

## Wakefield District Health Walks

# 31

# Ferrybridge

## Medical Centre to the King's Mills



Allow 40 minutes



An easy, circular walk mainly on good all-weather footpaths and roadside pavements together with some field walking. Climbing footbridge steps and two wooden stiles is necessary.



2.5 km / 1.6 miles

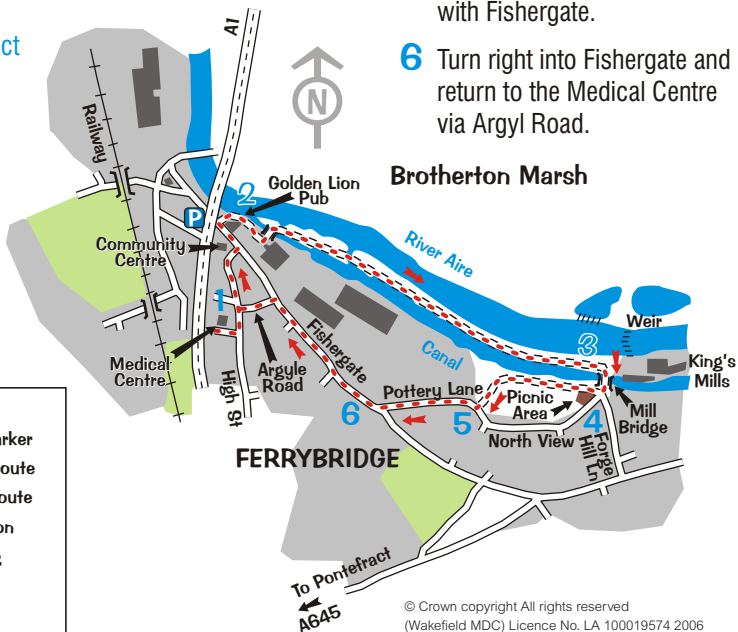


Services **149, 150, 411, 414, 476, 487, 488, 492 and 493** all operate from Pontefract Bus Station to Fishergate in Ferrybridge. Service **168** operates from Leeds and Castleford.

- 1 Start outside the Medical Centre, Beauforth House, walk towards the main street (away from the underpass) and turn left into the High Street. Continue past the parade of shops and the Community Centre, heading towards the road viaduct, cross the main road, to the Golden Lion Pub, where access to the riverside can be gained.
- 2 Walk on to the canal tow path and cross the canal by the steel footbridge.

Turn right and walk along a broad all-weather footpath between the river and canal as far as the Mill Bridge.

- 3 Cross the river by the footbridge and walk onto a terraced picnic area. Turn right, climb over a wooden stile.
- 4 Walk across an area of pasture and gain access to Pottery Lane by means of a second stile.
- 5 Turn right and walk down Pottery Lane to the junction with Fishergate.
- 6 Turn right into Fishergate and return to the Medical Centre via Argyle Road.



# 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

# Points Of Interest



> Refreshments and toilets at the Golden Lion Pub.

> Pottery Lane is the site of the former Knottingley Pottery Factory.

> There has been a flour mill on the riverside site since the 1400's.

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



Ferrybridge Community Centre  
(See Waymarker 1)



The King's Mill  
(See Waymarker 3)



Footbridge over Canal



Stile on path to Pottery Lane  
(See Waymarker 5)

IUVENCUS  
Walks Designers





  
City of Wakefield Metropolitan District Council