

# Walk 33

(Community Centre around Brotherton Marshes)

Ferrybridge

**Duration** Allow 75 minutes  
**Distance** 4.8 km / 3.0 miles  
**Terrain** An easy, circular walk, mainly on good all-weather footpaths with some field walking. Climbing stiles is involved. Take care where the path passes close to the river.

### Points of Interest

- Refreshments and toilets at the Golden Lion Pub.
- Refreshments at the Bap and Bean Sandwich Bar
- The Old Stone Bridge carried the Great North Road and was designed by John Carr of York in 1797
- Sights along the walk include Ferrybridge and Eggborough Power Stations, Brotherton and Knottingley Parish Churches.



**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 Carra.



**D** Continue under the viaduct and then take the left path.



**E** Walk across the fields on a broad green path to a small wooden bridge over Marsh Drain.



**F** Do not cross the bridge but turn right and follow the fieldside path alongside the Marsh Drain. Continue on this path and turn right between the 2<sup>nd</sup> and 3<sup>rd</sup> pylon.



**G** Walk on the field path towards the tower of Knottingley Parish Church and the river.

**H** At the river bank turn right and follow the path to the King's Mill and the Weir.

**I** Continue on the riverside path back to the viaduct and retrace your steps over the old river bridge and back to the Community Centre.



## 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.

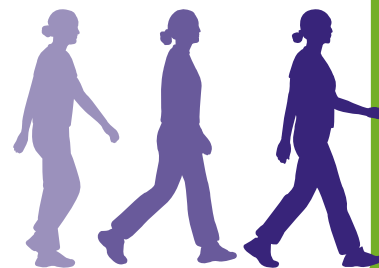
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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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