

## Key to Wakefield Wheel Cycleway Cafes, Pubs and Bike Shops Shown on the Map.

- 1 Pugneys Water Park, Reception and Café.
- 2 Swan and Cygnet, Denby Dale Road. Food all day.
- 3 Anglers Country Park Visitors Centre and Squire's Tea Rooms.
- 4 Nostell Priory, Parkland and National Trust Tea Rooms.
- 5 Charley Chaplin's Café, Market Place, Normanton. Open 7:30-1:30, Mon-Sat.
- 6 Junction Inn, 1 Market Place, Normanton.
- 7 Janis' Food Bar, Market Place, Normanton.
- 8 Ferryboat Inn, Stanley Ferry Marina, Ferry Road.
- 9 Stanley Café, 80 Lime Pit Lane, Stanley. Open 7am - 2pm Mon - Sat.
- 10 Carr Gate Garden Centre and Café, Carr Gate.
- 11 Malt Shovel Inn, 417 Bradford Road, Carr Gate.
- 12 The Star Inn & Garden, Batley Road, Kirkhamgate.
- 13 Spring Mill Municipal Golf Course, Refreshments Hut.
- 14 JB's Bike Shop, See-More Arc. Towngate, Ossett.
- 15 Boulby's Bakery & Cafe, High Street, Horbury.
- 16 Halfords, 78 Ings Road, Wakefield.
- 17 Cycle Technology, 2 Calder Vale Road, Wakefield.

The Wakefield Wheel is a circular cycle ride of approx 40 miles. It has "spokes" off to link into most parts of Wakefield and a series of shorter circular routes covering the Wakefield area. Some of the routes may be muddy and uneven (particularly in wet weather) and are more suited to mountain bikes than road bikes. By studying the map it is possible to create a lot of different circular rides ranging from 4 to 40 miles.

If you ride any of the suggested routes or any that you have created yourself, please let us know. Send any suggestions you may have to [info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk).

## 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.



## Ride 1, The Wheel 38 mile signed circular route.



To ride the Wheel, suggested starting points are:- Pugneys Water Park, Anglers Country Park, Stanley Ferry, or any convenient point. It is suggested that you ride the Wheel in an anticlockwise direction. Following the highlighted route of the map you will complete the wheel in approximately 38 miles and it should on average take about 3 to 5 hours. You will also see marked on the map various café/pubs where you can take refreshments.

## Ride 2, less than 30 miles.

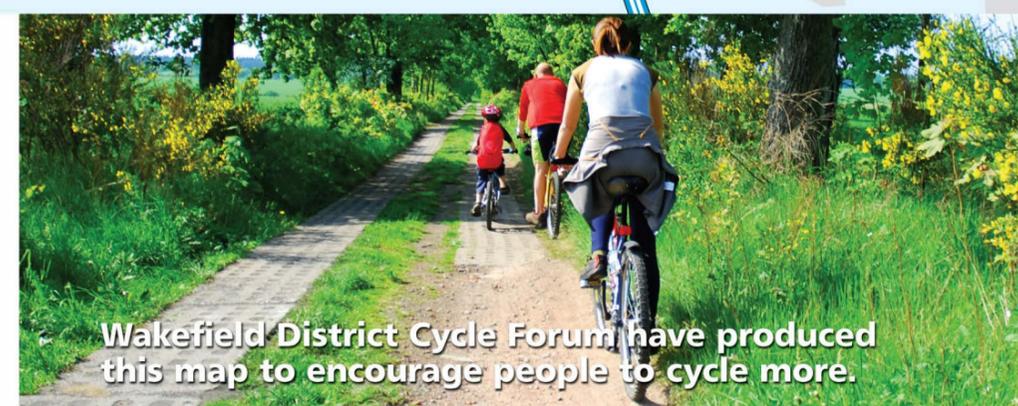
From Pugneys Water Park, follow the Wakefield Wheel highlighted route towards Anglers Country Park, then head back towards the Trans Pennine Trail and follow this north through Walton on to Heath village. Continue following the Trans Pennine Trail through Stanley Ferry towards Stanley village. Cycle up Lime Pit Lane and turn left onto the cycle path. Continue to follow the Wakefield Wheel on the map until you reach Carr Gate. Follow the cycle lane down Bradford Road towards Wakefield, when you reach Fox Lane turn right down it into Wrenthorpe Park. Cycle through the park, exit down Silcoates Street towards Wakefield, continue following the route through Wakefield to Thornes Park and back to Pugneys Water Park.

## Ride 3, less than 20 miles.

For a nice scenic route, start from Pugneys Water Park, as before follow the Wakefield Wheel highlighted route towards the Anglers Country Park, to the Squires Tea Rooms. Then head back towards the Trans Pennine Trail and follow this north through Walton and onto Walton Colliery Nature Park, take the track to the left towards Sandal and Agbrigg Station, pass the station and follow the route to Portobello and back to Pugneys Water Park.

## Ride 4, less than 10 miles.

Start from Sandal and Agbrigg station, follow the cycle path south towards Walton Colliery Nature Park, through the park onto the Trans Pennine Trail. Follow the trail to Haw Park Wood and the route to Anglers Country Park and Squires Tea Rooms. Take the cycle path round the side of Anglers Lake and at the far end of the lake take the track towards Nostell. When you have passed under the railway, at the next crossroads take the track to the left towards Crofton, at the mini roundabout in Crofton turn left and then right to join the new cycle path. Cycle down to Shay Lane. Cross over Shay Lane and follow the road down and under the railway bridge into Walton Colliery Nature Park and then follow the track back to Sandal and Agbrigg Station.



Wakefield District Cycle Forum have produced this map to encourage people to cycle more.

The 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 Forum works with a number of partners, in particular Wakefield Council, to improve on and off-road infrastructure. The Forum also helps to maintain the off-road network through its workgroup volunteer force.

## Cycle Rides

The Forum runs a programme of cycle rides throughout the year. 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. 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 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.

## Membership

You can join the Cycle Forum for a small one-off membership fee. Members of the Forum are kept up to date with developments through regular newsletters. The Forum is an entirely voluntary organisation and we are dependent on our members for volunteers to run our events.

To join, find out more, or volunteer as a helper visit [www.cycling-wakefield.org.uk](http://www.cycling-wakefield.org.uk)



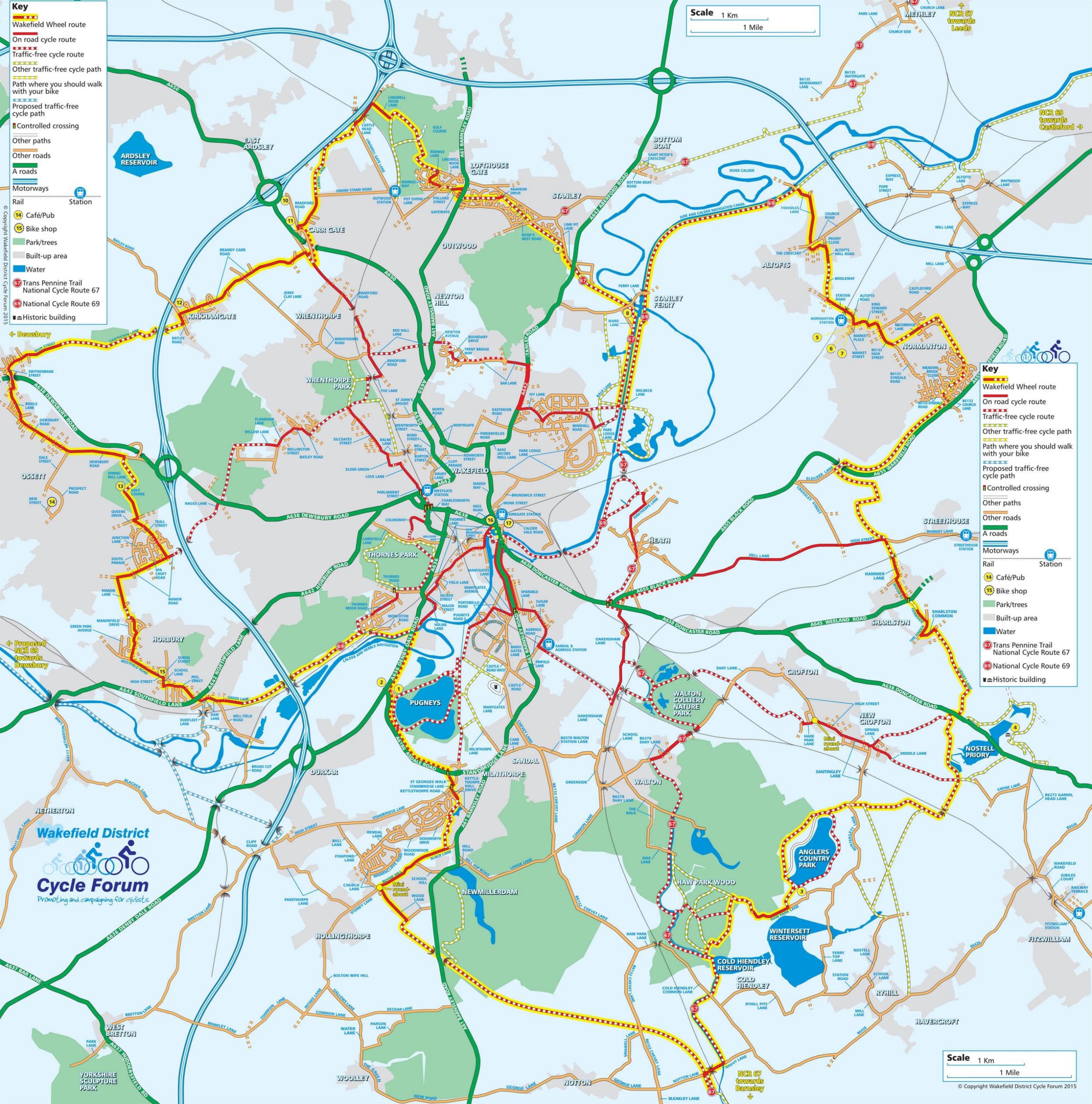
# Wakefield Wheel Cycle Ride Map



A Series of Circular Cycle Routes Around Wakefield

New Edition  
Includes 38 Mile  
Signed Route





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

Scale 1 Km  
1 Mile

NCR 67 towards Leeds

NCR 69 towards Castleford

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**Wakefield District  
Cycle Forum**  
Promoting and campaigning for cyclists

Scale 1 Km  
1 Mile

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