

Cycle Rides

The Cycle Forum runs a programme of cycle rides throughout the year most of which start from its 'cycle hubs' in Castleford, Nostell Priory, Anglers Country Park and Pugneys Water Park. These rides are primarily intended to help people who want to cycle but lack the confidence. The rides range from entry level, which is very short, flat and off-road, to more challenging rides for those who have gained more fitness and confidence. Like most of our events all rides are free. People who do not have their own bike or who can't get their bike to the start of the ride can borrow a bike for free.

Cycle Event

The Cycle Forum runs and attends events throughout the district to promote cycling and provide information about cycling in the district. Some events have a skills course for people to try out their cycling skills. Our Bike Doctor often attends these events and provides a service to people who need a check-up for their bikes. The Bike Doctor runs drop-in bike maintenance sessions, where you can fix your own bike under his supervision, and more formal bike maintenance courses.

Membership

You can join the Cycle Forum for a small one-off membership fee. By joining you can attend our meetings and have a say in the policy and programme of the Forum, and the greater our membership the greater our influence on all things cycling. Members of the Forum are kept up to date with developments through a regular newsletters. The Cycle Forum is an entirely voluntary organisation and we are dependent on our members for volunteers to run our events.

To join, to find out more, or to volunteer as a helper visit

www.cycling-wakefield.org.uk



Wakefield District Cycle Forum is a voluntary organisation whose aims are to promote and campaign for better cycling facilities for all cyclists within the Wakefield District. We aim to represent all kinds of cyclists, to improve cycling infrastructure in the district and to encourage the organisation of a wide range of cycling events throughout the district.

Improving Cycling Infrastructure

The Cycle Forum works with a number of partners, in particular Wakefield Council, to improve on and off-road infrastructure for cyclists and develop a comprehensive network of cycle route. Central to this is filling in 'missing links' in the traffic-free routes in the district to create a joined-up network. The cycle forum also helps to maintain the off-road network through its workgroup volunteer force.



Cycle Maps

Much of this infrastructure is represented on maps of two cycle trails published by the Cycle Forum. Both of these trails were developed and maintained by the forum with assistance from Wakefield Council. The Wakefield Wheel is a series of trails the longest of which, the 'Wheel', is a 38 mile route circumventing the City of Wakefield, while the Wonders of Wakefield, the 'WoW', is a shorter 21 mile trail passing some important and historic sites in the district.



Wonders of Wakefield Cycle Trail

With links from local railway stations



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Wonders of Wakefield

The Wonders of Wakefield, the WoW, is a picturesque 21 mile, mostly traffic-free cycle trail passing by some of the most important sites of historic and cultural interest in the district. It also introduces the visitor to some of the best of Wakefield countryside and the variety of wildlife that lives on the edge of the city.

The trail has been signed in both directions. Volunteers endeavour to ensure that signs are in place at all important junctions but it is advisable for newcomers to the route to carry this map with them. For your first time you may find it advisable to cycle the route in an anti-clockwise direction.

signed circular route



The Hepworth Wakefield is Yorkshire's major new art gallery, on Wakefield's historic Waterfront. Designed by internationally acclaimed David Chipperfield, it will show a unique collection of sculptures by Barbara Hepworth, born and raised in Wakefield and one of the most important sculptors of the 20th Century.

It's bold architecture will be home for an outstanding collection of work by some of the UK's best-known artists.

Visitors can also learn about art, architecture and design through talks, tours, concerts, film-screenings and workshops. Relax in the restaurant and café, serving seasonal, locally-sourced food. *Cycle parking available.*

Chantry Chapel of St Mary the Virgin was built in the mid 14th century when the stone bridge replaced a wooden one. It is one of only three surviving bridge chapels in England and, with the bridge, is a scheduled ancient monument and a Grade I listed building. The original stonework can be seen at the base, although the upper part, including the west front, was rebuilt in 1847-8.

The Friends of Wakefield Chantry Chapel, established in 1990 in collaboration with the Civic Society, exist to ensure the chapel is kept in good repair and is made available to visitors. The Chantry is now under the authority of the Dean and Chapter of Wakefield Cathedral.

There are open days at public-holiday weekends and group visits can be arranged by appointment at other times.

Heath Village is adjacent to the Common with mansions set around it, covering approximately 20 hectares. The houses mainly date to the mid-18th century, including the King's Arms, a gas lit pub serving real ales and food.

The Trans Pennine Trail is a Sustrans National Cycle Route (NCR), No. 67, and runs through the district from north to south. You can join it at places such as Heath Village, Walton or Anglers Country Park, Winterset and enjoy a pleasant, mostly traffic-free cycle ride. To find out more visit www.transpenninetrail.org.uk.

Pugneys Country Park is a great day out with two lakes and a modern watersport centre and cafe. The largest lake is a 100 acre watersports lake offering sailing, wind surfing, canoeing and kayaking. Watersport courses are available to book. You can hire a watercraft. The smaller of the two lakes is only 24 acres and is a Local Nature Reserve which is overlooked by 2 bird hides, enabling visitors to watch the neighbouring wildlife in their own habitat. *Cycle parking available.*

Sandal Castle stands in a commanding position overlooking the River Calder. Best known for the Battle of Wakefield, fought in 1460 during the Wars of the Roses where Richard, Duke of York was killed.

During the English Civil War in the 1640's Sandal Castle was besieged twice by Parliamentary forces. Afterwards, it was stripped of its defences. Remains of the 13th century stone castle and the fine motte and bailey can be seen on site. Climb to the top of the motte and be treated to superb views of the Calder Valley. *Cycle parking available.*

Newmillerdam Country Park, features a central lake surrounded by a surfaced path with surrounding broadleaved and coniferous woodland located on the slopes. Once called Thurstonhaugh, an old Norse name, the area became known as New Mylle on Dam when a new corn-mill was built around 1285. The country park was once part of an estate which was owned by the Pilkington family. In the 1870's the family built nine lodges to house the gamekeepers who protected the site from poachers. The Boathouse was built in the 1820's as a venue for entertaining friends and family, with the men often shooting wildfowl on the lake from punts launched from the Boathouse. The park is designated as a local nature reserve and is now managed for the benefit of wildlife and people. Way-marked trails through the wood - for walkers, joggers, cyclists and horse riders.

Walton Colliery Nature Park consists of lakes and ponds, woodland and grassland and also a section of the Barnsley Canal. Walkers and cyclists can enjoy the network of paths around the park. A local nature reserve - managed to protect and improve its habitats for the benefit of wildlife, there is always something different to see as the wildlife changes with the seasons - spring sees the arrival of the Cuckoo and watch out for Grass Snake basking in the summer sunshine. The park boasts a variety of wildflowers including Common Spotted and Southern Marsh Orchids.

Anglers Country Park is dominated by a lake, surrounded by grassland, woodland and a wetland area known as the 'Pol'. At one time this was the deepest open cast coal mine in the country, reaching a depth of 250 feet. Anglers has been awarded Green Flag status - recognising it as one of the best parks in the country. A local nature reserve - managed to protect and improve its habitats for the benefit of wildlife. The visitor centre provides information, maps and leaflets plus a kids' activity area. Squire's Tea Rooms. *Cycle parking available.*

The Room on the Broom Trail is a free, magical, outdoor experience for all the family at Anglers Country Park. The trail is here to stay so call in to the visitor centre and pick up your activity pack. From there you'll follow the trail, find sculptures, look for animal footprints, trace rubbings and have fun doing activities along the way. The trail is a circular route around the lake and is accessible by foot, cycle, buggy or wheelchair.

Bike Hire

You can hire a bike for a small fee at Anglers Country Park - just remember to book in advance.

Nostell Priory & Parkland, (National Trust) The House is one of Yorkshire's finest jewels. Built on the site of a medieval priory, the present house was built in 1733 for the 4th Baronet, Sir Rowland Winn, the house is an architectural masterpiece by James Paine. The State Rooms were later completed by Robert Adam and are magnificent examples of 18th century interior design.

The Parkland is free and open all year round. Starting with the gentle slopes of the vista, it includes lakeside, woodlands and open meadows. *Cycle parking available.*

Benefits of Cycling

Adults should be physically active for a minimum of 2.5 hours per week, and children need to be active for at least an hour every day.

People Who Cycle Regularly

Reduce the risk of developing type 2 diabetes and coronary heart disease by up to 50%, have improved fitness and help tone legs and bottoms, are less likely to develop cancers especially breast and bowel, experience mental health benefits including being better able to cope with pressure, stress and depression.

Cycling is one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. It saves you money, gets you fit and is good for the environment.

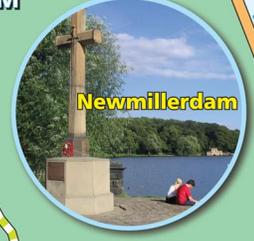
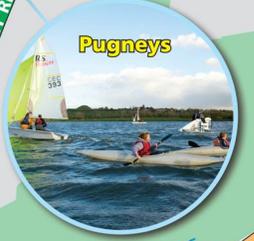
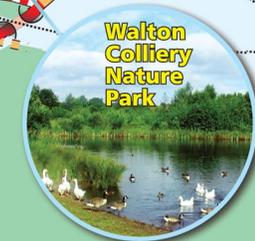
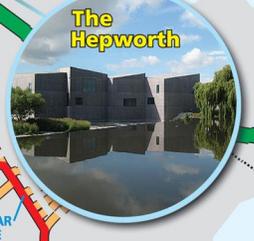
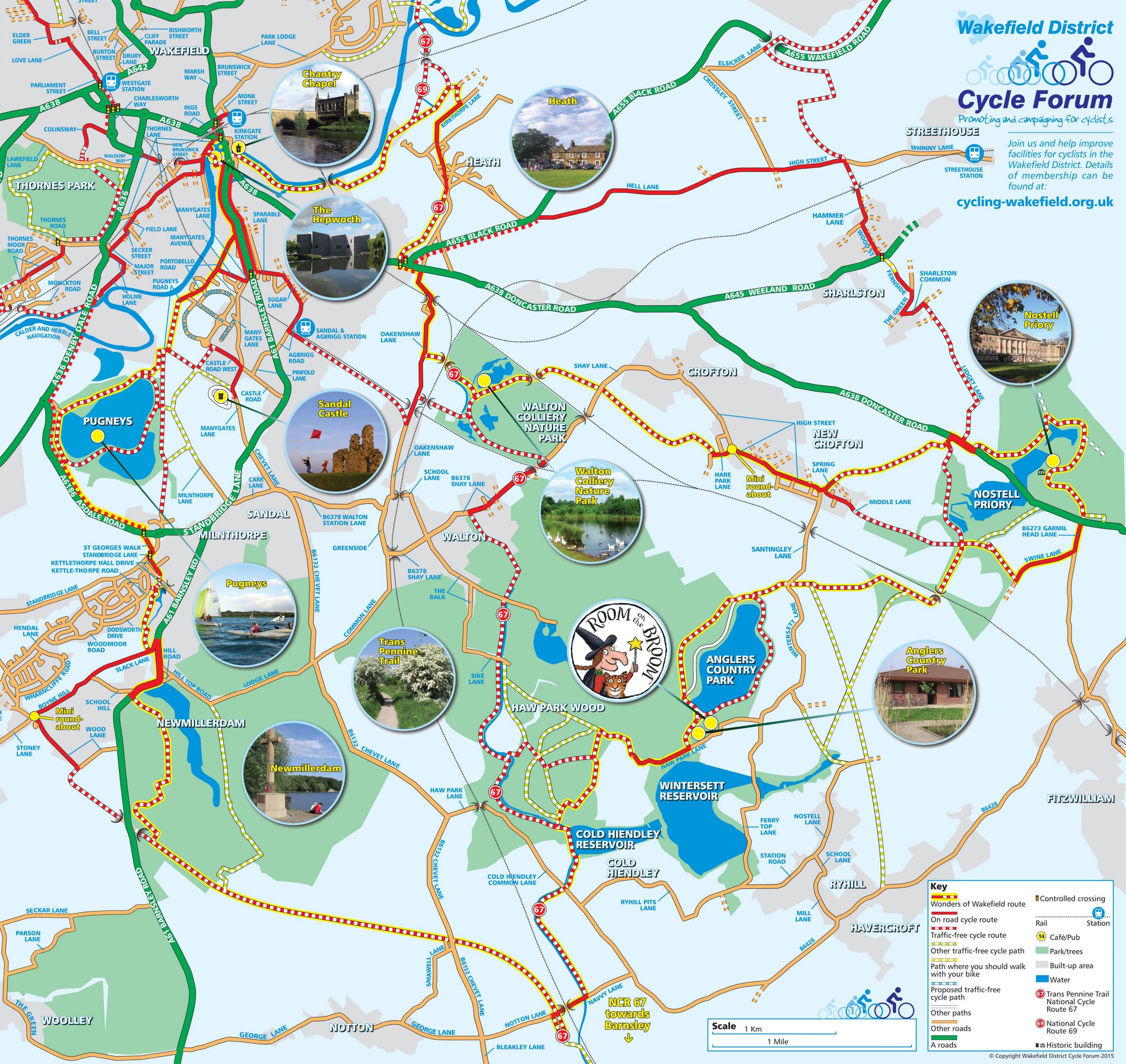


Cycle Forum

Promoting and campaigning for cyclists

Join us and help improve facilities for cyclists in the Wakefield District. Details of membership can be found at:

cycling-wakefield.org.uk



Key			
	Wonders of Wakefield route		Controlled crossing
	On road cycle route		Rail Station
	Traffic-free cycle route		Café/Pub
	Other traffic-free cycle path		Park/trees
	Path where you should walk with your bike		Built-up area
	Proposed traffic-free cycle path		Water
	Other paths		Trans Pennine Trail National Cycle Route 67
	Other roads		National Cycle Route 69
	A roads		Historic building

