

Walk 35 (Circular Walk on the site of Upton Colliery)

Upton

Duration Allow 40 minutes
Distance 2.3 km / 1.4 miles
Terrain An easy, circular walk on good all-weather footpaths around the perimeter of a pretty area of reclaimed land formerly Upton Colliery.



A Start at Upton Country Park car park. Pass through a metal gate at the end of the metal railings and turn left.

B Continue straight ahead up a gentle hill following the path between the wood and the lake.



C Continue walking to the top of the hill passing a large, modern school building on your left.

D At the top of the hill, keep right and walk round the back of the hill keeping inside the perimeter fence.

E The path swings gently to the right. Continue forward following the perimeter fence of the football field.



F Continue forward on the footpath until you reach the red pit winding wheel.
 (Visit the memorial garden to Jim Greenwood - detailed notes on information board). Continue forward on the main path.



G At the next junction of paths turn right and walk down the hill. Just before a small bridged pond at the crossroads of paths, turn left and continue forward.



H Just before the kissing gate turn right, cross the stone bridge and turn immediately left and walk along the lake side back to the car park.



Points of Interest

- Upton Colliery was opened in 1927 and closed in 1964
- The lake is popular with anglers for its Bream and Carp
- The site has extensive wild flower meadows which are at their best in June

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.

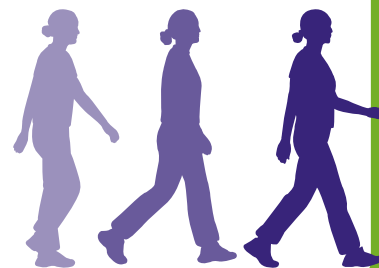
Combine walking with other modes of transport. If a journey is too long, why not combine it with another mode of transport? You could walk with the kids to school and get the bus back, or take the bus to work, jump off a stop early and walk the rest of the way.

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

📘 Follow us on Facebook - Wakefield Wellbeing

Active Wakefield Health Walks

Walk 35

Upton

(Circular Walk on the site of Upton Colliery)



wakefieldcouncil
working for you