

# Bike Ride Photos



Cycle path down Asdale Road (Waymarker 1)



Bridge on disused railway (Waymarker 5)



Track towards Winterset Lane (Waymarker 9)



Walton War Memorial (Waymarker 13)



Cycle path towards station car park (Waymarker 16)



Path to St George's Walk (Waymarker 2)



Applehaigh Lane (Waymarker 6)



Anglers Country Park, Discovery Centre (Waymarker 10)



Entrance to Walton Nature Park (Waymarker 14)



Duke of York pub, Belle Vue Road (Waymarker 17)



Mini roundabout on Wood Lane (Waymarker 3)



Railway bridge towards Nabby Lane (Waymarker 7)



Bench in Haw Park (Waymarker 11)



Totem Pole within Nature Park (Waymarker 15)



Railway bridge towards cycle path (Waymarker 18)



Path from Wood Lane (Waymarker 4)



Sportsman Inn pub, Station Road (Waymarker 8)



View from seat at top of hill (Waymarker 12)



Path towards Pugneys Country Park (Waymarker 19)

## 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

# 6 Parks & Villages

Circular ride from Pugneys Country Park to Notton, Ryhill & Walton



Allow 2 ½ hours



A longer challenging route which takes in several villages to the south of Wakefield. The majority of the route is quiet roads or off-road, with only a few sections on busier roads.



32 km / 20 miles

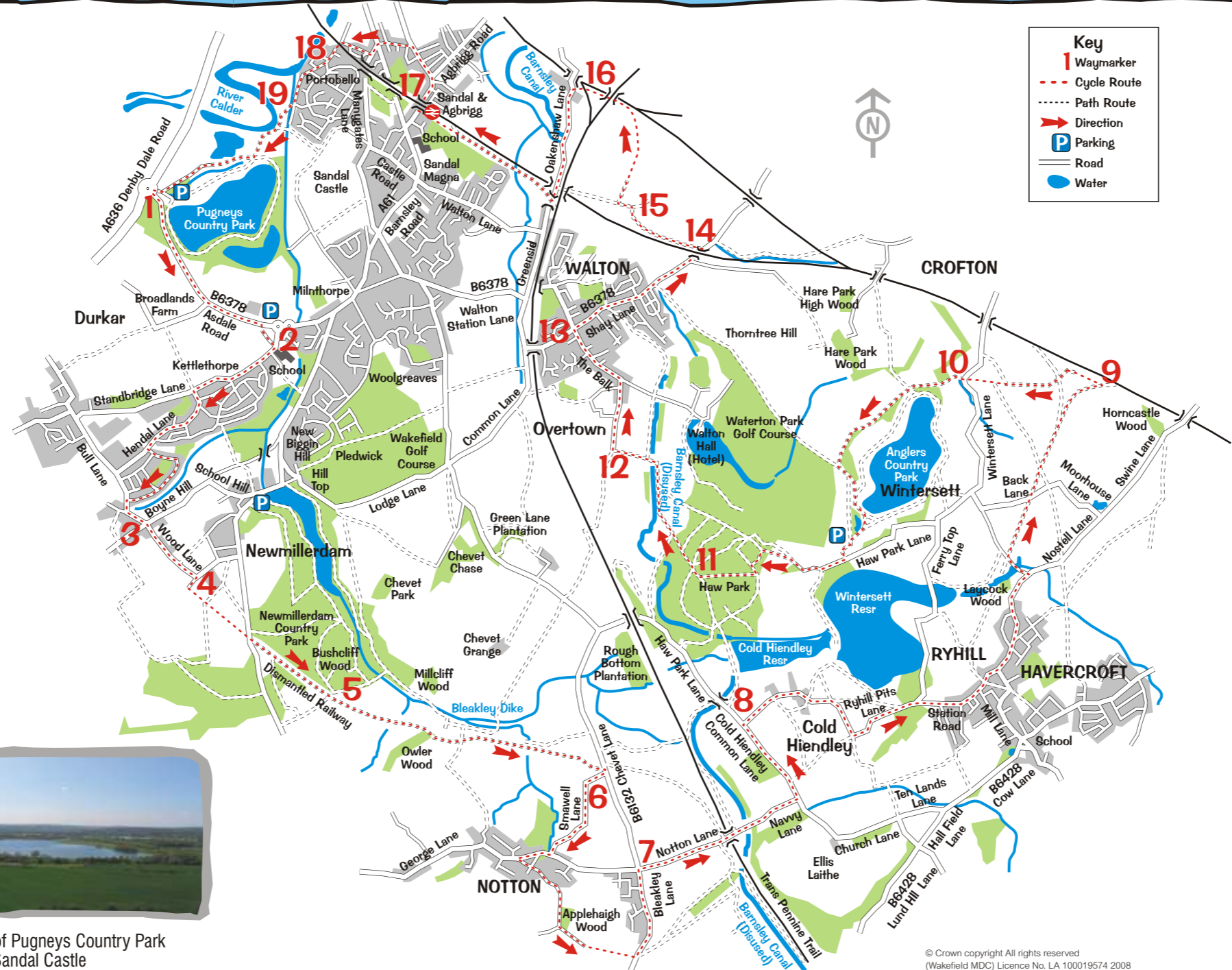




- 1** Take the road out of Pugneys and turn left following the cycle path along Asdale Road, by Asda cross Asdale Road using the pedestrian crossing.
- 2** Follow the cycle path to the right into St George's Walk. Turn right onto Standbridge Lane and take the 4th road on the left, Hendal Lane. Keep on Hendal Lane into Chaplethorpe, where this road becomes Church Lane and then bear left onto Boyne Hill. You will then reach a mini roundabout.
- 3** At this roundabout turn right onto Wood Lane.
- 4** Continue along Wood Lane, as the road curves around to the left - turn off the road to the right, onto the line of the disused railway. Continue along the track and under the bridge.
- 5** When you reach a fork in the path take the branch to the right up the slight hill and continue ahead.
- 6** At the end of the track turn right onto Smawell Lane. Turn right onto George Lane for a short distance and then turn left and left again onto Applehaigh Lane. Continue along Applehaigh Lane which turns into bridleway. Continue to the end of Applehaigh Lane then turn left onto Bleakley Lane.
- 7** Take the turning on the right into Notton Lane. Notton Lane then becomes Navy Lane. At the T junction turn left into Cold Heindley Common Lane, then next right into Ryhill Pitts Lane.
- 8** Continue along Ryhill Pitts Lane until the road branches into two take the branch to the right along Station Road. Continue through Ryhill turning left onto Nostell Lane. At the bottom of the hill on Nostell Lane turn left off the road onto the bridleway (where the 40 mph speed sign is). Follow the bridleway and take the right branch of the track (there is a short steep hill). Continue along the bridleway underneath the railway bridge and past two ponds.
- 9** At the T-junction turn left. Continue along the track until it branches into two. Take the branch to the left. As you continue along the track you will need to dismount briefly to cross over Wintersett Lane/Santingley Lane. The route continues on the other side of the road. Continue following the path, which leads into Anglers Country Park.



View of Pugneys Country Park from Sandal Castle



- 10** Keep following the path (you can cycle either way around the lake) until you arrive at the visitor centre. Turn right out of the car park at Anglers Country Park into Haw Park Lane continuing past the field gate on the tarmac, then stoned path. Cycle through the 'A' frame into the woods. Take the first turning left, then right and continue to follow the path.
- 11** Where the five tracks meet, with the bench on your right, continue straight on downhill. Leaving the woods, follow the track until you have to turn left over the old canal bridge.
- 12** Continue following Sike Lane to the right past the seat on left. Turn right onto The Balk.
- 13** Turn right at the end of The Balk onto Shay Lane. Go straight ahead at the mini roundabout.
- 14** Continue along Shay Lane and turn left into Walton Nature Park. Follow the cycle path (this is part of the Trans Pennine Trail).
- 15** Pass the marker that is on your left hand side. As the path branches take the path to the right following the Trail. Turn left over the stone bridge. Follow the Trail continuing under the Railway viaduct.
- 16** At the road turn left onto Oakenshaw Lane. Continue forwards under the bridge. The cycle path is on the right just after the bridge. Pass through the A-frame and follow the path, which runs parallel to the railway line. At the end of the path you will come out into Sandal and Agbrigg station car park.
- 17** Cycle through the car park and turn right onto Agbrigg Road. Follow the road turning left at the Duke of York pub, onto Belle Vue Road. At the mini roundabout turn left onto Sparable Lane. Turn right onto the pavement on the corner of Sparable Lane opposite Sandal Library. Go over Barnsley Road at the crossing and turn into Manygates Lane, then take the first turning on the right into Manygates Avenue.
- 18** At the end of Manygates Avenue turn left into Portobello Road. Follow the road under the railway bridge. Continue to the end where you will reach an 'A' frame at the start of the cycle path.
- 19** Continue along the cycle path and follow the path to the right over the bridge. Follow the right fork of the path up the short steep hill. Follow the path around to the right and return to the visitor centre at Pugneys Country Park.