

Wakefield District Health Walks

11

Wrenthorpe

Newton Bar to Wrenthorpe Park



Allow 40 minutes



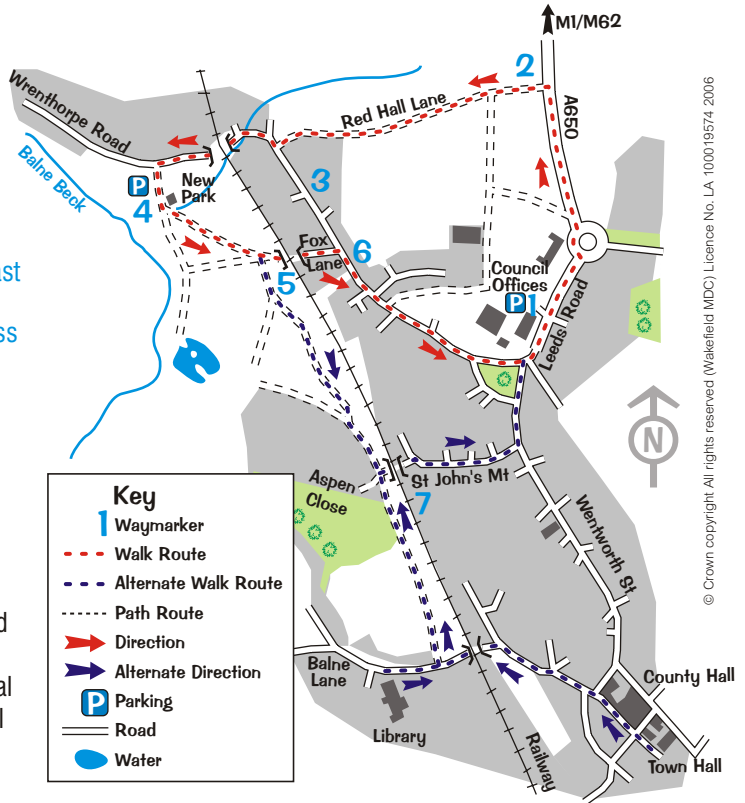
A easy, circular walk. Mainly on all-weather footpaths.



2.7 km / 1.7 miles



Service 110 travels past the Council Offices. Services 425, 427 pass close by.



1 The walk begins at Newton Bar Offices. Turn left out of the site and follow Leeds Road to the roundabout and bear left along the dual carriageway. Follow the dual carriageway to the Red Hall Lane Bridle Path.

2 Walk the full length of the lane until you reach Bradford Road (you should see the Bay Horse pub on your right hand side).

3 Cross over Bradford Road, (which has cycle lanes on it) and walk down Wrenthorpe Road, under the railway bridge (you will need to cross the road since there is only a footway on one side

4 Walk past the Car Park and bear slightly left after walking directly in front of the pavilion (on your left should be a grass bank leading to a hedge around

the bowling green). Take the middle broad grass path through the Plantation up to the railway embankment.

5 At the railway bridge turn left and walk under the bridge along Fox Lane to the main road.

6 Cross over the road, turn right and walk on the pavement back to the Newton Bar Office Complex.

7 The walk can be lengthened by

ignoring Fox Lane and walking onto Aspen Close, then under the railway bridge and back via St John's Mount. (allow extra 10 minutes).



Newton Bar Offices
(See Waymarker 1)



Red Hall Lane,
Bridle Path
(See Waymarker 2)



Wrenthorpe Park
(See Waymarker 4)



Track to
Fox Lane Bridge
(See Waymarker 5)

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Walks Designers



Health Notes

Try to walk for 30minutes 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



> Good walks from the Town Hall, County Hall and Balne Lane Library to Wrenthorpe Park via Balne Lane and the footpath alongside the railway embankment past Aspen Close. Return on same route. (3.8km - 2.4miles)

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.

i Tel: 01924 306089

M Metroline: 0113 245 76 76
METRO Web: www.wymetro.com