Walk (24)

(Library to Old Town Hall)

Featherstone

Duration Allow 35 minutes

Distance 1.6 km / 1.0 mile

Terrain An easy, circular walk, mainly on good footpaths and roadside pavements.

A Start at Featherstone Library, parking available. Cross Station Lane and walk to the end of Wilson Street.

B Walk up the banking and follow the path to a set of concrete steps onto a grassed playing field. Bear right and walk over the top of the grassed hill as far as the railway fence.

C Turn left and walk parallel to the railway along a grass path as far as the security fence of a Transport Depot.

D Turn left and walk down a gentle, grassy slope.

E At the bottom, turn left and continue on the grassy path to the end of houses and follow the road round to the main road.

F Cross over Wakefield Road, turn left and walk on the roadside pavement to the Old Town Hall, pause and examine the large four panel mural depicting the history of Featherstone.

G Cross back over Wakefield Road into Station Lane and return to the Library.

Points of Interest

- Much of the walk takes place on land reclaimed from old mine tips

Industrial Park

Works

Featherstone Station

Works Depot

Playing Fields

Featherstone

Post Office

Library

Start
Finish

School

Fire Station

It's good for your health

Regular physical activity dramatically cuts the risk of developing heart disease, diabetes, obesity and some cancers. It also reduces cholesterol, lowers high blood pressure and is good for our sense of wellbeing.

- brisk walking burns as many calories as jogging over the same distance
- it strengthens muscles, bones and joints
- walking improves your mood and boosts confidence
- it helps maintain flexibility and co-ordination as you get older.

Try to walk for 30 minutes every day. Remember it can:

- Make you feel good
- Give you more energy
- Help you sleep better
- Help you reduce stress
- Keep your heart strong
- Reduce blood pressure
- Help manage your weight
- Improve your life expectancy

Wakefield Council's Health Improvement Team is working to encourage people to carry out more of their journeys on foot or by cycle to improve the environment and their health.

Fit walking into your daily routine

Ditch the car and walk instead. For short trips to the shops, work or school, walking is an ideal way to get active.

Go for an evening stroll. You could make walking a family affair, starting a good habit for all the family.

Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

Make a plan and set yourself goals. Start by walking 10 minutes a day, and build yourself up. Ease yourself in gently, get used to walking a certain distance and then add to it.

Find a walking buddy. If you commit to meet a friend you are more likely to stick to it. Alternatively, a local walking group (advertised on www.walkingforhealth.org.uk) might suit you better.

Use a pedometer or other wearable fitness device or app to keep track of your progress. It's satisfying to see how many steps you've taken, the distance you've covered and how many calories you've burned.

During your lunch break, go for a walk instead of just sitting at your desk.
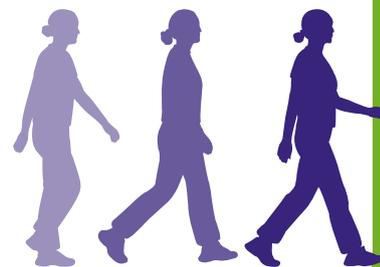
Walking is one of the easiest ways to be physically active – it doesn't even have to feel like exercise. All you need is a comfy pair of shoes, and once you get moving you'll feel fitter, healthier and happier.

Walking doesn't cost a penny, and fitting it into your daily routine is easy when you follow our top tips.

Walk for fun

Walking enables you to explore your local area on foot and get to know your community. Why not set yourself a challenge to walk in all your local parks and walking paths?

It's great for our planet

Walking doesn't leave a carbon footprint, just your own. And if we all swapped one weekly drive for walking, traffic would reduce by at least 10%. Imagine that. Safer and quieter streets for children to play on and for people to socialise in.

Contacts

☎ 01924 307348
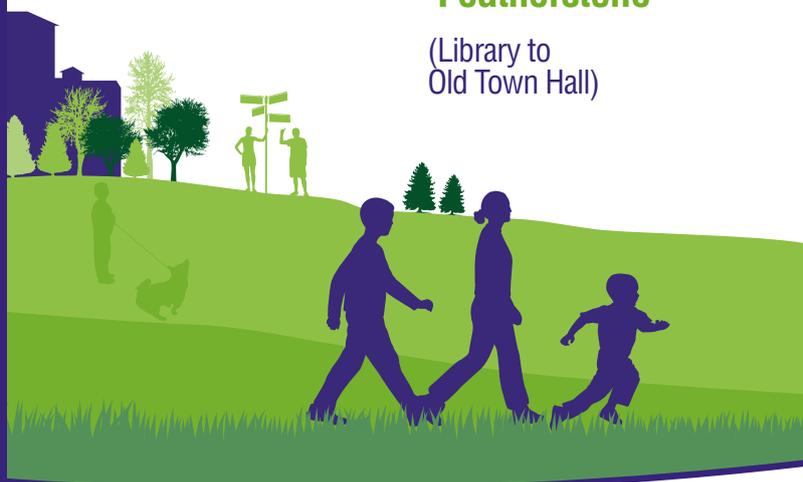@ healthimprovement@wakefield.gov.uk
🖥 www.wakefield.gov.uk/walking
f Follow us on Facebook - Wakefield Wellbeing

Active Wakefield
Health Walks

Walk 24
Featherstone

(Library to Old Town Hall)

wakefieldcouncil
working for you