



Towpath from Welbeck Canal Bridge (Waymarker 1)



Birkwood Lock (Waymarker 2)











Church on Church Road (Waymarker 3)



Track off towpath towards Welbeck Bridge (Waymarker 4)

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

2 Eastmoor

St Swithun's Centre to Altofts



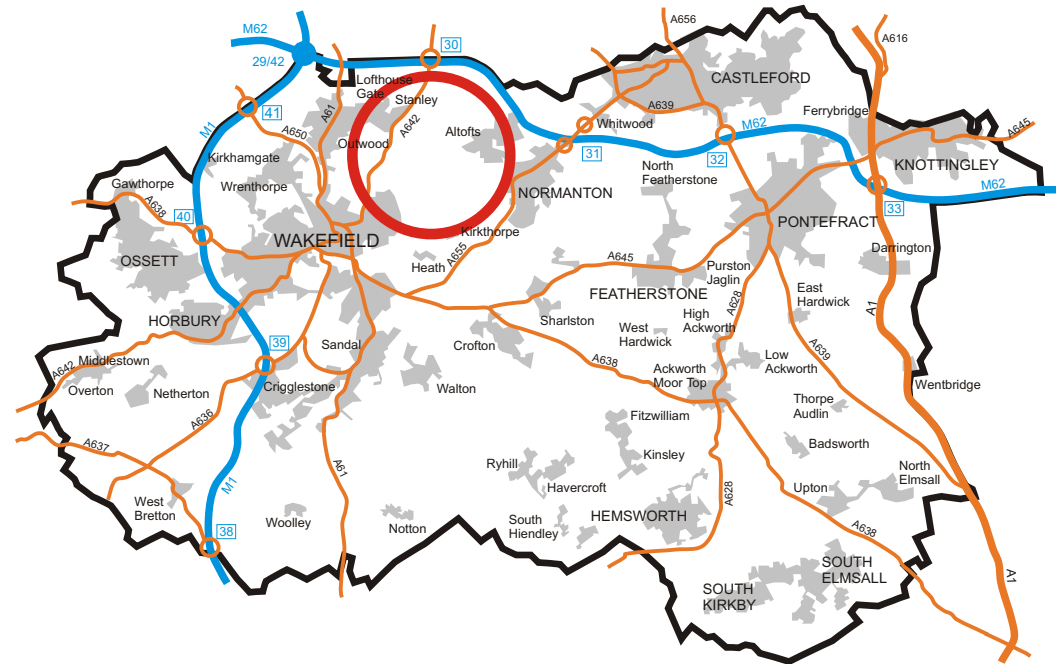
Allow 60 mins

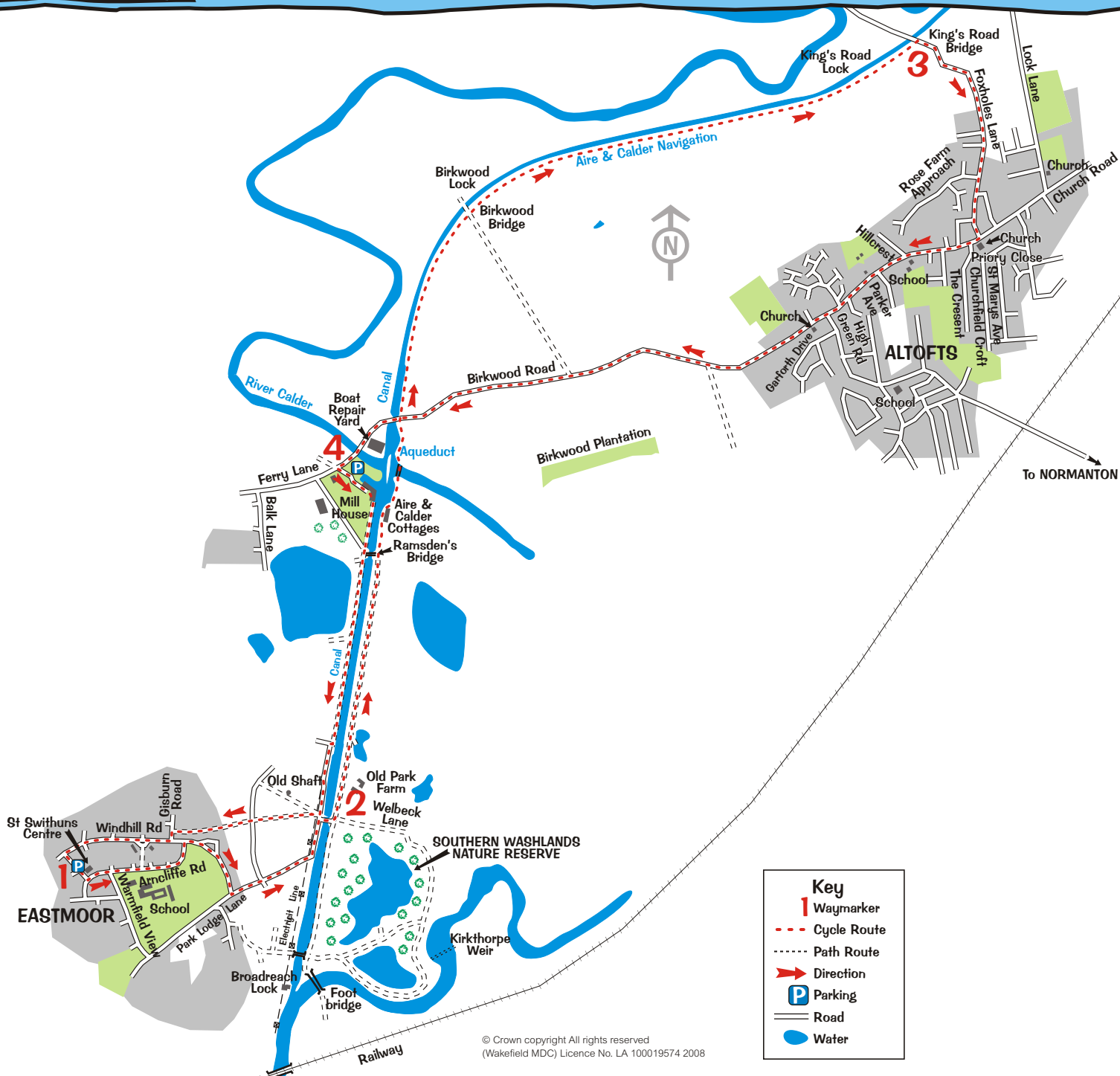


After cycling through some quiet estate roads, the route follows the canal towpath through the famous Stanley Ferry Aquaduct and onto Altofts. The return route does include a long road stretch until rejoining the canal towpath.



11.8 km / 7.1 miles





- 1** Starting from the St Swithun's Centre, cycle down Arncliffe Road to Windhill Road. Turn right and then left onto Park Lodge Lane to cycle towards the canal. Cross the canal bridge and take the left-hand path towards the canal towpath (**Waymarker 1**).
- 2** Cycle along the towpath to Stanley Ferry. At Stanley Ferry, the path branches left, under the aqueduct, to continue along the canal towpath. The track here is quite narrow. After passing Birkwood lock (**Waymarker 2**) and King's Road lock, turn right at King's Road Bridge/Foxholes Lane.
- 3** Continue along Foxholes Lane and turn right onto Church Road (**Waymarker 3**). Cycle through Altofts, the road then becomes Birkwood Road.
- 4** After going over the bridge (traffic lights) turn left into the Millhouse. Keep right of the pub. At the end of the car park go up the ramp to join the canal tow path. Turn right onto the towpath. Half way along the towpath towards Welbeck bridge, take the track on the right, (**Waymarker 4**) cycling parallel but above the canal. On reaching Welbeck Bridge, take the track to the right, which leads back to the housing estate. Cycle over a grassed area onto Gisburn Road. Turn left and then right onto Windhill Road. Continue to Kilnsey Road, turn left to return to the Centre.

Key

- 1** Waymarker
- - - Cycle Route
- Path Route
- ➔ Direction
- P** Parking
- Road
- Water