

For more information, you can
 email everybody.active@kirklees.gov.uk
 visit kirkleescommunityplus.co.uk
 call us on **01484 221000**

The Physical Activity from the front door programme is supported by Ward Councillors from the: Almondbury, Dalton, Newsome, Ashbrow, Crostand Moor, Netherpton, and Greenhead Wards. The project also enables people to become Walking and Movement And Games In Chairs (MAGIC) volunteers.

Let's enjoy the fresh air...



ALMONDBURY Walks from your front door

Get active and explore your local area with our range of neighbourhood walks!

**If you are in need of support,
we are here to help...**



Platform 1
01484 421143
01484 535960



South West
Yorkshire Partnership
NHS Foundation Trust
Self referral NHS
www.kirkleesiapt.co.uk
01484 343700



S2R
01484 539 531
www.s2r.org.uk
contact@s2r.org.uk



Well-bean café
6pm until midnight.
07741 900395 (Fri-Mon)
07867 028755 (Tues-Thurs)



Thriving Kirklees
0300 304 5555
thrivingkirklees.org.uk



Andys Man Club
www.andysmansclub.co.uk
info@andysmansclub.co.uk



Huddersfield Mission
10-2pm Monday - Friday.
01484 421461

The benefits of walking

Combining walking and being in nature hold many benefits for your mental health and support your wellbeing. After a long walk, you've probably noticed how much better you feel for it.

Walking is a great form of exercise and evidence shows that regular exercise can help:

- improve your mood
- get a better night's sleep
- reduce stress and anxiety
- increase your energy
- help you to cope during difficult times
- improve your confidence and self-esteem
- reduce your risk of depression

Being in nature helps you connect to the world around you. It gives an opportunity to clear your mind of any stresses and become present. So take some time to get the family together or call a friend to enjoy a walk together and explore a new route around your local area.

Cricket Club Walk

WALKING KEY

- Flat/Downhill
- Gradual Incline
- Steep Incline
- Starting Point
- Steps

About your walk

Duration: 45 mins
 Steps: 3100
 Kcal: 350
 Distance: 2.2km
 Gradient: Flat for the majority, with slight and steady inclines.
 Surface: Pavement, grass and path

Let's go for a walk!

- ↑ Head southeast
Toward Halton Close
- ↪ The trail
- ↪ The service road
- ↑ Halton Close
- ↪ Southfield Road
- ↪ The walkway
- ↪ The walkway
- ↪ Aldonley
- ↪ Fernside Avenue
- ↑ Finish

Can you spot 3 different trees?

Rowan

Oak

Beech

If you see this star sticker,
do 5 star jumps!



Lepton Circular

- WALKING KEY**
- Flat/Downhill
 - Gradual Incline
 - Steep Incline
 - ↑ Starting Point
 - Steps

TOP TIPS
Stay safe in the sun!

Don't forget to pack:

- Water
- Suncream
- Hat
- Sunglasses

You can use apps on your phone to track your walk and count your steps!

How many steps have you done today?



About your walk

Duration: 45-60 mins
 Steps: 3200
 Kcal: 360
 Distance: 2.5km
 Gradient: Flat for the majority, with slight and steady inclines.
 Surface: Pavement and path

Let's go for a walk!

- ↑ Head southeast
Toward Rowley Lane
- ↪ The footpath
- ↪ The footpath
- ↑ Rowley Hill
- ↪ Common End Lane
- ↪ Station Road
- ↪ Rowley Lane
- ↪ Rowley Lane
- ↑ Finish

Let's go for a walk!

- ↑ Northgate
Toward Somerset Road
- ↪ Highlands Avenue
- ↪ The trail
- ↪ The trail
- ↪ Benomley Road
- ↪ Penny Spring
- ↪ The walkway
- ↑ Broken Cross
- ↪ Kaye Lane
- ↪ Longcroft
- ↪ The footpath
- ↪ Cemetery Walk
- ↪ The road
- ↪ Highlands Avenue
- ↪ Highcroft Crescent
- ↪ Vale Close
- ↑ The footpath
- ↪ Northgate
- ↑ Finish

About your walk

Duration: 45 mins
 Steps: 3200
 Kcal: 350
 Distance: 2.7km
 Gradient: Fairly steep from footpath towards Kaye Lane
 Surface: Pavement, grass and path

Almondbury Circular

TOP TIPS
Stay safe in the rain!

Don't forget to pack:

- Walking Shoes
- Raincoat
- Umbrella
- Warm jumper

