



Spread Eagle public house, Escourt Road, Darrington (Waymarker 1)



Track off Windermere Drive across playing field (Waymarker 5)











Footbridge over dual carriageway towards Sowgate Lane (Waymarker 11)



Track through farmers fields off Street Furlong Lane (Waymarker 15)

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

12 Darrington to Knottingley & Pontefract

Circular ride around the north east of the district



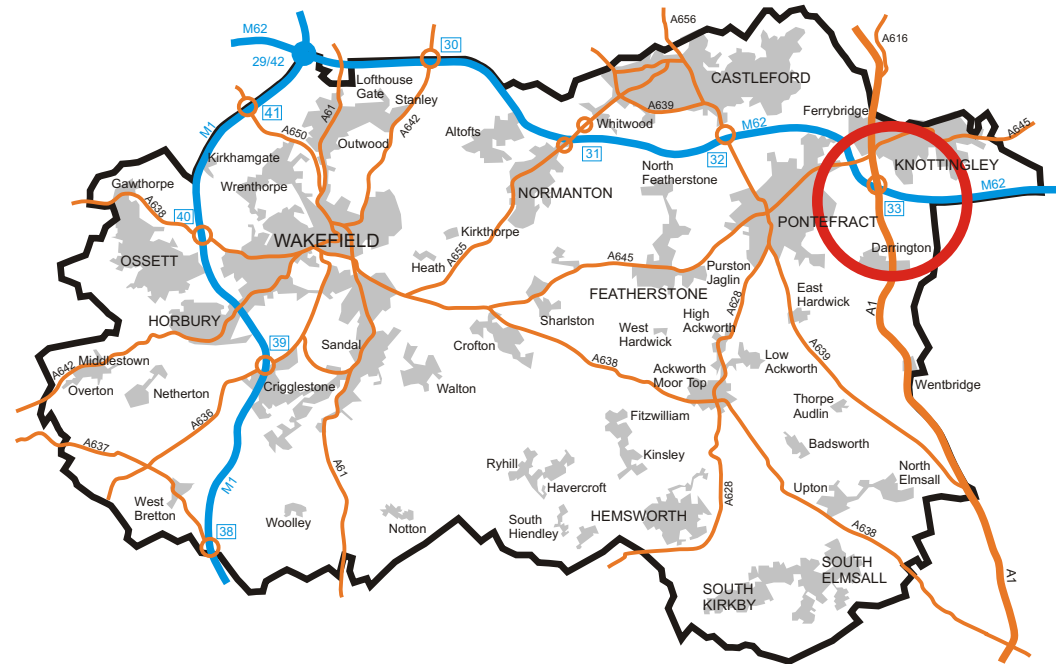
Allow 75 mins



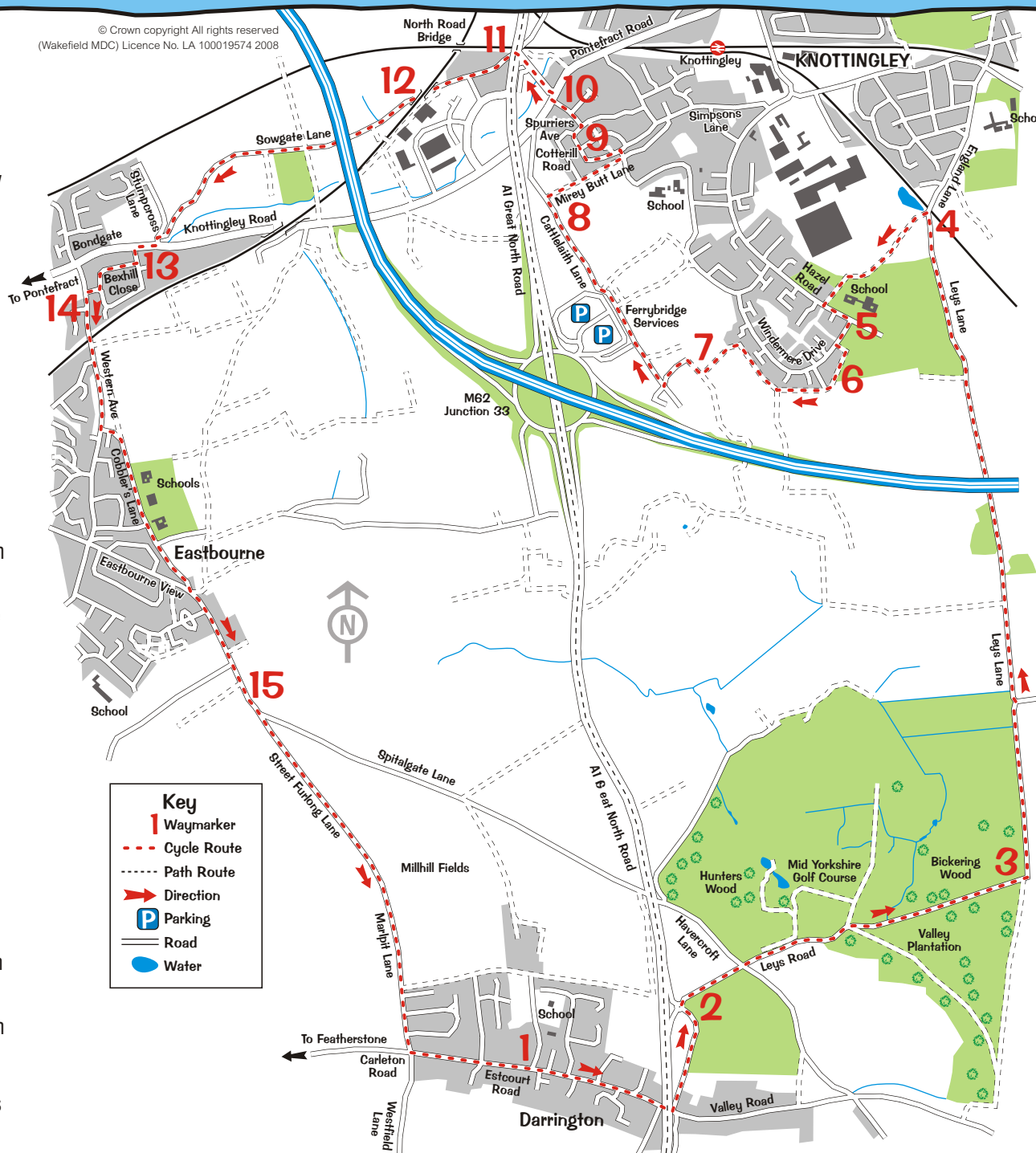
A combination of off road and on road cycling covering the extreme north east section of the district. The incline out of Pontefract is quite steep.



13.5 km / 8.2 miles



- 1 Starting from the Spread Eagle public house on Estcourt Road, turn left and cycle towards the A1M overbridge. **(Waymarker 1)** After passing through Darrington Village, take the road to the left, just after the motorway bridge follow the lane uphill to the roundabout.
- 2 At the roundabout, turn right into Leys Road. Take care cycling along Leys Road, as it is constantly used by many heavy goods vehicles.
- 3 At the 90° bend, by the boulders, go straight ahead onto Leys Lane, which is a track and continues to the motorway tunnel. Continue along this track until reaching the railway level crossing at England Lane.
- 4 Take the track to the left, before the crossing. Upon reaching the school, turn left, to emerge on Hazel Road.
- 5 Turn left, and then right into Windermere Drive. At the barrier, take the track to the left across the field. **(Waymarker 6)**
- 6 This track goes in a semi circular route, to the rear of the housing estate.
- 7 At the 'A' frame, take the track straight ahead. This track bears right then left and right again to emerge at the rear of Ferrybridge Motorway Services, and onto a track called Cattelaith Lane.
- 8 Continue along here until the former A1 (now A162) comes into view. Take the track to the right, Mirey Butt Lane, which leads to the housing estate.
- 9 Take the second path on the left, through a garage site, and onto Simpson Lane. Turn left onto Cotterill Road, following the road round to turn left onto Spurriers Avenue.



- 10 Cycle to the end of the avenue, down a steep hill to the junction with the A645. Take care to cross this busy road, and take the road down to the former A1 (now A162) at the end of the road.
- 11 Just before the dual carriageway, cross over and head for the footpath which takes you to the footbridge. **(Waymarker 11)** Cyclists should dismount here. After crossing the bridge, it leads onto Sowgate Lane. Carry straight on along the road, which then becomes a track.
- 12 Pass under both the railway and motorway, to re-emerge onto A645 Knottingley Road. Cross over the road, and turn left into Bexhill Close.
- 13 Follow Bexhill Close round to turn left onto Cobblers Lane.
- 14 Now follows the hardest part of the route, with a long pull up Cobblers Lane. Just after the brow of the hill, the main road becomes Western Avenue, take the signed road to the left, still on Cobblers Lane. At the school, the lane becomes a track. Continue here to where the road reappears, Eastbourne View.
- 15 Continue along the main road, enjoying some good open views of the countryside. The road becomes Street Furlong Lane, and on re entering Darrington, it becomes Marlpit Lane. Turn left onto Escourt Road to return to the start. **(Waymarker 15)**