker 2)

Golf Club bridge (See Waymarker 4)

View South from Sike Lane (See Waymarker 5)



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

Notes



> The Barnsley Canal was opened in the 18th Century to carry coal to Heath.

> A number of buildings and streets have names referring to the canal.

> Food, drink and toilets are available at the New Inn on Shay Lane.

> The Walton War Memorial is worth an examination.

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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