

Let's enjoy the fresh air...

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.

DALTON Walks from your front door

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

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.

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

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

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

Thriving Kirklees
0300 304 5555
thrivingkirklees.org.uk

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

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

Dalton Waterfall

Why not take some photos on your walk and upload to Twitter: @everybodyactive
Facebook: @EverybodyActive1
#everbodyactivewalks

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

Can you spot 3 different trees?
Rowan
Oak
Beech

WALKING KEY

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

Let's go for a walk!

- Albany Road
Toward Edgeware Road
- The footpath
- Long Lane
- The walkway
- Grosvenor Road
- White Rose Avenue
- Dalton Green Lane
- Finish

About your walk

Duration: 45 mins
Steps: 3000
Kcal: 320
Distance: 2.6km
Gradient: Fairly flat with the occasional gradual incline.
Surface: Pavement, grass and path

TOP TIPS Stay safe in the sun!
Don't forget to pack:

- Water
- Suncream
- Hat
- Sunglasses

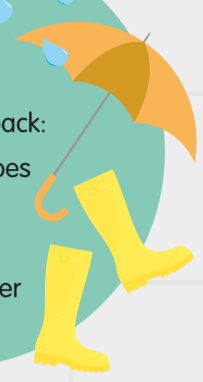
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TOP TIPS
Stay safe in the rain!

Don't forget to pack:

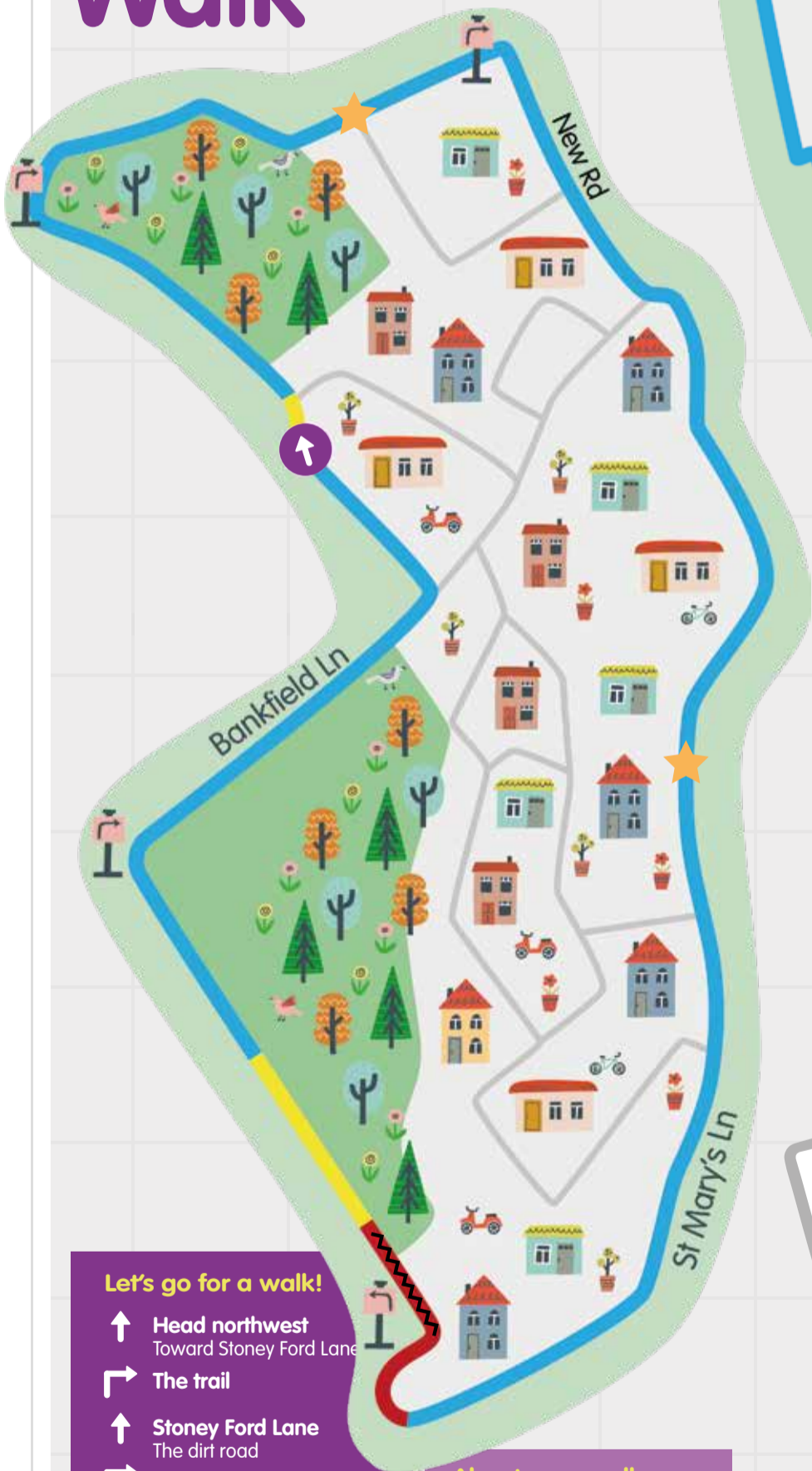
- Walking Shoes
- Raincoat
- Umbrella
- Warm jumper



WALKING KEY

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

Kirkheaton Walk

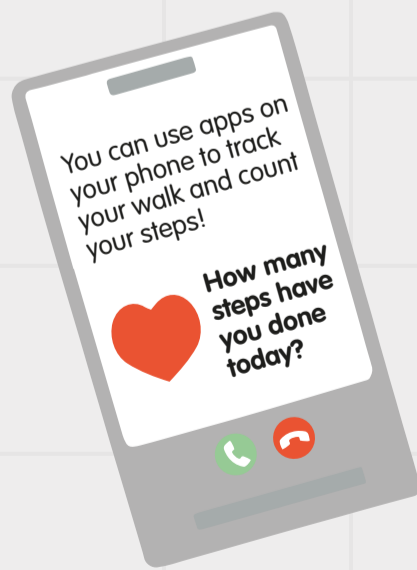


Let's go for a walk!

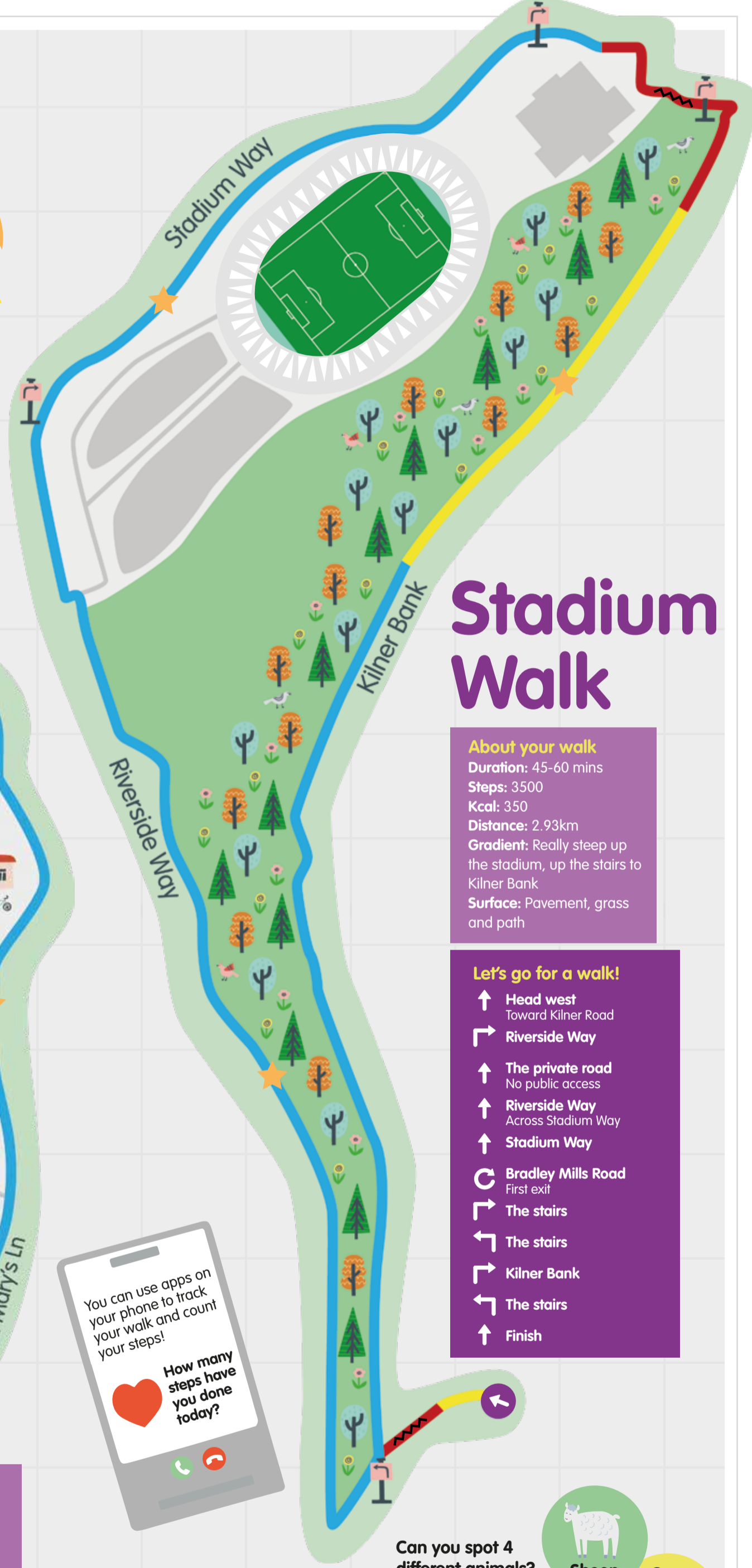
- ↑ Head northwest
Toward Stoney Ford Lane
- ↪ The trail
- ↑ Stoney Ford Lane
The dirt road
- ↪ New Road
- ↪ Bankfield Lane
- ↪ Shop Lane
- ↪ The footpath
- ↪ Bankfield Lane
- ↪ Bankfield Avenue
- ↑ Finish

About your walk

Duration: 45 mins
Steps: 3000
Kcal: 320
Distance: 2.6km
Gradient: Fairly flat with the occasional gradual incline. Steps on the footpath off School Lane.
Surface: Pavement, grass and path



Stadium Walk



About your walk

Duration: 45-60 mins
Steps: 3500
Kcal: 350
Distance: 2.93km
Gradient: Really steep up the stadium, up the stairs to Kilner Bank
Surface: Pavement, grass and path

Let's go for a walk!

- ↑ Head west
Toward Kilner Road
- ↪ Riverside Way
- ↑ The private road
No public access
- ↑ Riverside Way
Across Stadium Way
- ↑ Stadium Way
- ↻ Bradley Mills Road
First exit
- ↪ The stairs
- ↪ The stairs
- ↪ Kilner Bank
- ↪ The stairs
- ↑ Finish

Can you spot 4 different animals?

