

Wakefield District Health Walks

29

Airedale

Airedale Centre to Holywell Wood



Allow 70 minutes



A fairly difficult walk mainly on broad pavements, green woodland footpaths and farm tracks. (Take care to avoid deep ruts near woodland paths especially after rain)



4.3 km / 3 miles



Airedale is served by the services **125, 156, 159 and 186** (from Wakefield and Castleford), **167 and 168** (Leeds-Castleford-Pontefract/Knottingley).

1 Start from the Airedale Centre in the Square (plenty of free parking and a small bus station). Walk along Fryston Road passing Holy Cross Church on your right. Continue for some distance until you encounter Holywell Lane (B6136) at the New Airedale Pub.

2 Cross over the road and turn right. Walk as far as Hawthorne Avenue on your left.

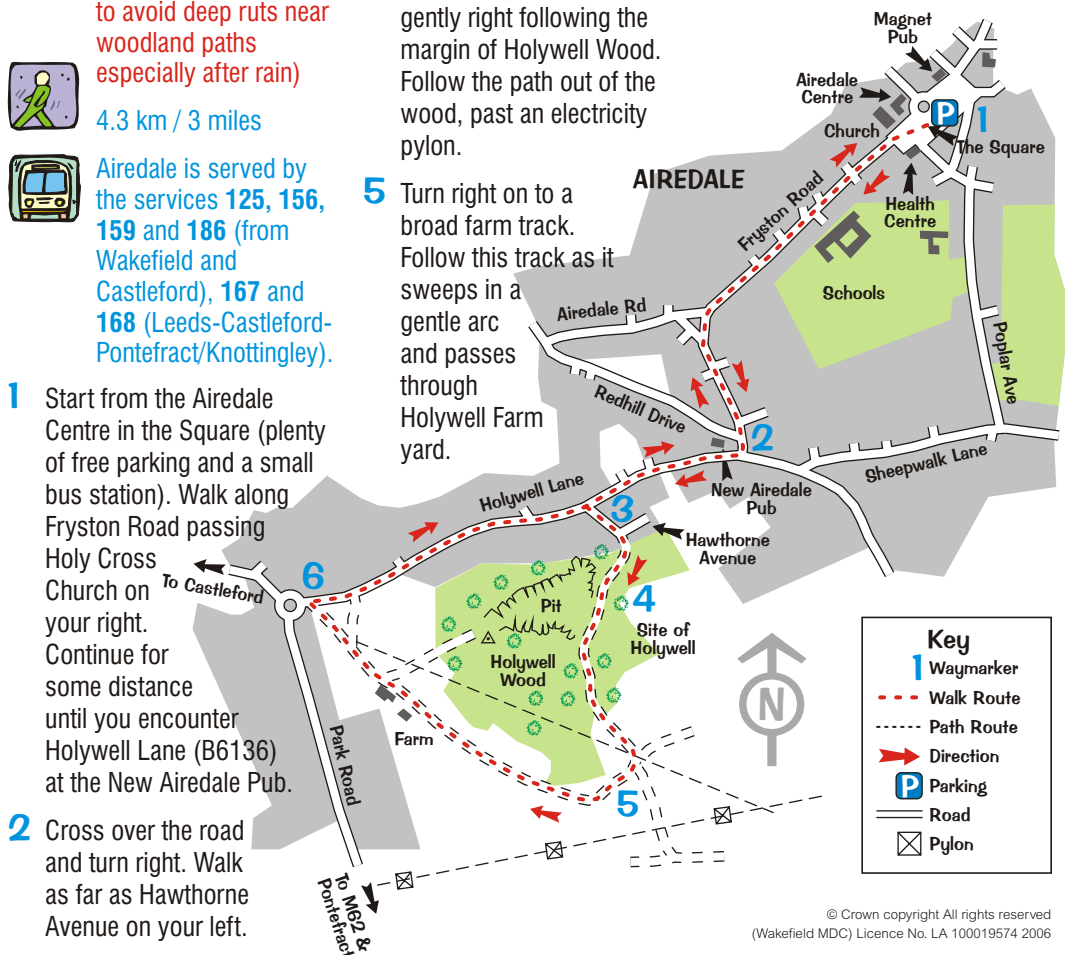
3 Turn into Hawthorne Avenue. Walk to the road end and climb over a wood stile on to a signed footpath.

4 Keep right of the field gate and walk downhill on to a broad footpath. Bear left then gently right following the margin of Holywell Wood. Follow the path out of the wood, past an electricity pylon.

5 Turn right on to a broad farm track. Follow this track as it sweeps in a gentle arc and passes through Holywell Farm yard.

Follow the tarmac farm road on to Holywell Lane. The right of way crosses a field on the left of the farm road (wood stile) but the landowner prefers walkers to use the road.

P.T.O



6 Turn right on to the main road. Turn left at the New Airedale

Pub and return to the Square via Fryston 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



The Airedale Centre
(See Waymarker 1)



Stile in Hawthorne Avenue
(See Waymarker 3)



Blubells in Holywell Wood



Track to Holywell Farm
(See Waymarker 5)

Points Of Interest



> The Airedale Centre contains an excellent Café with good toilet facilities.

> Note the design of Holy Cross Church.



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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