

# Walk 32 (Medical Centre to Brotherton Church)

## Ferrybridge

**Duration** Allow 60 minutes  
**Distance** 3.8km / 2.4 miles  
**Terrain** A moderately difficult walk, mainly on good all-weather footpaths together with some field walking. Climbing stiles is involved. Take care where the path passes close to the river.

- A** Start at the Ferrybridge Community Centre.
- B** Walk past the Memorial towards the main road. Cross the main road, walk past the Golden Lion Pub and continue up the slight hill to the old stone bridge
- C** Walk over the old stone bridge designed by John Carr.
- D** Turn left and bear left and walk down the riverside green path and keep left until the path swings away from the river.
- E** Follow the path between two pylons and exit the field through a gate onto Low St.
- F** Keep left and walk up a gentle hill to Brotherton Church.
- G** Opposite the church gate cross the road and walk ahead on a tarmac path past the War Memorial and through the graveyard. Cross over two footbridges (railway and A1 road) and cross main road.
- H** Walk into Sutton Lane. Continue to the end of the houses. Turn right at the public footpath sign and follow a narrow downhill footpath at the side of the houses.
- I** Continue to cross open fields, over the Marsh Drainage Ditch and across a wooden bridge. Turn right and walk diagonally across the field.
- J** Walk under the Viaduct and over the old stone bridge back to the start point.



- Points of Interest**
- Refreshments and toilets at the Golden Lion Pub.
  - Refreshments at the Bap and Bean Sandwich Bar
  - Pottery Lane is the site of the former Knottingley Pottery Factory
  - The Old Stone Bridge and Toll Bridge House are interesting features of the area
  - Examine the Byram cum Sutton stone which is erected to celebrate the Millennium

## 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.

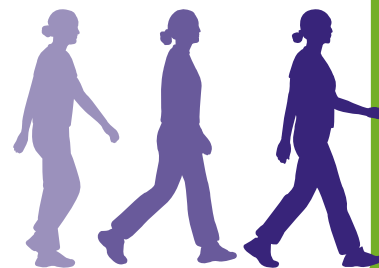
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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](http://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

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🌐 [www.wakefield.gov.uk/walking](http://www.wakefield.gov.uk/walking)

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# Active Wakefield Health Walks

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working for you