



WALK INFORMATION:

A SHORTER WALK

Earlsheaton Park Circular

30 minute walk of approximately 1 mile (1.6km)

This is a flat walk on tarmac or woodland paths and grass. To get there, catch the 202 or 203 bus from Dewsbury.

The walk starts at the Cross Park Street entrance to Earlsheaton Park, Dewsbury WF12 8AG.

A LONGER WALK

Dewsbury Circular via The Greenway

2.5 hour walk of approximately 7 miles (11.5km)

This walk has a varied route with some flat and some steep parts, walking on a mixture of footpaths, tracks and roads.

The walk begins and ends at Dewsbury Town Hall, on Wakefield Old Road, Dewsbury WF12 8DG.

A COMMUTER WALK

Chickenley to Dewsbury Linear Walk

1 hour walk of approximately 1.5 miles (2.4km)

This walk is generally downhill on good surfaces, with a regular bus service that can take you back to the start.

The walk begins at Chickenley Community Centre, Princess Road, Dewsbury WF12 8QT.

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.

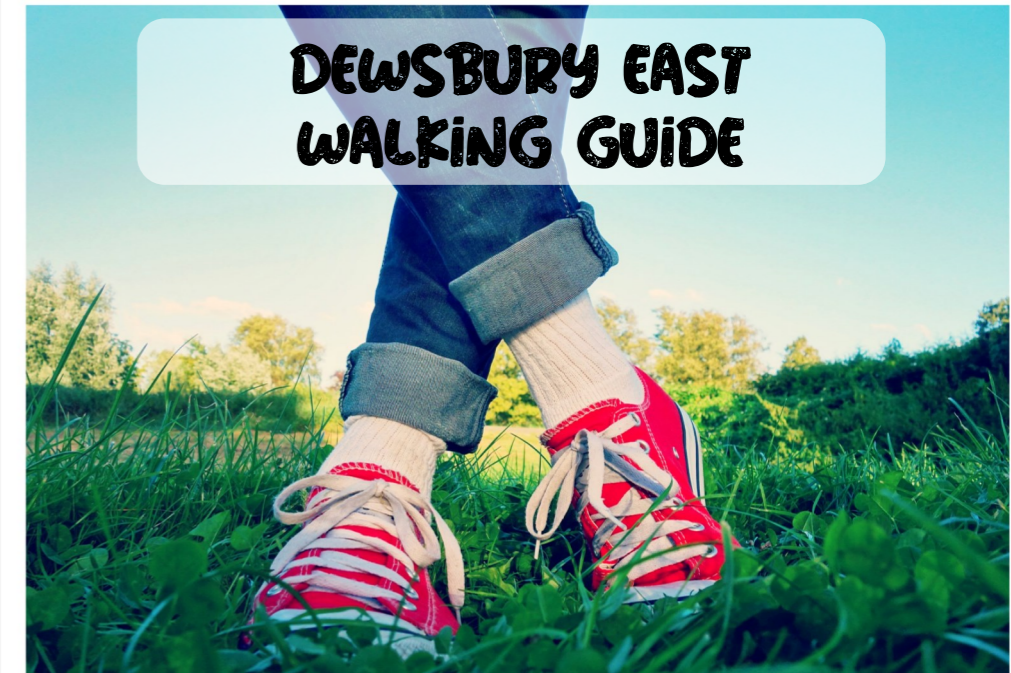
We hope that these tips are helpful and that we haven't frightened you too much! Walking is generally a very safe activity but it's always good to take some precautions, especially if they help you to feel safer and more confident.

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 EAST 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...

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30 minute walk of approximately 1 mile (1.6km)

- A flat walk on tarmac or woodland paths and grass. To get there, catch the 202 or 203 bus from Dewsbury.
- This walk begins at the Cross Park Street entrance to Earlsheaton Park, Dewsbury WF12 8AG.



A LONGER WALK...

Dewsbury Circular via Caulms Wood and The Greenway

2.5 hour walk of approximately 7 miles (11.5km)

- A varied route with some flat and some steep parts, walking on a mixture of footpaths, tracks and roads.
- This walk begins and ends at Dewsbury Town Hall, on Wakefield Old Road, Dewsbury WF12 8DG.



A COMMUTER WALK...

Chickenley to Dewsbury Linear Walk

1 hour walk of approximately 1.5 miles (2.4km)

- Generally downhill on good surfaces, with a regular bus service to take you back to the start.
- This walk begins at Chickenley Community Centre, Princess Road, Dewsbury WF12 8QT.



- Enter the park from Cross Park Street, turn right and follow the path towards the play area, then follow the footpath along the tree line towards the war memorial
- Turn back on yourself, then turn right onto the path that cuts through the park. Bear right towards the wood.
- Turn right into the wood, follow the path, then turn left into the neighbouring field and follow the field edge in a circle.
- Once back in the wood, take the path on the right which will re-join the path towards the entrance where you started.

- From the Town Hall, head up Wakefield Old Road, bearing left towards Dewsbury Baptist Church.
- Cross over onto Leeds Road and head up, turning left after The Crown pub onto Caulms Wood Road.
- Follow the path up through the wood to the exit at the Fox and Hounds pub on Bennet Lane.
- Turn left onto Kirkgate, past St. Paul's Church, then turn right onto High Street past the Working Men's Club.
- At the end of High Street, turn left onto Leeds Road.
- Cross over onto John Ormsby VC Way at the crossing.
- Go straight over the roundabout, turn left up Windsor Road, then at the top turn right onto Chidswell Lane.
- At the end of the lane, bear left onto Cross Street, then take a sharp right hand bend onto High Street.
 - Cross the flyover bridge on the left, then cross over Leeds Road onto Chancery Road.
- Turn left onto Co-operative Street which merges onto Chickenley Lane and Walnut Lane. Follow the road to the end.
- Cross over Ossett Lane, turn right and follow the signs to The Greenway footpath on Pavilion Court.
- Turn right on The Greenway towards Dewsbury, then at the crossroads turn right onto Sands Lane.
- Turn right onto Railway Street, go over the roundabout, then cross over and walk under the flyover. The Town Hall will then be visible on the right.

- Start outside Chickenley Community Centre, turn left onto Princess Road and follow it to the end.
- Turn right onto Chickenley Lane which becomes Water Lane then Walnut Lane and follow it to the end of the road.
- Turn right, cross over Ossett Lane and keep walking until you see a public footpath sign on the left.
- Walk past the car park on the left, take the path between the trees and follow it until it meets The Greenway.
- Turn right on The Greenway towards Dewsbury and follow the path through the tunnel.
 - Exit the tunnel, cross over Preston Street and follow the path to the right and between the trees.
 - Continue following the path, then make a sharp left when the path merges.
 - Follow the path and cross over the bridge.
 - At the end of the path, turn right and continue on towards Savile Town Wharf.
 - Leave the Wharf at the main entrance and turn left onto Mill Street East.
- Follow the road until you reach the traffic lights, then turn right onto Savile Road.
- Follow the road towards the town, past the Minster. Dewsbury Bus Station will then be visible on the left at the end of the road.

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