

# Wakefield District Health Walks

# 9

# Stanley

The Mill House to the Southern Washlands Reserve



Allow 60 minutes



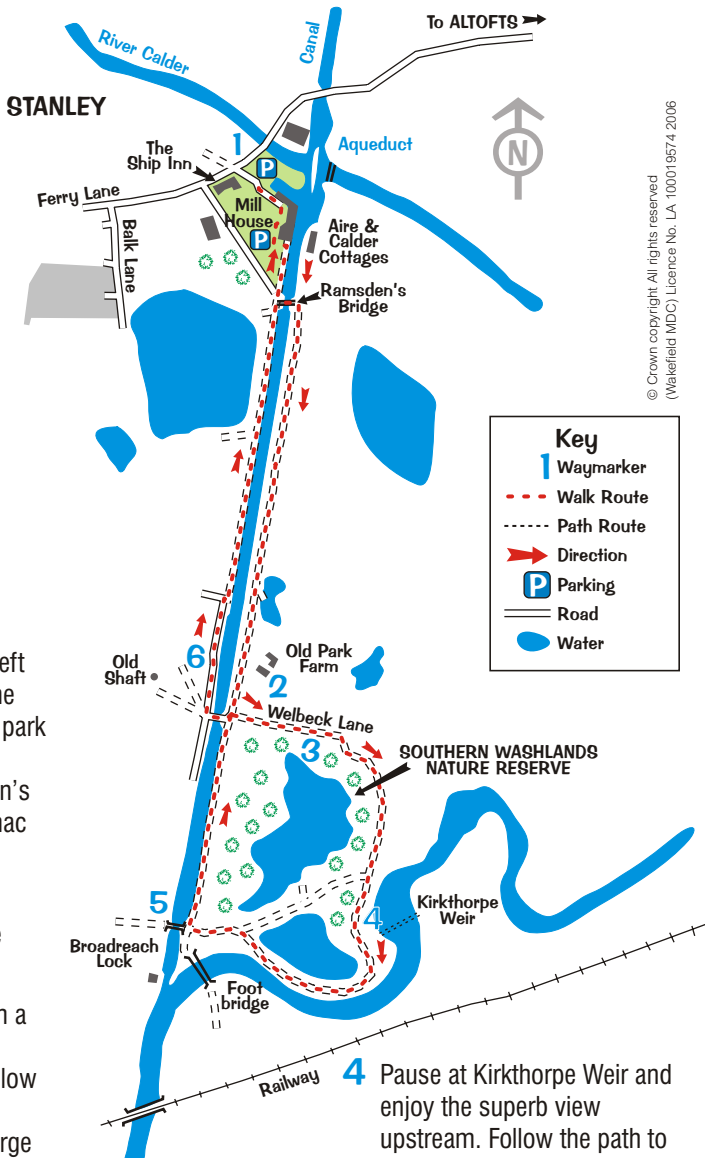
A easy, circular walk, mainly on good all-weather footpaths although some paths in the Nature Reserve may become slippery in wet weather.



4.6 km / 2.9 miles



Service **125, 147 and 157** run along Ferry Lane, adjacent to the Mill House, from Wakefield Bus Station.



**1** From the Marina car park walk, passing the Mill House on your left follow signs for the Trans Pennine Trail (67) round into the rear car park and up onto the canal side. Crossover the canal via Ramsden's Bridge and turn right onto a tarmac road.

**2** Follow the canal-side road to Welbeck Lane (by Welbeck Lane Bridge).

**3** Enter the Nature Reserve through a gated path and bear left along a narrow tree-lined green path. Follow the path in a gentle arc through beautiful treed area between a large lake and the River Calder.

**4** Pause at Kirkthorpe Weir and enjoy the superb view upstream. Follow the path to Broadreach Lock. **P.T.O**

5 Spend some time looking at lock area. Then walk on to the canal tow path back to Welbeck Lane.



Aire & Calder Cottages



Entrance to Southern Washlands Nature Reserve (See Waymarker 2)



Kirkthorpe Weir on River Calder (See Waymarker 4)



Broadreach Lock (See Waymarker 5)

6 Cross over the bridge and walk back to the start point via Park Lodge Lane.

# Health Notes

Try to walk for 30 minutes every day

## Remember walking can:



Make you feel good



Keep your heart strong



Give you more energy



Reduce blood pressure



Help you sleep better



Help manage your weight



Help you reduce stress



Improve your life expectancy

# Notes



> Southern Washlands Nature Reserve with its lakes, beautiful trees, wildlife and excellent views of the River Calder.

> Broadreach Lock and Lock Keepers House.

> The Mill House - food, refreshments, toilets and children's play area.

Wakefield Healthy Transport Project is working to encourage people to carry out more of their journeys on foot or by cycle to improve the environment and their health.

IUVENCUS  
Walks Designers

