



Totem Pole within Walton Nature Park (Waymarker 1)



Golf Club House (Waymarker 2)











Old Canal Bridge into Haw Park (Waymarker 3)



View from seat at top of hill (Waymarker 6)

# Health Notes

## Remember cycling 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 District Cycle Rides

# 5

## Walton & Winterset

Sandal and Agbrigg Station to Anglers Country Park



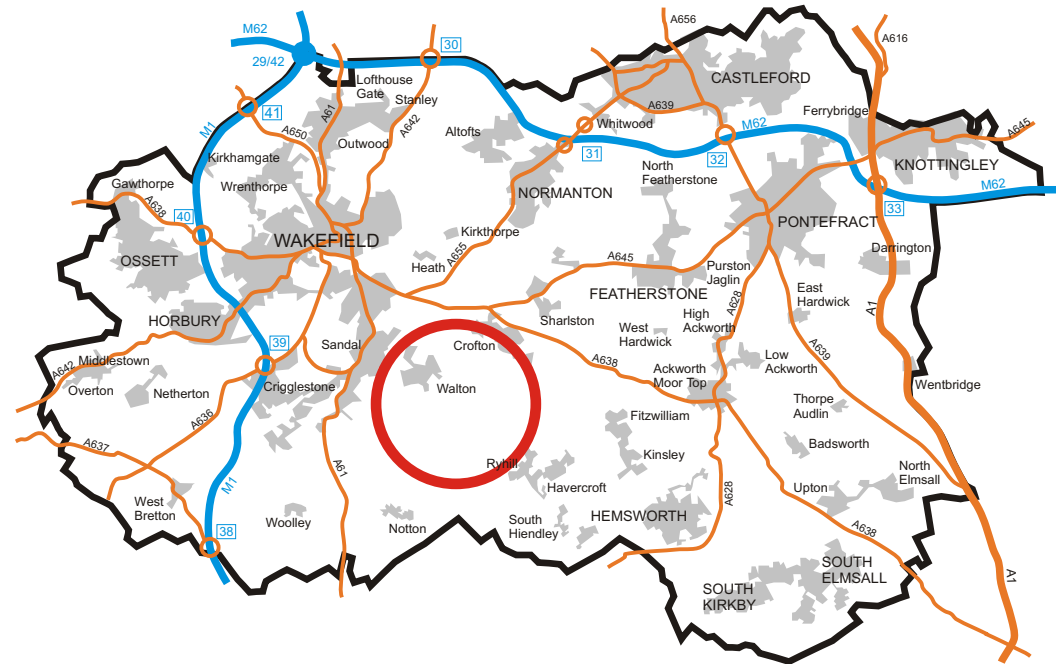
Allow 90 mins



A longer route which takes in some good rural views around South Wakefield. The majority of the route is off-road, with the exception of two stretches around the village of Walton.



18.5 km / 11.5 miles





**1** Starting at Sandal & Agbrigg Railway Station, cycle to the far end of the station car park then take the new cycle way, follow this until you reach Oakenshaw Lane, Walton. Turn left onto Oakenshaw Lane. After 500m turn right into a small car park along the Trans Pennine Trail. Continue under the railway viaduct into Walton Nature Park. After crossing the stone bridge at the T junction, turn right. At the next junction bear left. **(Waymarker 1)**

**2** Turn right onto Shay Lane and continue into the village of Walton. At the first mini roundabout turn left on to Cherry Tree Road, then take the second right up Cherry Tree Crescent, then left and first right, leaving the road and turn left onto the Trans Pennine Trail, follow this, passing the Golf Club on your right. **(Waymarker 2)**

**3** Keep to the canal side track, under two bridges, past the next bridge, at the fourth bridge turn left over the old canal bridge and into Haw Park. **(Waymarker 3)**

**4** Follow the main track through the woods bearing right then left until you reach the notice board turn right then go through the gate leaving the woods. Follow this unmade road until it turns to tarmac, then take the next left into the Anglers Country Park. **(Waymarker 4)**



Discovery Centre at Anglers Country Park (Waymarker 4)



Haw Park woods Waymarker 5)

The Squires tearoom normally open seven days a week, 10am to 5pm and winter 10am to 3pm.

**5** Return on the same route to Haw Park Woods, at the notice board turn left then right at the next main track, follow this bearing right to where five tracks meet. **(Waymarker 5)**

**6** Continue straight on down the hill. Leaving the woods follow this track until you have to turn left over the old canal bridge continue on up the slight hill to the seat. **(Waymarker 6)**

**7** Turn right past the seat down the hill follow this quiet road until you reach a T-junction, at Walton War Memorial. **(Waymarker 7)**

**8** Turn right then immediately left at the mini roundabout, down School Lane bearing left at the bottom to the T-junction with Oakenshaw Lane; turn right and continue until you reach the access slope for the cycle way to return to the station.



Walton War Memorial (Waymarker 7)

