



Short steep track alongside motorway (Waymarker 2)



Track onto Spittal Hardwick Road towards motorway underpass (Waymarker 3)



Bridleway towards Wheldale Lane (Waymarker 6)



Bridleway towards Wheldon Road (Waymarker 7)

# 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

# 14 Castleford & Fryston

A circuit around Castleford



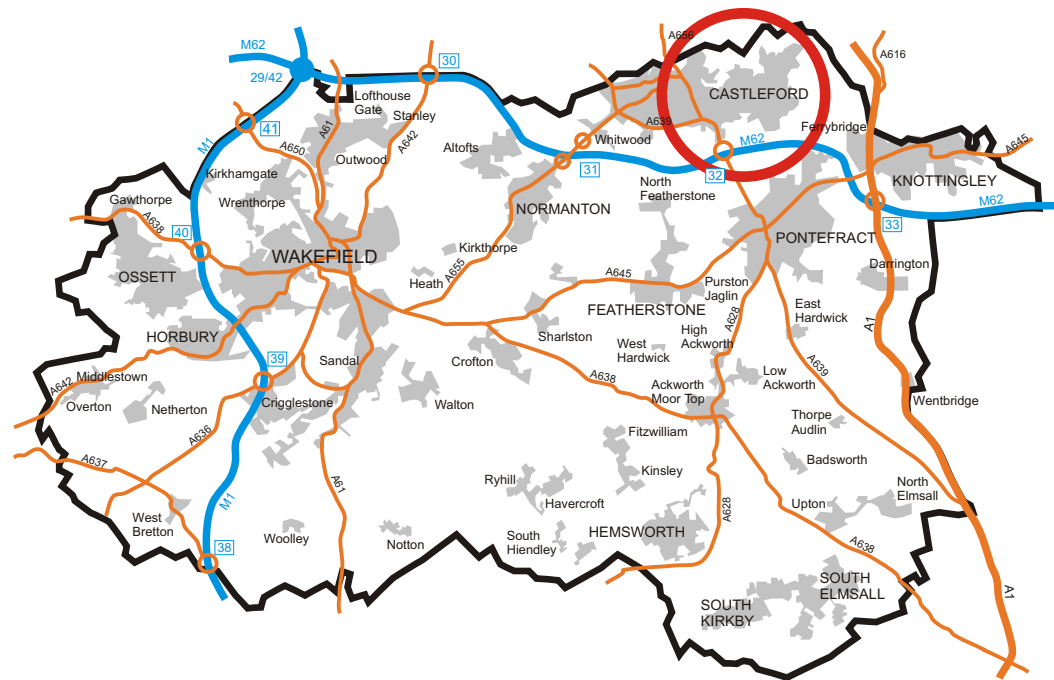
Allow 75 mins



A mainly on road route, combined with 3 bridleways. There are one or two steep climbs and there are some good views to be seen towards Leeds and into North Yorkshire.

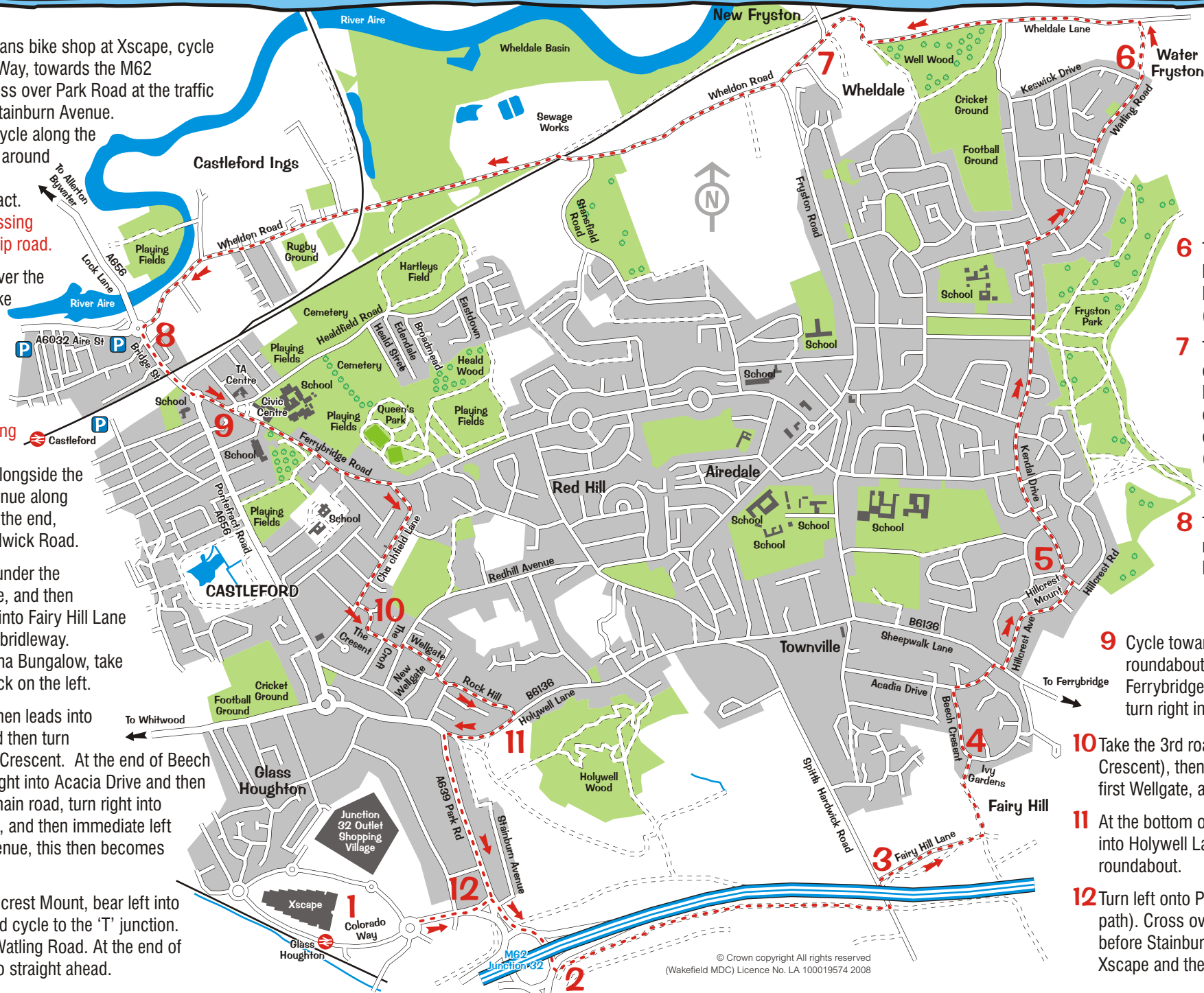


11.75 km / 7.3 miles





- 1** Starting from Evans bike shop at Xscape, cycle along Colorado Way, towards the M62 interchange. Cross over Park Road at the traffic lights towards Stainburn Avenue. Turn right, and cycle along the shared use path around the roundabout towards Pontefract. **Take care in crossing the M62 entry slip road.**
- 2** After crossing over the exit slip road, take the bridleway straight ahead (**Waymarker 2**). This is a very short but steep track (**dismounting is advised**). The track runs alongside the motorway. Continue along the bridleway to the end, onto Spittal Hardwick Road.
- 3** Turn left, going under the motorway bridge, and then immediate right into Fairy Hill Lane (**Waymarker 3**) bridleway. On reaching Alpha Bungalow, take the narrower track on the left.
- 4** This bridleway then leads into Ivy Gardens, and then turn right into Beech Crescent. At the end of Beech Crescent, turn right into Acacia Drive and then cross over the main road, turn right into Sheepwalk Lane, and then immediate left into Hillcrest Avenue, this then becomes Hillcrest Mount.
- 5** At the end of Hillcrest Mount, bear left into Kendal Drive, and cycle to the 'T' junction. Turn right onto Watling Road. At the end of Watling Road, go straight ahead.



Key	
1	Waymarker
- - -	Cycle Route
...	Path Route
→	Direction
P	Parking
—	Road
— (blue)	Water

- 6** Turn left onto the bridleway, Wheldale Lane. (**Waymarker 6**)
- 7** The bridleway runs out into Wheldon Road. Bear left and cycle the full length of Wheldon Road. (**Waymarker 7**)
- 8** Turn left at the roundabout onto Bridge Street.
- 9** Cycle towards the next roundabout, and turn left into Ferrybridge Road. After 500m, turn right into Churchfield Lane.
- 10** Take the 3rd road on the left, (The Crescent), then straight ahead into first Wellgate, and then Rock Hill.
- 11** At the bottom of the hill, turn right into Holywell Lane, and cycle to the roundabout.
- 12** Turn left onto Park Road (dual use path). Cross over at the lights, before Stainburn Avenue to return to Xscape and the car park.