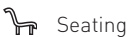
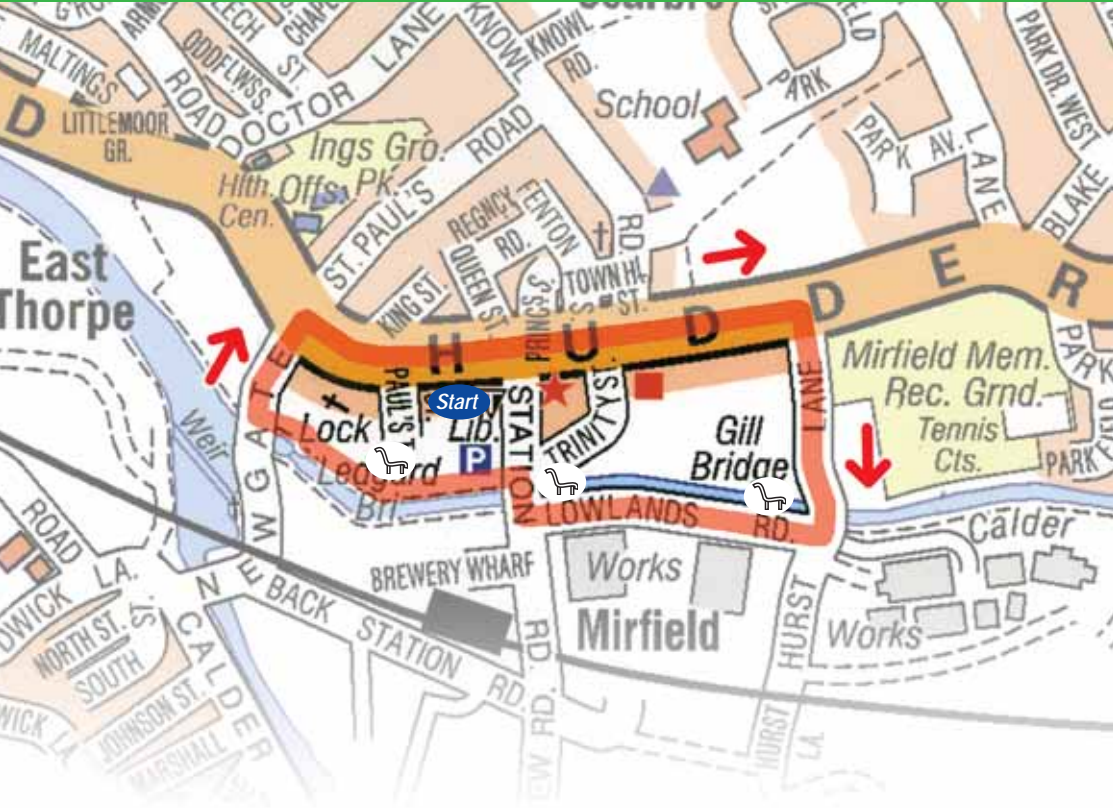


Mirfield Pathways to Health

Walk 1: A short stroll along the canal

20 mins approx



Walk 1: A short stroll along the canal

Duration: 20 mins.

Start point: Mirfield library

Standing with your back to the Library turn right and walk along Huddersfield Road. Just before the playing fields is an unmade road on your right. Walk down this and at the bottom bear left through a metal gate and bollard which is to stop traffic. Follow this round to the right and over the canal bridge. Turn right onto Lowlands Road with the canal on your right. Walk down the road or the towpath as they run along next to each other. Walk up the incline to Station Road and turn right and walk over the canal on the road bridge, then cross over Station Road and at the far side of the bridge is a path down to the towpath, walk down this and you are now on the other side of the canal. Walk along the towpath, part on uneven cobbles, and under the next road bridge, immediately after the bridge turn sharp right and walk back on your self up the slope and onto Newgate Road through a gate Turn left and walk to Huddersfield Road turn right and walk back to the library.

Surface quality - A/B: Smooth/quite smooth

Gradient - 1/2: Gentle/quite gentle

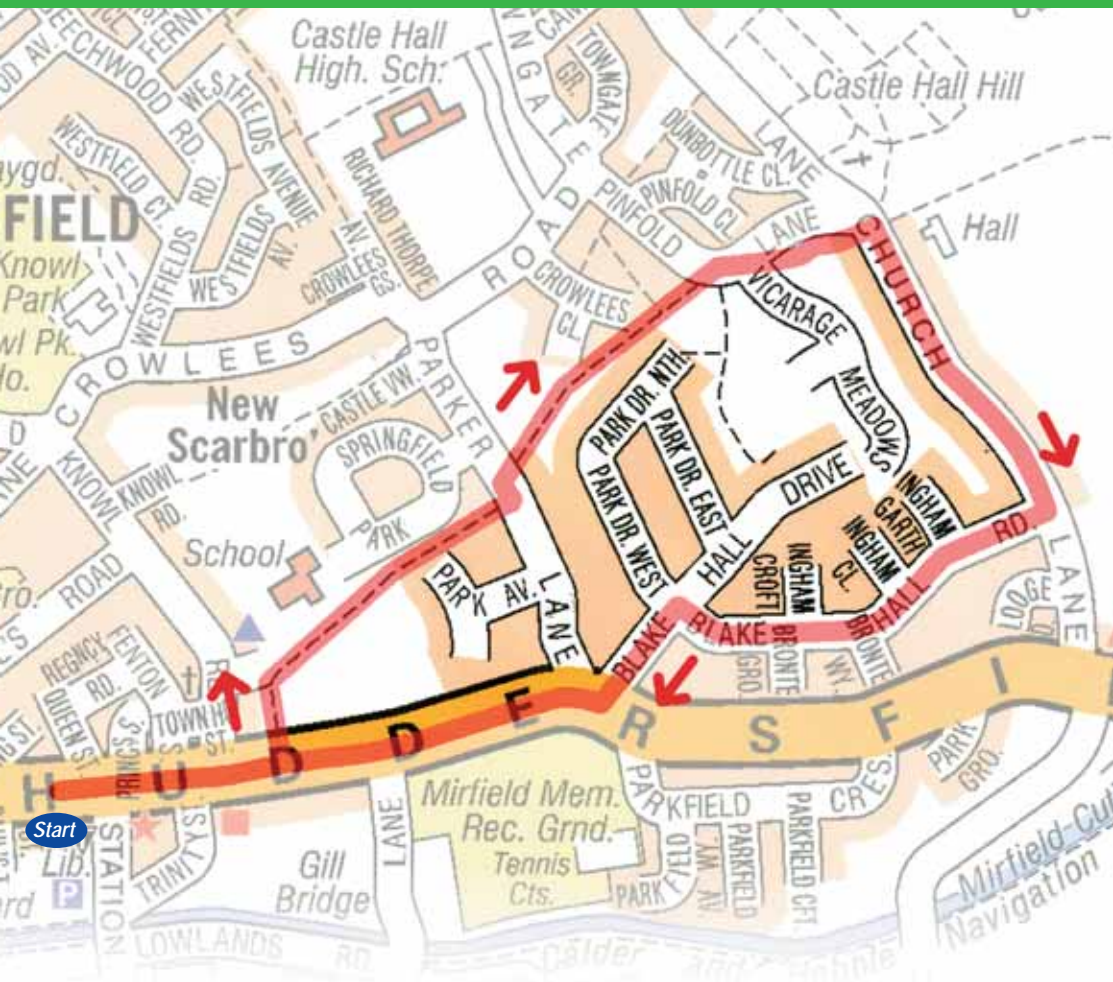
For more information about **Walking Your Way to Health**, contact the Physical Activity Development Team on 01484 234095.



Mirfield Pathways to Health

Walk 2: To Castle Hall Hill

30 mins approx



Walk 2: To Castle Hall Hill

Duration: 30 mins.

Start point: Mirfield library

Standing with your back to the Library turn right and walk along Huddersfield Road. Cross over Station Road and then over to the other side of Huddersfield Road. Keep walking along Huddersfield Road and take the footpath on your left between the hedge and a house (number 74). Follow the footpath as it bends round to the right and walk along next to the junior school round the edge of the park. Follow the path straight ahead as it turns into a ginnel. At the end of the ginnel you are on Parker Lane. Turn left and then immediately right is another ginnel. Turn right along the ginnel, at the end walk straight ahead on the path between trees to the right of Pinfold Lane, up a small incline with a large church at the top. Turn right down Church Lane, and then turn right along Blakehall Road. At the end turn left down Blake Hall Drive and then right onto Huddersfield Road. Walk along Huddersfield Road back to the Library.

Surface quality - A/B: Smooth/quite smooth

Gradient - 2: Quite gentle

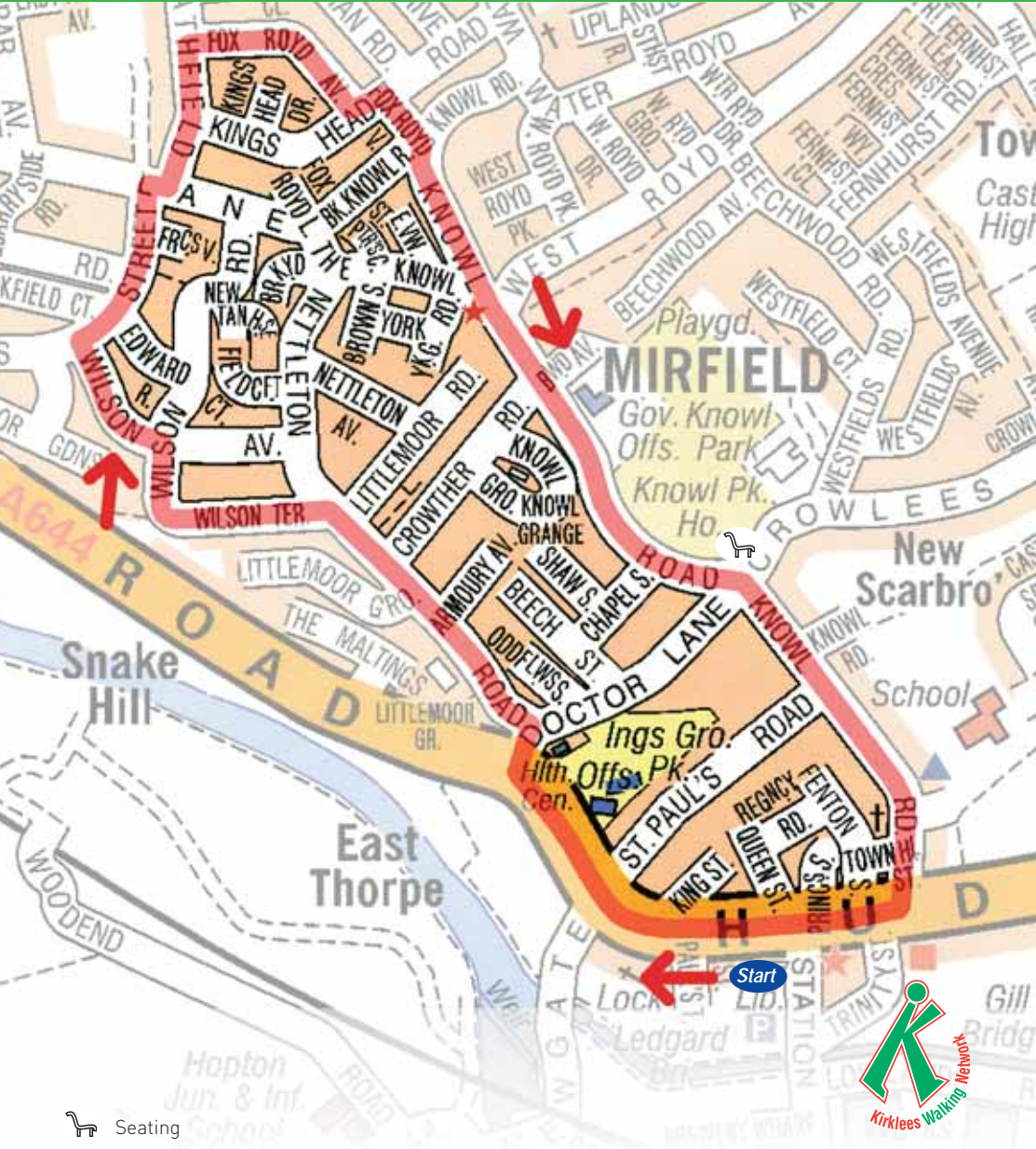
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Mirfield Pathways to Health

Walk 3: Going West in Mirfield

45 mins approx



 Seating



Walk 3: Going West in Mirfield

Duration: 45 mins.

Start point: Mirfield library

Standing outside, with your back to the Library turn left along Huddersfield Road cross over to the other side at the pedestrian crossing. Walk past the Health Centre and the big bus stops and then turn right onto Doctor Lane and immediately left onto Nettleton Road. Turn left along Wilson Terrace and follow the road as it bends to the right. Turn left onto Wilson Avenue and at the end turn right onto Francis Street. At the end of Francis Street cross over Nab Lane and walk up Heathfield. Take the second right turn which is called Fox Royd Avenue then at the end turn left onto Kings Head Road then Immediately right onto Fox Royd View. Then turn right and cross over Back Knowl Road and walk down Knowl Road. At the bend is a park on your left, continue walking and at the junction with Doctor Lane and Crowlees Lane there is a bench if you need a rest. Carry on down Knowl Road and turn right onto Huddersfield Road and Walk back to the Library.

Surface quality - A/B: Smooth/quite smooth

Gradient - 2: Quite gentle

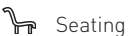
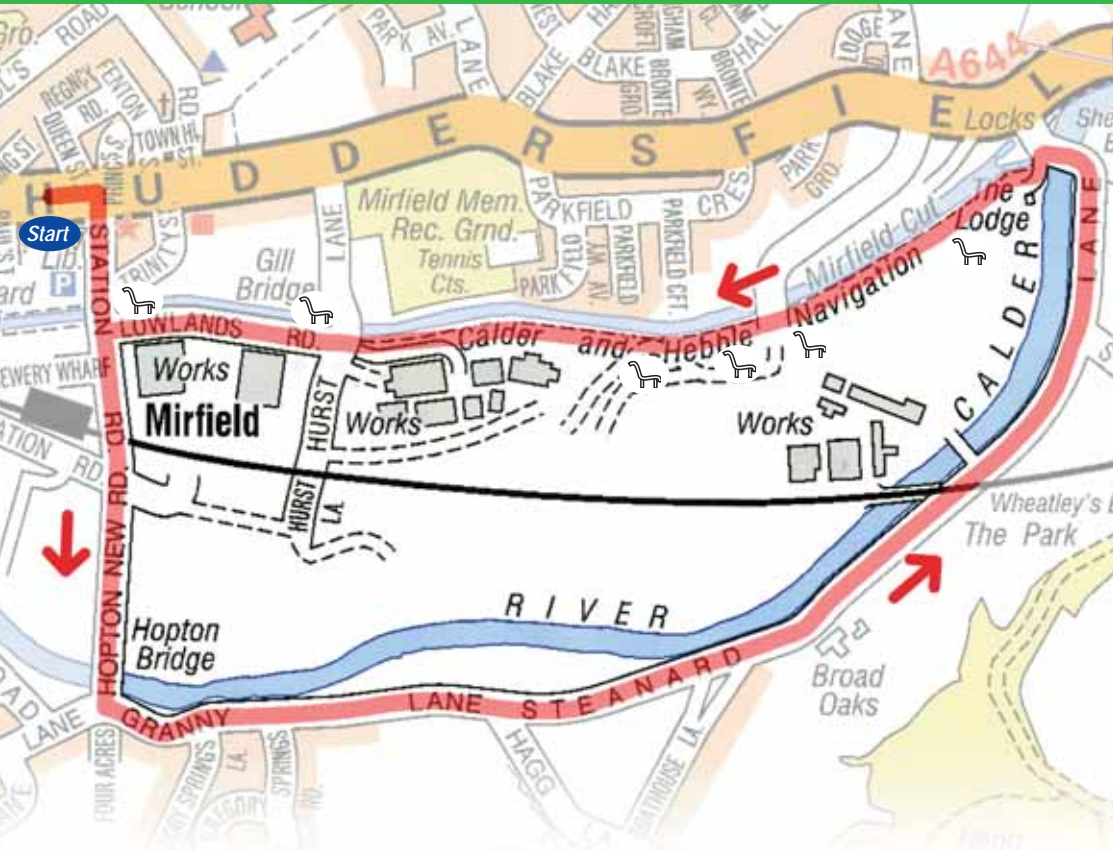
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Mirfield Pathways to Health

Walk 4: Canal and River Walk

55 mins approx



Seating



Walk 4: Canal and River Walk

Duration: 55 mins.

Start point: Mirfield library

Standing on Huddersfield Road with the library behind you, turn right and then right again onto Station Road. Follow Station Road under the railway bridge and then over the River Calder. At the junction with Granny Lane turn left. Follow Granny Lane ignoring the right turnings. This road becomes Steanard Lane notice the beautiful views of the River Calder on your left as you walk. Walk under the railway bridge and after passing Sands Lane there is a large pub on your right, just after this the road bends sharply to the left (this is a bridge over the river). Be careful there is not much pavement at this point but the traffic is controlled by lights. Just over the bridge on the left hand side of the road is a tarmac path over a pedestrian bridge which goes down in between the river and canal, walk down this and go through the gate at the bottom and turn left onto the towpath. At this point the river is on your left and the canal is on your right. There are lots of seats here. Follow the towpath walking past the Mills, ignoring the roads on the left hand side. Cross under Hurst Lane Bridge then walk along the side of Lowlands Road. There is a short steep incline up to the road walk up this and turn right onto Station Road. Cross over Station Road at the crossing and walk back to the library.

Surface quality - A/B: Smooth/quite smooth

Gradient - 1: Gentle

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