

let's get walking

If you do not feel you are fit enough to join a health walk then why not join the Let's Get Walking programme. This eight week programme of very short walks is led by health professionals and aims to build your fitness and confidence to a level where you will soon be able to join a health walk near you.

For more information about Let's Get Walking contact Pete Hodgson on:

Tel: 01924 315775

Email: pete.hodgson@wdpct.nhs.uk

wakefield district cycle forum

Wakefield District Cycle Forum is a voluntary organisation that aims to promote and campaign for better facilities for cyclists within the Wakefield District. They aim to represent all kinds of cyclists, to improve cycling infrastructure and to organisation of a wide range of cycling events and activities throughout the district.

For more information visit:

www.cycling-wakefield.org.uk



winter cycle rides

Wakefield District Cycle Forum members lead two short cycle rides each month, starting out from Nostell Priory and Pugneys Country Park. These rides are for people of all ages and abilities. They last approximately 1 to 2 hours, cycling a distance of between 5 and 10 miles on traffic free routes and some quiet roads.

Where: Pugneys Country Park

When: Meet @ 10.15am for 10.30am start on the first Sunday of each month (from 6th November)

Where: Nostell Priory

When: Meet @ 10.15am for a 10.30am start on the third Sunday of each month

A limited number of loan bikes are available to borrow for these rides. There is no charge but bikes must be booked in advance:

Email: info@cycling-wakefield.org.uk

Tel: 01924 315774

Longer rides of between 10 and 20 miles, mainly on quiet roads and some off road paths each month from Pontefract

Where: Carlton Community Centre (October, December and February)
Pontefract Squash Club (November, January and March)

When: Meet @ 1pm on the fourth Tuesday of each month

Please note that rides may have to be cancelled in bad weather.

Would you like to train as a volunteer Health Ride Leader here in Wakefield district? If so contact John Wilcox on 01924 315774, email: john.wilcox@wdpct.nhs.uk for more information on FREE ride leader training days

cycle maintenance training

Wakefield District Cycle Forum is running two Bike Maintenance training events in the coming months.

Where: Anglers Country Park

When: 10am until 1pm on Saturday 25 February 2012

Where: Pugneys Country Park

When: 10am until 1pm on Sunday 25 March 2012

If you would like to attend and learn how to perform basic maintenance tasks and simple repairs on your own bike email info@cycling-wakefield.org.uk for more information.

bike doctor

Wakefield District Cycle Forum is running a Bike Doctor event where you can have a health check for your bike and get it ready for the summer.

Where: Pugneys Country Park

When: 2pm to 4pm on Sunday 25 March 2012

more active, more often

We should all be aiming to build up to doing 150 minutes of moderate physical activity a week. A good way to achieve this is to try and do at least 30 minutes activity on at least 5 days of the week. Moderate activities include anything that makes you breathe more heavily and feel slightly warmer than normal. Most importantly you should still be able to talk.

Joining one of the Wakefield Health Walks or Health Rides taking place throughout the district is a great way to get more active, more often.



contact us

Further copies of this leaflet and more information on walking and cycling activities in the Wakefield District can be obtained by:

Web: visit

www.wakefielddistrict.nhs.uk/walking

Phone: 01924 315774 or 31775

Email: pete.hodgson@wdpct.nhs.uk or john.wilcox@wdpct.nhs.uk

If you would like a copy of this leaflet in large print or another language please contact the Walking and Cycling for Health Project using any of the above contact methods.

wakefield district walks & winter 2011/12 cycle rides



For further information on Walking & Cycling activities in the Wakefield District visit:

Wakefield District Cycle Forum website at:
www.cycling-wakefield.org.uk

Walking & Cycling for Health Project
Healthy Choices Division

NHS Wakefield District, International House
Trinity Business Park, Waldorf Way, Wakefield WF2 8EF

Tel: 01924 315774 or 01924 315775

Email: pete.hodgson@wdpct.nhs.uk or john.wilcox@wdpct.nhs.uk

Web: www.wakefielddistrict.nhs.uk/walking



walk & bike 4 life

wakefield council
working for you

NHS
Wakefield District

wakefield district walks & cycle rides - 2011/12

guide to heart rating

20 - 30 mins ♥

30 mins - 1hr ♥ ♥

1hr - 1hr 30 mins ♥ ♥ ♥

1hr 30 mins - 2hrs ♥ ♥ ♥ ♥

what are health walks?

Wakefield Health Walks are regular, short walks that last between 20 minutes to 2 hours and are aimed at people of all abilities and fitness levels. Each walk is run by at least one trained walk leader as part of the National Walking for Health scheme.

Health walks are **FREE** and there is no need to book.

You don't need any fancy walking gear, just sensible footwear and clothing suited to the weather conditions.

wakefield central & west

mondays

Horbury Library weekly walk*

@ 10.30am ♥ ♥ ♥

Shepherds Arms, Cluntergate, Horbury, WF4 5DA (approx 1hr - 1½hrs)

Stanley Ferry weekly walk

@ 1.15pm ♥ ♥ ♥

The Stanley Ferry (Bottom car park), Ferry Lane, WF3 4LT. (approx 1½hrs) Meet at 1.15pm for walk at 1.30pm prompt

Kettlethorpe Library weekly

@ 2.15pm ♥ ♥ ♥ ♥ ♥

Standbridge Lane, WF2 7NW (40 - 60 mins)

tuesdays

New Southgate Surgery weekly walk @ 10.00am ♥ + ♥ ♥ ♥ ♥ ♥ ♥ ♥

Buxton Place (off Leeds Road), Wakefield. WF1 3JQ. Short and longer walk available (approx 1hr & 1½ - 2hrs). We meet at the surgery but usually travel short distances to open countryside and car share

Eastmoor weekly walk

@ 10.00am ♥ ♥ ♥ ♥ ♥

St Swithuns Community Centre, Arncliffe Road, WF1 4RW (1½ - 2hrs Active)

Crofton Community Centre fortnightly walk @ 12.00 noon ♥ ♥ ♥ ♥ ♥

Middle Lane, Crofton, WF4 1LB (2hrs max of walking). The group usually stops half way for refreshments and returns back to the Community centre. October 11th, 25th, November 8th, 22nd, 29th, December 6th, 20th, January 3rd, 17th, 31st, February 14th, 28th, March 13th, 27th

wednesdays

Ossett weekly walk @ 10.00am ♥ + ♥ ♥ ♥ ♥ ♥ ♥ ♥

War Memorial Community Centre, Prospect Road, WF5 8AN (1hr & 1½hrs)

New Southgate Surgery weekly walk @ 10.00am ♥ + ♥ ♥ ♥ ♥ ♥ ♥ ♥

New Southgate Surgery, Buxton Place, WF1 3JQ (approx 1½ - 2hrs Active)

thursdays

Walton Social Club fortnightly walk

@ 10.00am ♥ ♥ ♥ ♥ ♥

Shay Lane, WF2 6LA (approx 2hrs walking with a stop half way). October 6th, 20th, November 3rd, 17th, December 1st, 15th, 29th January 12th, 26th, February 9th, 23rd, March 8th, 22nd

Lupset, SOUPA weekly walk

@ 10.30am ♥ ♥ ♥ ♥ ♥

St. George's Crypt, Broadway, Lupset, WF2 8AA (1¼ - 1½hrs). Followed by home made soup and roll for £1

saturdays

Stanley Ferry weekly walk

@ 11.00am ♥ ♥ ♥

The Stanley Ferry (Bottom car park), Ferry Lane, WF3 4LT (approx 1hr)

north east area - castleford, normanton, pontefract

mondays

Glasshoughton Centre weekly walk

@ 10.30am ♥ ♥ ♥ ♥ ♥

Leeds Road, Castleford, WF10 4PF (approx 1hr - 1½hrs)

Altofts weekly walk @ 12.00 noon ♥ ♥ ♥

Methodist Church, Ship Corner, WF6 2NJ (approx 1hr - 1½hrs)

tuesdays

Airedale weekly walk @ 10:30am ♥ ♥ ♥ ♥ ♥

Ferry Fryston Miners Welfare, Off Borrowdale Drive, Ferry Fryston, Castleford, WF10 2NY (approx 1hr - 1½hrs)

thursdays

Ferrybridge fortnightly walk

@ 10.30am ♥ ♥ ♥

Beauforth House Surgery Station Lane, Ferrybridge, WF11 8NJ (approx 1hr). October 6th, 20th, November 3rd, 17th, December 1st, 15th, 29th January 12th, 26th, February 9th, 23rd, March 8th, 22nd

Ash Grove Surgery fortnightly walk

@ 10:00am ♥ ♥ ♥ ♥ ♥

Ash Grove Medical Centre, England Lane, Knottingley WF11 0JA. October 13th, 27th, November 10th, 24th, December 8th, 22nd, January 5th, 19th, February 2nd, 16th, March 1st, 15th, 29th

fridays

Lock Lane weekly walk

@ 10.00am ♥ ♥ ♥ ♥ ♥

Lock Lane Sports Centre, Castleford, WF10 2JU. (approx 1hr - 1½hrs)

Chequerfield fortnightly walk

@ 10.30am ♥ ♥ ♥ ♥ ♥

St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY (approx 2½hrs). October 14th, 28th, November 11th, 25th, December 9th, 23rd, January 6th, 20th, February 3rd, 17th, March 2nd, 16th, 30th

south east area - hemsworth, kinsley, havercroft, ackworth

mondays

Hemsworth weekly walk

@ 10.00am ♥ ♥ ♥ ♥ ♥

For more information on the Hemsworth walk call 01924 315775.

wednesdays

Havercroft Skills Centre fortnightly walk

@ 10.30am ♥ ♥ ♥

Off Mulberry Avenue, Havercroft, WF4 2BD (approx 45 mins - 1hr). October 5th, 19th, November 2nd, 16th, 30th, December 14th, 28th January 11th, 25th, February 8th, 22nd, March 7th, 21st

thursdays

Kinsley weekly walk @ 10.00am ♥ ♥ ♥

Kinsley & Fitzwilliam Community Centre, Wakefield Road, Kinsley WF9 5BP (approx 45 mins - 1½hrs)

Nostell Priory weekly walk

@ 10.30am ♥ ♥ ♥

Doncaster Road, Nostell, near Wakefield, WF4 1QE. From the new car park near the entrance to the park (approx 1hr). Free parking & entry to tea rooms for health walkers that arrive before 10.30am

Ackworth weekly walk* @ 2.00pm ♥ ♥ ♥ ♥ ♥

Meet outside the Angel Pub, Wakefield Road, Ackworth, WF7 7DF (approx 1hr)

fridays

Nostell Priory weekly walk

@ 10.30am ♥ ♥ ♥

Doncaster Road, Nostell, near Wakefield, WF4 1QE. From the new car park near the entrance to the park (approx 1hr). Free parking & entry to tea rooms for health walkers that arrive before 10.30am

buggy & push chair friendly walks

A number of Wakefield's Children's Centres organise walks aimed at parents/carers with young children. Some of these walks run term-time only so it is best to contact individual walks before turning up to avoid disappointment.

Cedars Children's Centre weekly walk ♥ ♥ ♥

Barnsley Road, Hemsworth, WF9 4PU (approx 1hr). Child and pushchair friendly walk. **Contact:** 01977 722215

Havercroft Children's Centre weekly walk ♥ ♥ ♥

Off Mulberry Avenue, Havercroft, WF4 2BE (approx 1hr). Child and pushchair friendly walk. **Contact:** 01226 726478

Pomfret Children's Centre weekly Walk ♥ ♥ ♥

Chequerfield Infant School, Rookhill Road, WF8 2DD (approx 1hr). Child and pushchair friendly walk. **Contact:** 01977 722644

Michaelmas Children's Centre weekly walk ♥ ♥ ♥

Flanshaw Lane Wakefield WF2 9JA. (approx 1hr). Child and pushchair friendly walk. **Contact:** 01924 303747

Sunflower Children's Centre Walks ♥ ♥ ♥

Regent Street, Moorthorpe, South Elmsall WF9 2BL. Child and pushchair friendly walk (approx 1hr). **Contact:** 01977 723872

Upton Children's Centre Walks ♥ ♥ ♥

Waggon lane, Upton, WF9 1JS. Child and pushchair friendly walk (approx 1hr). **Contact:** 01977 723835/8

*not part of the national Walking for Health programme.

more walks

In addition to the health walks a number of other organisations organise walks and walking activities in the Wakefield district.

The Wakefield and District Ramblers run a range of varied walks and walking activities throughout the local area



sharlston to crofton

Saturday 26 November

Meet 12.30pm at Sharlston Common car park. 5 miles, GR SE394190, no stiles.

Contact: Jeanette on 01924 820732

rural heath

Saturday 3 December

Meet 10.30am at Heath Common Country Park. 5 miles L SE356198. **Contact:** Murray on 01977 700327

east hardwick

Sunday 18 December

Meet 2.00pm Carleton High School Pontefract. 3 miles L GR SE 463203. Short walk for almost shortest day of the year.

Contact: Murray on 01977 700327

clearing the cobwebs

Sunday 1 January

Meet 11.00am Mirfield bridge by the Railway Station for a walk to the Ice Cream Parlour. 5 miles L SE205195. **Contact:** John & Ruth on 01924 256376

fairburn ings

Sunday 8 January

Meet 1.00pm RSPB car park (£2 charge). 5 miles L SE453277. **Contact:** Clive on 01977 707406

wentbridge wander

Sunday 12 February

Meet 11.00am River bridge B6474 Wentbridge Lane. 4 - 4.5 miles L SE455173. **Contact:** John & Ruth on 01924 256376

navigation stroll

Sunday 18 March

Meet 11.00am Kissing bridge on Broad Cut Road, off Denby Dale Road. 4 - 4.5 miles. L SE299167. **Contact:** John & Ruth on 01924 256376

wentbridge to kirk smeaton

Saturday 21 April

Meet 1.00pm The Bridge at Wentbridge SE488173. 4 miles L/M (M due to 135/150 steps at start of the walk). **Contact:** Pat on 01977 705037

Wakefield Walking Club organise regular walks of 5, 7, 10 and 12+ miles.

For more information including a programme of walks visit www.wakefieldwalkingclub.org.uk

Wakefield Countryside & Conservation Service holds a programme of events and activities including some interest walks.

A number of independent walking routes are being developed at Yorkshire Sculpture Park, visit www.ysp.co.uk for further information.

Contact 01924 303980 to request a leaflet.

The above walks are not organised or monitored through NHS Wakefield District.