



WALK INFORMATION: A SHORTER WALK

Thornhill Lees Circular

1 hour walk of approximately 3 miles (4.5km)

This walk is generally flat with some steps and some steep parts, walking on a mixture of footpaths, tracks and roads.

The walk starts at the bus stop on Ingham Road.

To get there, catch the 230a or the 280 bus from Dewsbury Bus Station, Overthorpe or Thornhill Lees.

A LONGER WALK

Overthorpe and Thornhill Circular

2 hour walk of approximately 4 miles (6.5km)

This walk is generally flat with some steps and some steep parts, walking on a mixture of footpaths, tracks and roads.

The walk starts at the bus stop on Ouzelwell Lane.

To get there, catch the 230a bus from Dewsbury, Savile Town, Overthorpe or Thornhill Lees.

A COMMUTER WALK

Thornhill Lees to Ravensthorpe

20 minute walk of approximately 1.2 miles (2km)

This is a flat walk that is also suitable for cycling and ideal for commuting or catching the train to Dewsbury and beyond.

The walk starts at the canal towpath access on Brewery Lane, near Thornhill Lees Community Centre.

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

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're 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 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.

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 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 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.

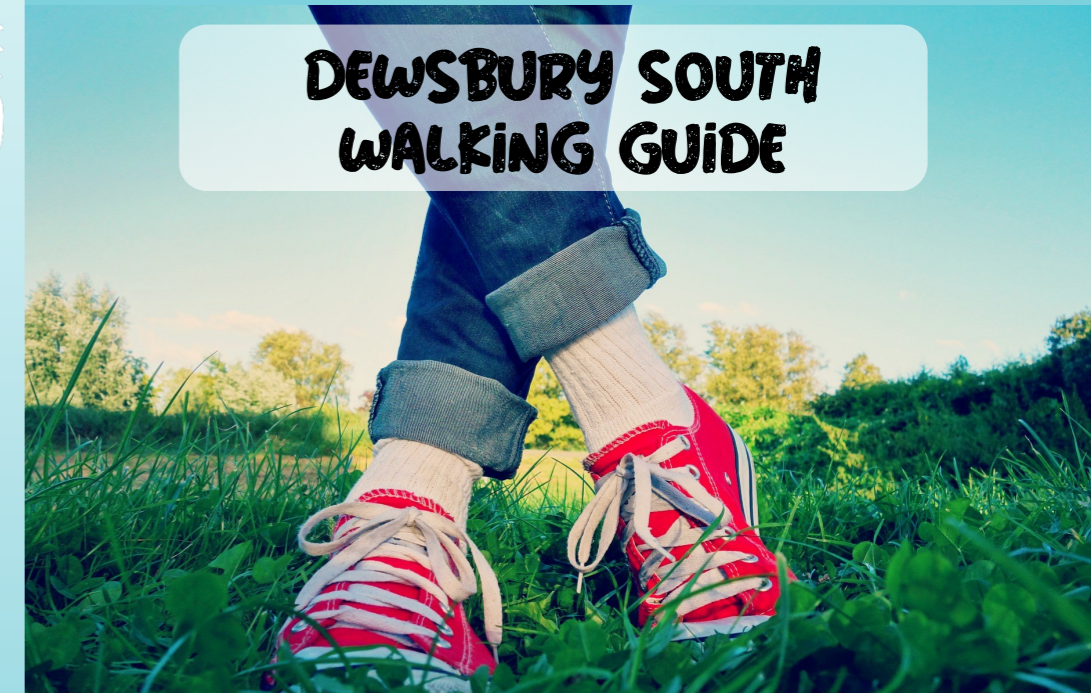
We hope that these tips are helpful and that we haven't frightened you too much! Walking is generally a very safe activity but it's always good to take some precautions, especially if they help you to feel safer and more confident.

DEWSBURY: YOUR HEALTH IN MIND!

This project is supported by the Dewsbury Councillors' Ward budgets

Grab your coat, step out of your front door, and start exploring your neighbourhood on foot with these three simple starter walks...

DEWSBURY SOUTH WALKING GUIDE



Whether you're walking for fitness, to spend time outside or just going to the shops, it's a great way to improve your wellbeing.

If you start to walk regularly, you may notice improvements in your mood and sleep patterns; reduced stress, fatigue and anxiety; improved self-esteem and even clearer thinking.

Your physical health might improve too with lower 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 round the block or a lap of your local park or walking track.

When you feel ready, you could try one of these gentle walking routes. You'll find videos on the routes, terrain and instructions for these walks online by scanning each of our handy QR codes.

One last thing... Before you set off, make sure you're 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.

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



Kirklees
COUNCIL

A SHORTER WALK...

Thornhill Lees Circular

1 hour walk of approximately 3 miles (4.5km)

- Generally flat with some steps and some steep parts, walking on a mixture of footpaths, tracks and roads.
- To get to the start of this walk, catch the 230a or the 280 bus from Dewsbury Bus Station, Overthorpe or Thornhill Lees to the bus stop on Ingham Road.



A LONGER WALK...

Overthorpe and Thornhill Circular

2 hour walk of approximately 4 miles (6.5km)

- Generally flat with some steps and some steep parts, walking on a mixture of footpaths, tracks and roads.
- To get to the start of this walk, catch the 230a bus from Dewsbury, Savile Town, Overthorpe or Thornhill Lees to the bus stop on Ouzelwell Lane.



A COMMUTER WALK...

Thornhill Lees to Ravensthorpe

20 minute walk of approximately 1.2 miles (2km)

- A flat walk, also suitable for cycling which is ideal for commuting or catching the train to Dewsbury, Mirfield, Huddersfield and beyond.
- This walk begins at the canal towpath access on Brewery Lane, near Thornhill Lees Community Centre.



- Start the walk at the bus stop on Ingham Road walk left down to the zebra crossing on Slaithwaite Road to access the canal.
- At the bottom of the access ramp, turn left onto the towpath, walk past the Double Lock onto Lock Street and then back onto the towpath on the right.
- Cross over Millbank Lock and follow the footpath up the hill on the right. At the top of the hill, turn left and then next right.
- Follow the path to the right, past the farm onto Hall Lane.
 - Enter Rectory Park and follow the path to the right, running parallel with Hall Lane. Follow this path to the top of Rectory Park then head to the left, past the nursing home.
- Follow the road to the right and cross over Church Lane, then take the footpath between the houses, past the cemetery.
 - Cross over Chowdry Close and take the footpath between the houses, following it to the right.
- Cross Henley Avenue, taking the path between the houses, and at the end of the path, turn right and then next left.
 - Turn right on The Town and then at the end, turn right again onto Overthorpe Road.
 - Cross Overthorpe Road and turn left down Long Causeway and onto Highfield Terrace.
 - Turn right onto Ingham Road and then you'll be back at the bus stop that you started from.

- Start the walk at Ravensthorpe Road, on the bridleway near Ravenshall School.
- Follow the bridleway to the end, turn left and then turn right onto Ouzelwell Lane.
- Follow path to the top of the hill and to the right past the farm.
 - Follow left after the farm, then turn left following the footpath onto Foxroyd Lane.
- At a fork in Foxroyd Lane, bear right and follow the footpath between the houses and then down the steps to the junction.
 - Cross over Whitley Road and continue to follow the steps downhill to cross over Bristfield Road.
 - Follow the footpath along Thornhill Edge.
 - Join Albion Road and follow it to the left, past Thornhill School then turn left onto Chapel Lane.
- Cross over the road to walk along Mountain Road.
 - Take the fourth left turn off Mountain Road and follow the footpath between the houses.
 - Continue to follow this footpath left, then right, then take the steps down the hill on the left.
 - Cross over the bridleway and continue to follow the footpath onto Lees Hall Road.
- Turn left to walk back to Ouzelwell Lane and then you'll be back where you started from.

- Follow the access ramp off Brewery Lane onto the canal towpath and turn right.
- Cross over the canal on Long Cut End Bridge to the left.
- Continue to follow the towpath to the right, along the river.
 - Take the access path on the left onto Calder Road.
 - Turn left, and then take the second left into Ravensthorpe Train Station.

Take a Look at our Video Guides...



If you would like to have a look at the route and terrain of these walks before setting off, then take a look at our very handy video guides by scanning the QR code or visiting www.s2r.org.uk.

For more information, email: contact@s2r.org.uk or give us a call on: 07895 510 433.

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

- Avijeet Das