



WALK INFORMATION:

A SHORTER WALK

St John's Wood Circular

30 minute walk of approximately 1 mile (1.6km)

This walk is generally flat and paved with some roadside walking. The path in the woods may be muddy at times. This walk begins and ends at Crow Nest Park. Enter the park via the main entrance on Heckmondwike Road.

A LONGER WALK

Crow Nest Park to Dewsbury Country Park Circular 2 hour walk of approximately 5 miles (8km)

This walk is generally flat with some steps and some steep parts, walking on a mixture of footpaths, tracks and roads. The walk begins and ends at Crow Nest Park. Enter the park via the main entrance on Heckmondwike Road.

A COMMUTER WALK

Ravensthorpe to Dewsbury Town Centre 1 hour walk of approximately 2.5 miles (4km)

Generally flat with good paths that are also suitable for cycling with plenty of nature to see along the way. The walk starts on North Road in Ravensthorpe in front of Diamond Wood Academy.

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.

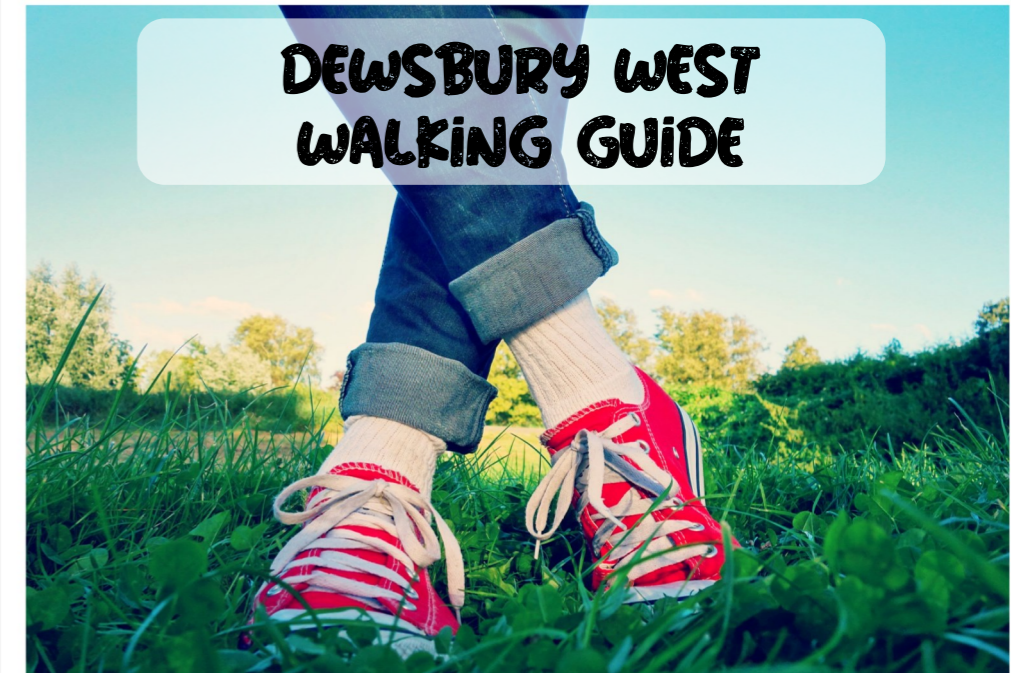
We hope that these tips are helpful and that we haven't frightened you too much! Walking is generally a very safe activity but it's always good to take some precautions, especially if they help you to feel safer and more confident.

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 WEST 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...

St John's Wood Circular

30 minute walk of approximately 1 mile (1.6km)

- Generally flat and paved with some roadside walking. The path through the woods may be muddy at times.
- This walk begins and ends at Crow Nest Park. Enter the park via the main entrance on Heckmondwike Road.



- Start the walk with your back to the mansion in the park, turn left and then take the first path on the left, past the walled garden on your right and the greenhouse on your left.
- Follow the path, then take the path on the left which will curve to the right around the bandstand.
- Turn left onto the main path towards the war memorial.
- Walk past the memorial and take the path by the tennis courts.
 - At the end of the path, go through the gate and then turn right towards Boothroyd Lane.
 - Take a left on Boothroyd Lane and walk to the end of the road. Go through the gate on the left and follow the path through the wood.
- At the end of the path, go through the gate and enter the crematorium. Walk across the grass, heading left and following the fence until you reach an opening.
- Go through the gate and turn right, following the path that runs between the park and the crematorium.
- Follow this path until you reach another gate on the left, walk through the gate and then follow the path in front of you all the way back to the mansion where the walk began.

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

- Avijeet Das

A LONGER WALK...

Crow Nest Park to Dewsbury Country Park Circular

2 hour walk of approximately 5 miles (8km)

- Generally flat with some steps and some steep parts, walking on a mixture of footpaths, tracks and roads.
- This walk begins and ends at Crow Nest Park. Enter the park via the main entrance on Heckmondwike Road.



- Start the walk with your back to the mansion in the park, turn right and head to the entrance on Heckmondwike Road.
- Turn right at the gates and follow the road, then turn left onto Burgh Mill Lane and follow it all the way to the end.
- Cross over Ravenshouse Road to continue on Burgh Mill Lane then enter Dewsbury Country Park at the end of the road.
- Follow the path to the right along the Spen Valley Greenway, for 1 mile until you see a pond within a green fence on the left.
- Follow the path keeping the green fence to your left until you reach another fence that leads you down some steps on the left.
 - Follow the path, turning right when it reaches a road and then continue on until you reach Smithies Lane then turn left.
 - Pass Ponderosa on the right then enter a wooded area via an entrance on your left. Follow the path to the left.
 - Eventually you will see a small road, follow it until you reach a crossroads then take the road on the left.
 - Continue on until you see a path on the right. Go uphill to another crossroads and take the left at the hedge.
 - Follow the path to a break in the hedge, turn left and continue on the path through another opening in the hedge.
- Head for the bridge, walk across and then turn right on the path next to the river which eventually enters the woods.
- At the end of the path, walk through an opening in the wall to be back where you began walking in the Country Park.
 - Retrace your steps up Burgh Mill Lane, crossing over Ravenshouse Road and turning right onto Heckmondwike Road until you're back at the entrance to Crow Nest Park.

A COMMUTER WALK...

Ravensthorpe to Dewsbury Town Centre

1 hour walk of approximately 2.5 miles (4km)

- Generally flat with good paths that are also suitable for cycling, with plenty of nature to see along the way.
- This walk begins on North Road in Ravensthorpe, in front of Diamond Wood Academy



- Cross North Road at the crossing onto Broomer Street and continue to the end of the road in a housing estate.
- Walk past the small play area to the right and continue on, walking towards the sign for Heron Street.
 - Take the centre path towards Park Road and turn right along Park Road for a few metres, then cross over into the entrance of Dewsbury Country Park (not into the car park).
 - Cross the bridge with green railings, go straight on and slightly uphill towards a housing estate in the distance.
 - At the crossroads, turn right down the hill, following the path along The Greenway, turning left when the path forks.
- Head down to Huddersfield Road, cross safely at the crossing, and turn immediately left then right into Wharfedale Road.
- Walk a little way along the road then follow the blue sign for Route 66, Calder Valley Way under a couple of bridges, over the bridge with silver railings and across the river.
- Take a left turn, following the Route 66 signs past a large tree in the centre of the path, then turn left at Thornhill Road.
- Cross Thornhill Road at the traffic island and continue along Route 66 with the river on your right. Go under the ironwork arch and walk alongside Aldams Road towards Dewsbury.



Scan the QR code to see our handy video guides for these walks on our website: www.s2r.org.uk.

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