

Golcar Pathways to Health

Walk 1: A short or a longer walk around Leymoor

(20 mins and 30 mins)

Path type: C2



Refreshments



Seating



Shorter Route



Longer Route

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March 2005

Walk 1: A short or a longer walk around Leymoor

Duration - short walk 20 mins, longer walk 30 mins

Start point: Golcar Drop-in Centre and Café, Sycamore Avenue, Leymoor

This walk has two options, a short route (taking about 20 minutes), and a longer route (about 30 minutes). Try the short route first and as your fitness improves progress onto the longer walk.

Short Route - Turn left out of the drop-in centre/café and head straight along Sycamore Avenue towards Scar Lane. Just before reaching Scar Lane turn left onto a track behind a row of houses. After a short distance turn left again going through a metal gate bringing you onto a site of some former allotments. This area has recently been improved and is now a green space with picnic benches and an exercise trail.

Either take the stone path straight on, or follow the loop around past the exercise trail. Leave the green space by going through another gate and along a small path meeting the end of Coombe Road. Look for a path on the opposite side of the road which leads between two houses and onto Greenway. From this point head left up Greenway, turning right at the top and returning to the drop-in/café.

Longer Route - Follow the short route to site of the former allotments, go through the gate and take the loop path past the exercise trail returning the gate through which you entered. From this point head left down the track behind the houses to emerge onto Tintern Avenue.

Turn left onto Tintern Avenue, continue along to the junction with Greenway. From this point and turn left to head back up Greenway towards the drop-in/café.

Path type refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface quality - C: Uneven: Less compact stones, occasional ruts and stones.

Gradient - 2: Quite gentle: up to 1:16

For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.



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Walk 2: Green spaces and football pitches

Duration: 40 mins.

Start point: Beech Avenue Junior, Infant and Nursery School, Leymoor

From the school head down Beech Avenue turning immediately left into Mulberry Court. Continue along the road looking directly ahead for a concrete bollard and a small path between two houses. This path leads to Marina Terrace where you turn right and follow the road downhill. On a left hand corner continue straight ahead along a small paved path emerging by some shops.

Turn right onto Sycamore Avenue and continue along until a row of shops, drop-in center and café is passed on the left. After the shops turn left along Greenway and look out for a path leading off to the right immediately after Carlton House. Continue to follow this path as it crosses the end of Coombe Road and leads to a large green space with picnic benches and children's exercise trail.

Follow the path straight on, passing a small orchard on the right to emerge onto a track running behind a row of houses. Turn right onto this track and then right again onto Sycamore Avenue. From this point head uphill on Holmfield Drive, turning right onto North Drive and then left onto Longfield Avenue. Continue uphill for a short way before passing through some blue gates onto the recreation ground.

Walk across the recreation ground following the white railings past the floodlights passing through a small blue gate onto the end of Birch Grove. From this point simply head along the road and to arrive back at the start point outside the school.

Path type refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface quality B: Quite smooth: Short even grass, compact stones, earth or similar

Gradient 2: Quite gentle: up to 1:16

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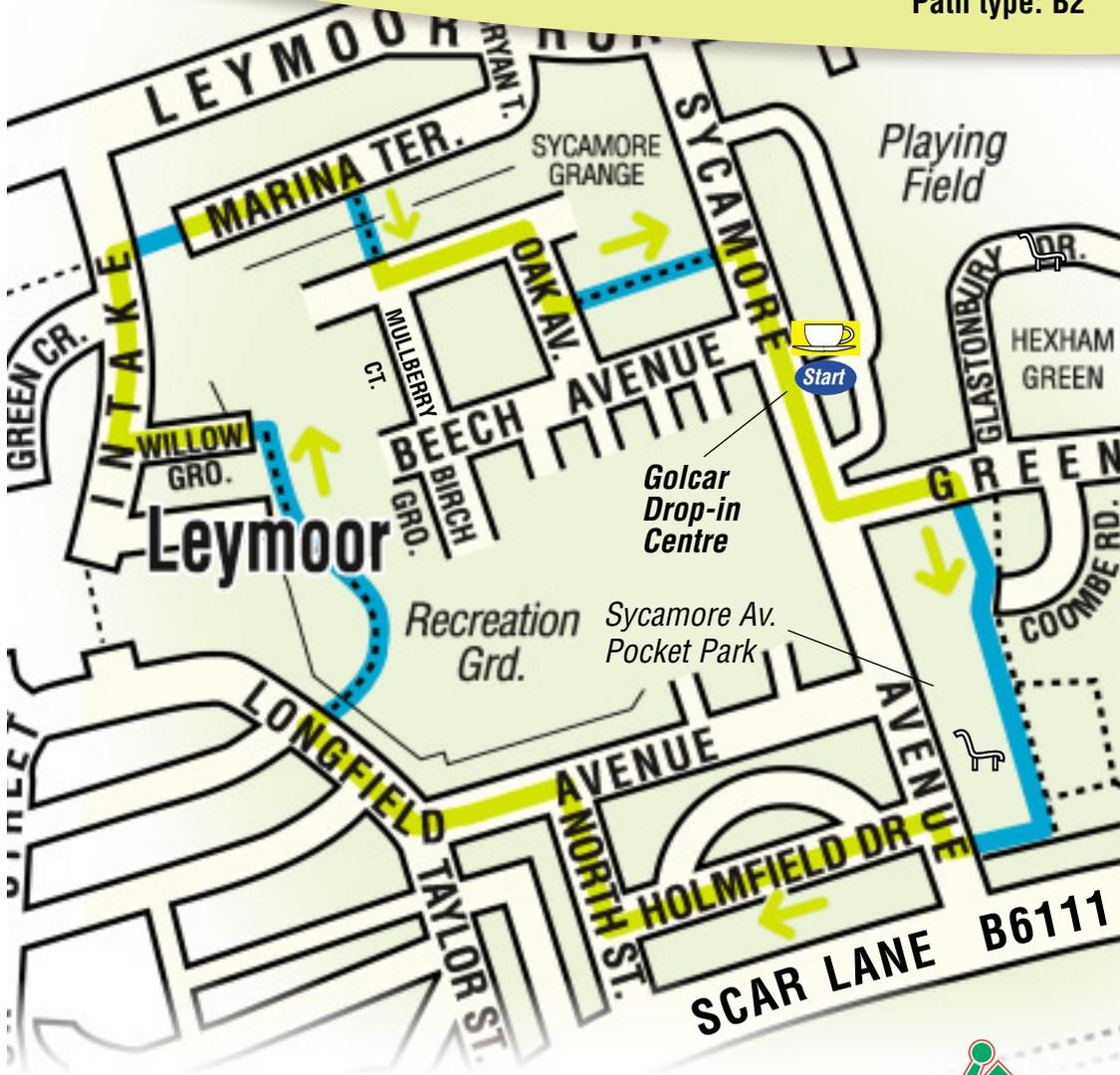
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Golcar Pathways to Health

Walk 3: A Leymoor loop

(45 mins)
Path type: B2



 Refreshments

 Seating

 Tarmac

 Unsurfaced track

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March 2005

Walks 3: A Leymoor loop

Duration: 45 mins.

Golcar Drop-in Centre and Cafe, Sycamore Avenue, Leymoor

From the shops on Sycamore Avenue head down Greenway a short distance before turning right after Carlton House onto a small path by a metal fence. The path crosses the end of Coombe road and leads through a gate onto the site of some former allotments now a green space with picnic benches and exercise trail.

Follow the stone path left at the first junction, right at the next and then left heading for the gate leading onto a track behind a row of houses. Turn right onto this track and then right again onto Sycamore Avenue. Take the second left turning, following Longfield Avenue gradually uphill. At the T-junction turn right and then look out for a small path on the right after the last bungalow in the row.

Go along this path, passing the playground and then taking the second road on the left (Willow Grove). Turn right at the top of Willow Grove, following Intake along until the end of the row of newer houses on the right hand side is reached. Look for a black path on the right leading past an older house and onto Marina Terrace.

About half way along Marina Terrace take another path on the right by a concrete bollard, and on reaching the road turn left, walking slightly downhill to join the road behind Sycamore Grange. Continue along the road and just before the Bungalows on the left side take the narrow paved path that crosses a grassy area to emerge onto Sycamore Avenue once again. Turn right to return to the shops at the start of the walk.

Path type refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface quality B: Quite smooth: Short even grass, compact stones, earth or similar

Gradient 3: Quite gentle: Up to 1:16

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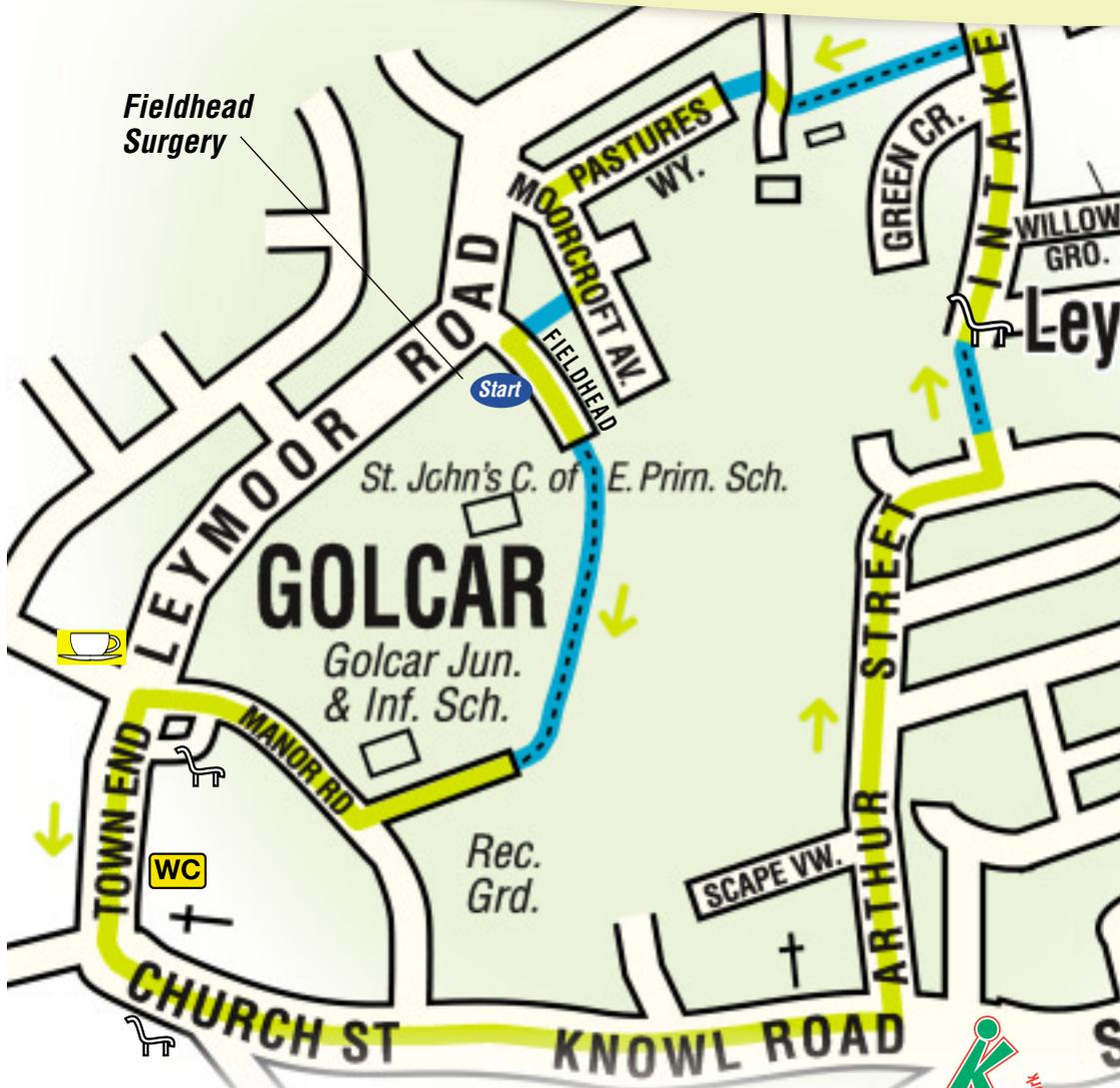
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Cowlersley Pathways to Health

Walk 4: A Golcar circular

(55 mins)
Path type: A1



- Refreshments
- WC Toilets
- Seating
- Tarmac
- Unsurfaced track



Walk 4: A Golcar circular

Duration: 55 mins

Start Point: Fieldhead Surgery, Fieldhead, Golcar

Follow Fieldhead towards the school taking the path running between the school and a field. At a crossroads of paths turn right, and head slightly uphill passing a recreation ground and playground on the left. At the next junction go right again, through some barriers and onto Manor Road.

Continue along Manor Road eventually reaching the war memorial in Golcar centre. From the war memorial, head along Townend past the post office. A little further along pass the library (with a public toilet), and continue towards the church. Opposite the Church on Cliffe Ash is the Colne Valley Museum, featuring a history of the textile industry in the area. The Museum is open 2-5pm weekends and on bank holidays. If you wish to visit the museum take care crossing the road, otherwise walk past the church and continue along Church Street which leads into Knowl Road.

After passing the Rose and Crown pub and the Methodist church turn left onto Arthur Street. Follow the road downhill, taking a left turn into the small cul-de-sac opposite to house number 56. Pass through a barrier and follow a short path linking to the end of Intake.

Walk along Intake, pass the entrance to Green Crescent take a path to the left running behind a row of houses. At the end of this path turn right onto a quiet road and follow this as it bends and heads uphill.

Upon reaching a T-junction turn left, then follow the road along looking for a path after house number 14 on the right side. This path returns to Fieldhead Surgery and the start of the walk.

Path type refers to the letter and number in the top corner of each walk card. This describes the most difficult part of the walk in dry weather. The rest of the walk will be easier.

Surface quality A: Smooth: Tarmac, paving or similar

Gradient 4: Gentle: up to 1:20



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