

Wakefield District Health Walks

2

Wakefield

Circular walk from Chantry House



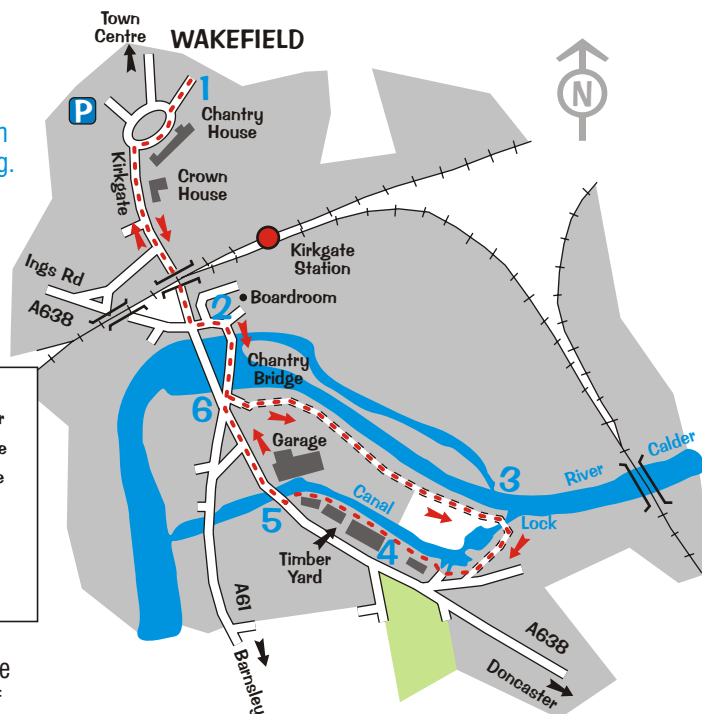
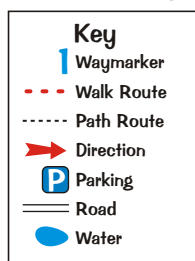
Allow 45 minutes



A easy, circular walk, mainly on good footpaths together with some roadside walking. Climbing of steps is involved.



2.5 km / 1.5 miles



1 Start outside Chantry House in Lower Kirkgate. Plenty of Pay-and-Display Car Parks nearby. Walk away from the roundabout past Crown House and the Grey Horse Pub and under the railway bridge.

2 At the next turn bear left then right over Chantry Bridge. Just before the traffic lights turn left and walk over a narrow stone 'pack horse bridge' and along a grassy track on the river bank.

3 At the canal pass over the bridge and turn right and walk along the canal tow path to some black metal gates. Pass through the small gate, then alongside a grassed area.

4 Keep to the right hand and regain the tow path. Walk past Howarth's Timber Yard and on to the concrete road bridge.

5 Climb the steps at the bridge on to the roadside. Turn right and walk back to Chantry Bridge.

6 Return to Chantry House along the roadside pavement.

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



> Chantry Bridge (1340s) & the Chantry Chapel of St Mary's (1356).

> Look between canal and the River Calder.

> Waymarker 2 - Look for old stone building, which housed the Boardroom of the canal company - Aire & Calder Navigation.

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



River Calder
(See Waymarker 2)



Pack Horse Bridge



View from canal bridge
(See Waymarker 3)



Timber Yard
(See Waymarker 4)

IVVENCUS
Walks Designers

NHS



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City of Wakefield Metropolitan District Council