



WALKING SAFETY TIPS!

Walking is a great way to keep fit and being active outdoors can help improve our wellbeing, but people are sometimes reluctant to get out and about because they are worried about their personal safety. Walking is generally a very safe activity, but here are our top tips to help you feel safe heading into the great outdoors:

Plan Your Route

It's a good idea to know where you are going before you set out, so you know how far you're walking and when you'll be back. There are lots of ways to do this - you might choose a route you already know, get a map of the area you're going, follow a trail or leaflet, use Google Maps or use an app like Komoot or Strava.

Tell People Where You Are

Before you head out, tell someone where you're going and when you expect to get back. That way they can check up on you by phone or send someone to look for you if needs be.

Walk in a Group

Walking in a group can make you feel safer and boost your confidence. The Active Birkby Club WhatsApp and Facebook groups help walkers tell each other about walks happening locally. Email: contact@s2r.org.uk or text: 07541 095455 if you would like to join these groups.

Take Your Phone

Always make sure you have your phone with you so you can call for help, tell someone that you're running late or access online maps. If you find yourself in a situation where you feel uncomfortable, you can also phone a friend or even just pretend to call someone if necessary.

Walk With a Friend

Walking with someone else can help you to feel less vulnerable and it's always good to share a walk with a friend if you can.

Download a Panic App

There are lots of panic apps you can download to your phone that will send a message and your GPS position to a pre-saved contact if you should get into trouble. If you don't want to use an app, you could also keep an emergency contact on speed dial.

Trust Your Instincts

If you feel that a place isn't safe to walk in then find another route. Even if it is perfectly safe, there is no fun in being stressed out.

Be Careful of Valuables

It's never a good idea have your valuables on show, so be discreet and zip things like cameras and your purse or wallet away in your pockets when you're not using them.

Walking at Night

Sometimes you might need to walk in the evening or at night. If you do, then stick to busier and more well-lit areas if you can.

Find a Local Taxi Service

If you get tired or find that you need to cut your walk short, it can be helpful to have the number of a local taxi number on hand.

We hope that these tips are helpful and that we haven't frightened you too much! Walking is generally a very safe activity but it's always good to take some precautions, especially if they help you to feel safer and more confident.



ACTIVE BIRKBY CLUB

Get active and meet new people in Birkby



We've been exploring Birkby and would like to share some of our walks with you!

So GRAB your coat, STEP OUT of your front door and start EXPLORING your neighbourhood ON FOOT with these three simple, starter walks and more routes available for free online too...

Whether you're walking for fitness, walking to spend time outside or simply walking to the shops, getting outside and being more active is a great way to improve your wellbeing.

If you start to walk more regularly, you might notice: reduced levels of stress, fatigue and anxiety, enhanced moods and sleep patterns and even clearer thinking. You might also find your physical health improving too: with lowered blood pressure, better heart health and less chance of conditions like diabetes.

To get started, take it slowly and begin with something small like a stroll around the block, round Norman Park or a lap of Fartown Recreation Ground. Then, when you feel ready, you could try one of the gentle walking routes in this leaflet. You'll find full walk descriptions and routes you can download to your smartphone by scanning the handy QR code on the reverse of this leaflet.

One last thing... Before you set off, we recommend wearing sensible shoes and clothing to suit the weather. If you're unsure about anything, you can always seek advice from a health professional before starting a new exercise routine.

WALK INFORMATION:

A SHORTER WALK

Grimescar Dyke Circular Walk

A 35 minute walk of approximately 1.2 miles (2km)

Starting at Norman Park, this short walk follows a circular route taking in woodland, a meadow and a river, with plenty of wildlife and the option to extend the route and explore the Grimescar Valley.

AN INTERMEDIATE WALK

Birkby Views Circular Walk

A 1 hour 45 minute walk of approximately 3.2 miles (5.2km)

A good circular walk that will get your heart pumping, with a climb up out of Birkby to spectacular views over all of Huddersfield.

A LONGER WALK

Big Birkby Circular Walk

A 3 hour walk of approximately 6.5 miles (10.5km)

This walk starts at Birkby and Fartown Library, climbs up over Fixby Golf Course and then follows a band of woodland that will take you all the way over to Leeds Road before returning to Birkby along The Route 69 Birkby - Bradley Greenway. We recommend that you take a packed lunch and a drink with you for this one!

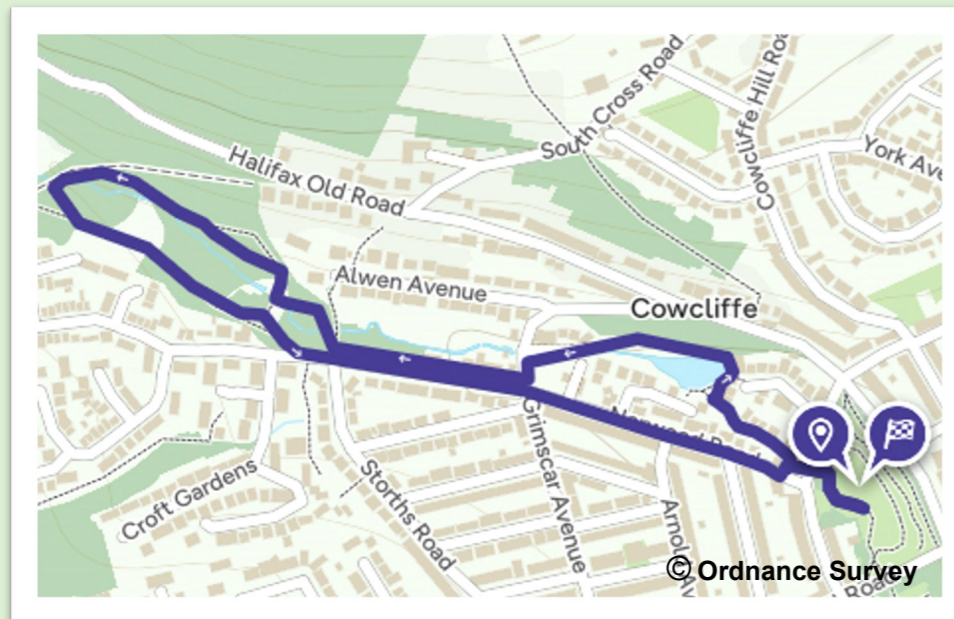
If you would like to reference an OS Map for these walks, use OS Explorer 288 Bradford and Huddersfield.

A SHORTER WALK...

Grimescar Dyke Circular Walk

A 35 minute walk of approximately 1.2 miles (2km)

- Generally flat but with some steps. Includes maintained pathways and roadside walking. The path through the woods may be muddy at times.
- This walk starts from Norman Park HD2 2UE. Start your walk by leaving the park by the steps to the corner of Norman and Norwood Road.



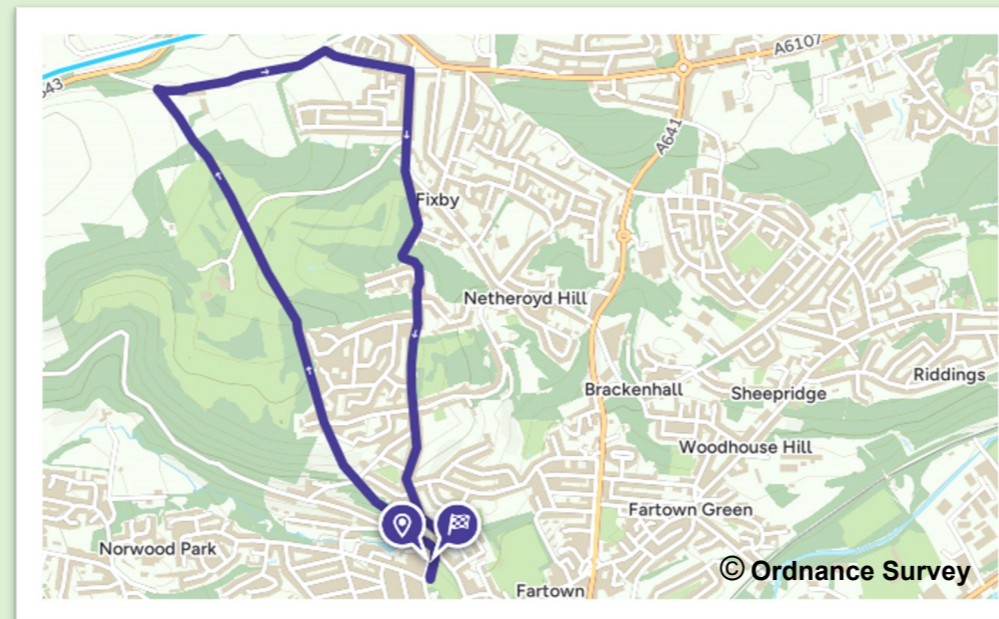
- Start your walk by leaving Norman Park and then crossing over Norman Road.
- Pass between the houses and the substation and then follow the alley to arrive at Middlemost Pond.
- Turn right and follow the path around the back of the pond.
- Turn left onto Grimescar Avenue, then cross Grimescar Avenue and turn right onto Norwood Road.
- Follow Norwood Road to the junction with Storths Road, then turn right and enter the woodland.
- Keep to the left and go up the steps and onto the dam.
- Turn right to follow the woodland path by the stream
- Cross the bridge over the stream and take the next left turn.
- Keep following this path as it heads to the left and then across the meadow.
- Continue on, keeping the wood on your left until you re-join Norwood Road.
- Turn left and follow Norwood Road all the way back to Norman Park where the walk began.

AN INTERMEDIATE WALK...

Birkby Views Circular Walk

A 1 hour 45 minute walk of approximately 3.2 miles (5.2km)

- Be prepared for a challenging climb rewarded by splendid views and a downhill return, walking on a mixture of footpaths, tracks and roads.
- This walk starts from Norman Park HD2 2UE. Start your walk by leaving the park by the steps to the corner of Norman and Norwood Road.



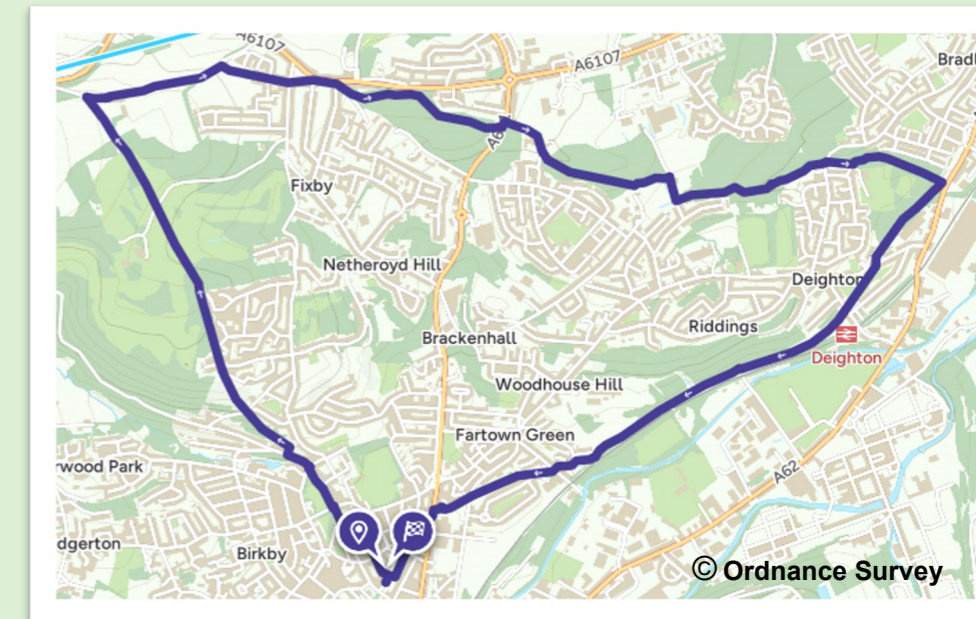
- Start your walk in Norman Park, exiting the park by the north-west corner gate onto Halifax Old Road.
- Follow a narrow public footpath up some steps then turn left and continue on behind the houses on Halifax Old Road and into the woodland as far as South Cross Road.
- Head across South Cross Road and follow the Kirklees Way, climbing all the way up, across Fixby Golf Course and into the fields beyond. Don't forget to stop here and take in the views!
- Here, we hop over a stile in the wall with a view of the M62 motorway in front of us and then take a right down a farm track.
- Enter the farmyard, then join the public footpath to the left and cross the field, heading past the old gatepost and then up and over the stile in the dry stone wall.
- Turn left and follow the path to some old farm buildings.
- Turn right and follow a narrow public footpath that looks like it might be someone's private path - don't worry, it isn't.
- Head out across the field by the new housing development and then join onto Lightridge Road.
- Turn right and follow Lightridge Road all the way back down into Birkby and to Norman Park where the walk began.

A LONGER WALK...

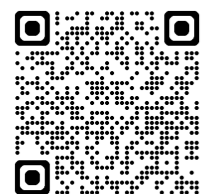
Big Birkby Circular Walk

A 3 hour walk of approximately 6.5 miles (10.5km)

- Allow all afternoon for this walk with breaks for sandwiches and consider a toilet stop at the Asda Supermarket on Bradford Road.
- This walk begins in front of Birkby and Fartown Library, Lea Street, Hillhouse, Huddersfield HD1 6HF.



- Start your walk in with your back to Birkby Library, turn right and then bend to the left in front of Birkby Junior School.
- Cross Wasp Nest Road and turn left in front of the Croft Medical Centre to join Halifax Old Road.
- Turn right, go past the lights and take the path through Norman Park.
- Rejoin Halifax Old Road until you see a bus stop, steps and a footpath sign on your right. Climb up the steps and then follow a narrow path, turning left behind some houses to South Cross Road.
- Head across South Cross Road and start to climb. Continue on this path, up the hill behind the houses, across the golf course and into farmland by an electricity pylon.
- Cross the field over a stile and then turn right past the farm buildings. Look out for an path opening to your left and cross the fields using the old gatepost as a marker.
- Continue on and cross another stile, then turn left. Follow the path until you reach some cottages, then turn right and find a path between houses and into the new housing estate.
- Go straight on, join Fixby Road and enter the woodland behind the Catholic Church, then follow the path along the top edge of the woodland to Bradford Road.
- Cross Bradford Road, join the track to the Hospice and enter the woodland. Follow the woodland path to emerge on Old Lane.
- Turn right and then left to enter another woodland by the stream. Follow the stream and the path to Leeds Road.
- Turn right and follow the Route 69 Birkby - Bradley Greenway back to Birkby and Fartown Library, where the walk began.



These walks and more, FREE to your phone!

Scan the QR code to find downloadable maps and instructions for walking routes in the Birkby area, as well as links to local walking groups and tips on how you can stay active.

"Sometimes, a walk is the solution to all our problems."

- Avijeet Das