

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, Crosland 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...

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



Platform 1
 01484 421143
 01484 535960



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



Thriving Kirklees
 0300 304 5555
thrivingkirklees.org.uk



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



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



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



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



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

WATERLOO Walks from your front door

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.

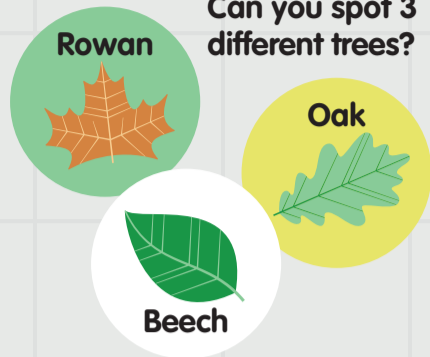
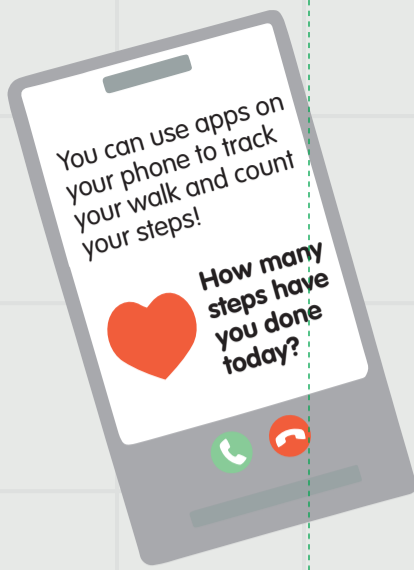
There are loads of places to explore in Kirklees!

Start exploring!
 To receive a **FREE** map or for more information, contact us today!
everybody.active@kirklees.gov.uk
kirkleescommunityplus.co.uk
 01484 221000

Waterloo Walk

WALKING KEY

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



Can you spot 3 different trees?



TOP TIPS Stay safe in the rain!

Don't forget to pack:

- Walking Shoes
- Raincoat
- Umbrella
- Warm jumper

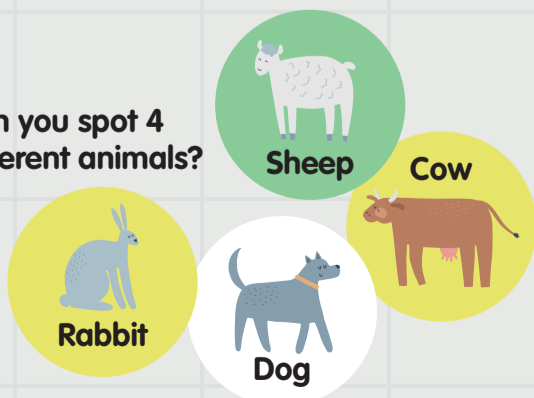


TOP TIPS Stay safe in the sun!

Don't forget to pack:

- Water
- Suncream
- Hat
- Sunglasses

Can you spot 4 different animals?



About your walk

Duration: 60 mins
Steps: 3600
Kcal: 400
Distance: 3.1km
Gradient: Flat for the majority, with slight and steady inclines and one big incline
Surface: Pavement, grass and path

Let's go for a walk!

- ↑ Albany Road
Toward Edgeward Road
- ↪ Waterloo Road
- ↩ The footpath
- ↪ Church Lane
- ↩ The trail
- ↪ Tandem Way
- ↩ Tandem Way
- ↪ Wakefield Road
- ↪ Cross Green Road
- ↪ Dalton Green Lane
- ↑ Finish